



# **7 WAYS TO STEP INTO YOUR POWER AND FEEL CONFIDENT**

*Written By Julia Maria Nica*

# Table of Contents



**1** BREATHING FOR HEALTH - PG, 2  
BREATHING ----- PG, 3-6  
WHOLE FOODS ----- PG, 7-10

**2** THE NO GOOD VICTIM ----- PG, 11  
UNDERSTANDING THE VICTIM ----- PG. 12

**3** 100% ACCOUNTABILITY ----- PG, 13  
OVERCOMING THE VICTIM ----- PG, 14

**4** GRATITUDE ----- PG, 15  
FIND ALL REASONS TO BE GRATEFUL -- PG, 16

**5** AT YOUR CORE ----- PG, 17  
VALUES ----- PG, 18  
BE THE LEADER ----- PG, 19  
GIVE/GIVE IS A WIN/WIN ----- PG, 20

**6** FOCUS FIRST ----- PG, 20  
ACTION----- PG, 21

**7** GIFTS- RECEIVING AND GIVING THEM----- PG, 22 -23  
BE OF SERVICE TO OTHERS ----- PG, 24



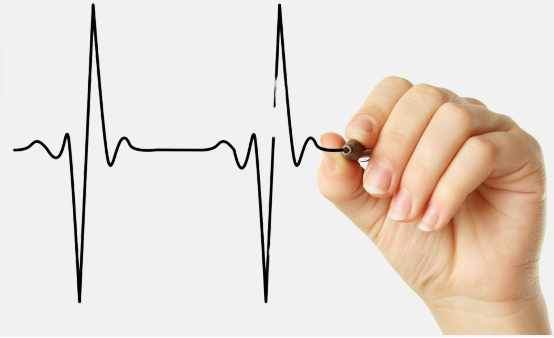
# 1 Breathing Health Benefits



**A huge percentage of society** actually lacks healthy breathing habits, often breathing lightly and not maximizing the capacity of oxygen intake your lungs are designed for.

Breathing is also essential for meditation. It's a great skill to master in that aspect allowing you to gain a peace of mind.

# BREATHING PHYSICAL HEALTH AND ORGAN BENEFITS



- **Improves Posture:** A bad body posture affects breathing rhythm, practicing proper breathing naturally improves proper posture and creates a ripple effect in your overall breathing habits.
- **Increases Muscle:** Breathing carries oxygen to all the cells in your body. The Oxygen goes to the brain and that increases the muscles in your body as well.
- **Relieves Pain:** When you are in pain, if you think back or pay attention in the future you will find you hold your breath. Studies show that breathing into the pain that is affecting you helps to overall ease everything.
- **Releases Tension:** At any point, if you are anxious, angry or stressed you will find your breathing is low your muscles are extremely tight and that constricts your circulation, you don't get the amount of oxygen your body needs. Understanding this process is an important part of the mindset of breathing.

## Boosts Energy levels

- **Improves Stamina:** While breathing improves all your organs and relieves stress. It also helps increase your Stamina and overall energy levels, which is incredibly important to your health.

- **Elevates Moods:** With all the positive effects of breathing its almost instant that it elevates your mood allowing the "feel good" neurochemicals such as serotonin or dopamine in the brain to positively change your mood.
- **Relieves Emotional Challenges:** Try breathing right now. you will find it relaxes you instantly. try holding your breath you will find it creates tension. It's pretty self explanatory!
- **Supports in Weight Release:** The best part of breathing is the major role it plays in supporting weight release within the body. It tells your body that your are relaxed naturally allowing your body to relieve weight the largest factor in modern-day "weight loss" is constantly stressing your mind and body out with certain tasks like "counting calories" or "having to get to the gym and not missing a work out" which all in fact cause stress. There is a major difference when you seek to work out in peace and excitement opposed to being under stress. Allow your body to feel relaxed my breathing.





# BREATHING, ORGAN SUPPORT



## **Detoxifies and Releases Toxins**

**Strengthens your Heart:** So far we have covered that breathing reduces stress, anxiety, pain, improves posture, improves your mood and much, much more. It only makes sense is also takes tension and stress off your heart decreasing the overall workload.

**Improves Cellular Regeneration and Improves Quality of your Blood:** We all have to breathe but spending that quality time doing it properly cleanses the CO<sub>2</sub> out of our blood. Increasing the Oxygen flow in the body, in result supporting great blood quality

## **Strengthens your Immune System**

Hemoglobin in your red blood cells carries oxygen through your bloodstream. This process supports your body to absorb and use essential Vitamins and Minerals overall improving your immune system.

## **Supports your Nervous System**

Oxygen supports your brain, spinal cord and nerves the more you give your organs oxygen the more support they have to function at optimal levels!

## **Increases your Digestion**

Oxygen plays an important role in digestions actually helping everything function more efficiently.

# BREATHING TECHNIQUE



*Counting  
to 5*

**1. Counting to 5 Seconds**, breathing in, inhaling through your nose. Expanding your Stomach then filling your upper chest with oxygen.

**2. Hold and Count to 3 Seconds**, hold the oxygen to feel the release of tension in your lungs and body.

*Counting  
to 3*

*Counting  
to 3*

**3. Exhale Counting to 5**, with your mouth partially opened, exhale allow your body to feel completely relaxed, knowing you are removing toxins and anything that could potentially hard your body.

**4. Have a Breathing Schedule**, the best times to schedule your breathing is, first thing in the morning. before your meals so you allow your body to digest in peace and before bed! **Breathe a minimum of two 10 minute segments daily.**

*Set Breathing  
Times*

# 2 Benefits of Whole Foods



**Whole foods play such an important:** role in our over all and optimal health. Eating clean first starts with mindset which then becomes a habit and within weeks you find your taste buds naturally start requiring whole foods. In the holistic world it's said that 51% of the food on your plate in every meal should be a portion of raw whole food. May it be your leafy greens, melons, citrus fruit or other whole foods like coconut. They all play a vital role in our health.

**They key:** to growing in health is understanding the benefits of your choices daily. People who are involved in nutrition and understand the benefits of healthy eating usually make healthy choices much faster then those who don't



# IMPORTANCE OF FIBER



**1. Skin Health** - When toxins are not properly removed from the body, they tend to excrete through your skin. This is why for example... oftentimes for some people after a few bad meals their skin feels different and they may break out in acne or rashes. Take note, our bodies are amazing and do adapt to our environment very well

but it doesn't mean the body is optimally nourished when consuming heavy high in fat with a huge lack of fibre foods.

**2. Weight Release** - Fiber increases the feeling of fullness and has shown to enhance weight release. It allows your body to level out to a healthy weight also providing your body with the nutrients for it to function optimally.

**3. Blood Sugar Control** - Fiber helps to slow down your body's breakdown of carbohydrates and the absorption of the sugar in your body in result helping with blood sugar control.

**4. Protecting from Gallstones, Kidney Stones and Diabetes** - because of Fibers ability to help regulate blood sugar protects and reduces the chances of gallstones, kidney stones and diabetes.

**5. Hemorrhoids** - A high in fibre diet can lower your risk of hemorrhoids, also decreases inflammation in your intestines, and can provide relief from Irritable Bowel Syndrome.

**6.Heart Health** - Research shows that those eating a high in fibre diet have a 40% lower risk of heart disease.

Stroke - Research shows and scientists have found that for every 7 grams of increased fibre in your daily diet, the risk of stroke is decreased by 7 %.

the decrease in Sugar Consumption - Consuming fibre changes your taste buds and expectation of food after eating it.



# OVER ALL WHOLE FOOD BENEFITS



**7. Optimal Nutrients and balancing Your Nutrients** - Essential Vitamins and Minerals come from whole foods. You need a wide variety of them to gain your Optimal Nutrients. Along with a whole food diet, high-quality supplementation product for nutritional balance is highly recommended.

**8. Less Over Eating and More Satisfied** - Try it: eat a nutritionally dense meal. you will find you are full for hours longer than a simple bowl of pasta and tomato sauce.

**9. Toxic Cleansing** - Whole Foods filled with Fiber, is the only way to properly and naturally cleanse toxins out of the body. Make sure to buy organic and stay committed to changing your habits.





# 3 The No Good Victim

Almost everyone has been a victim at one point in their life and had the victim mentality at one point or another in their life. The Victim is the Ego standing strong in this Victim stance like everything has been done perfectly but the world for some reason is still not on the victims side. Some overcome it naturally, and others go to work on growing and changing their thought patterns. Some eventually get so sick and tired of their results they decide to change their attitude and almost never go back because once you see the upside everything is much, much more clear. Things just tend to work out like a breath of fresh air. You want to be in mental and emotional bliss in life. focusing on the greatness in life. Overcoming the Victim is the next step. Ideally once an individual is fed up with their results they naturally get pulled into this direction. The key is learning as much as you can about it because that's the easiest way to overcome anything, understanding.

# UNDERSTANDING THE VICTIM



**1. The Feeling of Misfortune:** We have all been there, "why does this never work out for me and it always works out for so and so" The Victim individual feels that everyone around them is generally luckier or happier than they could ever be. Often times the ego is the characteristic that supports the victim. It is an incredibly emotionally low state and in fact bad for anyone's overall mental health. This is the cup half full individual.

**2. The Blame Cycle:** The victim finds it's easier to blame others, powerful institutions like the government or other exterior factors for their misfortune. Connecting negative attributions to everything around them and always sending out negative intentions to other people. Unfortunately sometimes this blaming victim can even gain pleasure or the feeling power depending on what drives them in their life, by behaving this way. In result feeling extremely sorry for themselves.

**3. The Recurrence of Low self Esteem:** The victim causes low self-esteem, a strong feeling of inadequacy and depression in result of the thought process that happens while in victim phase. Having the Victim Mindset creates feelings of helplessness and a huge factor of hopelessness, it's a vicious rotating cycle that is all caused by the victim mentality.

# 4 100% Accountability



**100% Accountability is the most powerful mindset of responsibility** that has ever come your way. It's saying "This morning I got rear-ended by another car, but there was a great opportunity in that even for me. The man who hit me is going to connect me with a potential business partner." Or "I leave 1 hour early to get to work all though it takes me 30 minutes to get there." 100% accountability is the highest form of responsibility, you blame no one, you are in charge of your life and its results regardless of what could happen to you. continuously standing strong, with responsibility creating your results as opposed to being just a part of the equation.



# OVERCOMING THE VICTIM



**1. Accountability & Responsibility:** It's a mindset, a way of thinking and being. Being truly responsible means you are in complete control of your success, future and outcomes in life events. Owning your time and understanding that you are completely in charge and responsible for handling what comes at you in your life.

**2. Every second of every day:** It's easy to remain accountable and responsible when everything runs smoothly and just seems to work out perfectly. The real challenge is maintaining that accountability attitude and mindset when everything seems to be going wrong and you are not getting the results you expected.

**3. The Power Within Accountability & Responsibility:** Following step one and 2 is a powerful state to be in because unlike blaming others you keep the control of your results in your own hands. It's an "anything is possible state" you have immense power, control and management of your life. You will find your results change as when you are 100% accountability.

**4. Live in The Moment:** Take accountability and focus on life around you live in the moment and always know you have an innate power to manage your future through ultimate accountability.

# 5 Grateful Gratitude



**Grateful Gratitude** is the life-changer for everyone. there is no final destination for gratitude it's continuous and flows into your life and others bringing prosperity joy, confidence, a positive mindset and so much love for the world all around.

**A Brief Description:** "the quality of being thankful; readiness to show appreciation for and to return kindness."

**Gratitude is free** and is the key to so many challenges mankind faces and the best part is it starts with YOU!

# FIND ALL REASONS TO BE GRATEFUL



**The way you see** your world is your reality. often time there is a stereotype around the annoying optimist, and how for some reason everything just seems to work out for them they seem to live life seamlessly with no worries and are incredibly content.

The optimist does one thing really well, they don't stress or worry about things that don't play in their favor which is why it always seems like life flows smoothly for them.

When one chooses to worry their life comes to a halt. Worrying takes up a lot of time.

When you find you are starting to worry. Start to count your blessings.





# 6 At Your Core



**What is at the center of your being. Everything you do every single day. Has a seed where it started from.**

Finding that and figuring it out and using it as a foundation for your life is where the power lies to live a life filled with freedom and bliss.

# CORE VALUES

# WHAT ARE YOUR VALUES



**Values are at the core of what directs your choices**, everyone already has values that guide them from day today. These values are defined in your childhood through your experiences but do not let that limit you. New values can always develop through new experiences.

The big question is how you define them?

**Here are a few questions to ask your self:**

**1. Look back, perhaps that there are things in your family** that you did not like or agree with growing up and you find yourself moving in the other direction. There is a value that has developed around your experience.

**2. What do you love to do?** In your everyday life, what do you fill it with? Family? Friends? Work? Passions?

**3. Who do you hang out with? What are they like?** Kind, Loving, Supportive, Adventurous, Fun, Love knowledge, Grounded.

Values are not actions you take; Having parties.. If you love to host parties then perhaps your value is the community or a community of love

# BE THE LEADER



**Take the first step in your life, a leader sets the pace** by following their intuitions, passions and values. Say "No" if you have to, even if everyone else is saying "Yes". Be the person who changes the tides. Being a leader is the only way we can truly live authentically.

Now to clarify, being a leader does not mean you **MUST** lead a group of people but it does mean you lead yourself and naturally, people will be inspired by your direction in life.

Stand your ground and hold your values close when it comes to living authentically as a leader in your life. Your values are what will help you make those tough decisions. Your core values are your inner guidance system for your life.



# GIVE/GIVE IS A WIN/WIN



## **What is Give/Give?**

It's where two people in a relationship focus on giving to one another versus getting something in return for their kind gesture.

To successfully accomplish this, both individuals must give up all expectations.

## **What is Win/Win?**

It's where 2 parties focus on finding a prosperous medium that both benefit from. Person 1 gives with person 2 receiving support in whatever nature it may be and person 2 focuses on doing the same.

## **WHY?**

At the root of most disagreements in your life, there probably is a lack of give/give focus and win/win focus. Leaving someone feeling unsatisfied or perhaps greedy for more.

This is a topic that must be worked on and communicated with both individuals.



# 7 Focus First



**Focus plays a huge role in the success you have.** Where you choose to apply is where it's most effective.

**"Where focus goes, energy flows."**

Believing that quote alone and really directing your day to day life with it can impact your life in so many ways.

**What are you going to focus on?**

Goals are simply what we prioritize and what we choose to focus on.

**Focus on focusing.** At times you have all this knowledge at your fingertips but lack focus. Perhaps you have not yet mastered how to focus. Making learning to focus a priority first may actually help you on your journey the most. Once you master the ability to focus on a task and complete it you are on your way.

Many times it's looking at the big picture much too often that is what confuses us and stunts our growth. Why? As a human it is easy to forget to break down the vision, goal, plan or focusing task.

**"To get to the tip of the mountain, you must look at the step right in front of you."**



# ACTION



**Action is what seals the deal.** Think of action as your insurance. If you go to school for years and learn about the field you want to get into. That's all great knowledge but if you don't go out and look for a job after you get your degree, everything you spend the last few years learning is typically useless.

## **ACTION MUST BE APPLIED.**

**This is not a forceful gruesome application of action.** Do what you love and yes, at times you may not love one task as much as others. When you are in that case focus on the outcome you will get in your life from completing what you need to do.

Your mind is powerful. Just realizing this is powerful.

Your thoughts guide you every single day.

Your thoughts become actions, very often sometimes on autopilot.

So always check in with what you are thinking and how you go about action in your life!

# GIFTS - RECEIVING & GIVING THEM



One thing that should be clarified is that the "Gifts" that are being referred to here are not the kind of gifts that you get at Christmas time or on your birthday.

## **These Gifts:**

- Are within in you.
- They are your natural talents.
- They are you're calling on this earth.
- They are what you serve others with.

## **The life-changing understanding about your gifts:**

You may be great at serving others with your gift, but when it comes to taking care of yourself in that department you may at times find it difficult to serve yourself with your gift. What is most relieving is that.. THAT'S OKAY! It's suggested you see a professional in the same field and RECEIVE support from them.





**This is actually already happening in the world right before your eyes:**

- Doctors, don't see themselves - they have their own doctor they see.
- Lawyers, don't see themselves - they have their own lawyers.
- Financial experts that lead in the field, have people they hire to do their businesses taxes.

World most successful people actually follow this concept and steer away from taking care of themselves where they are an expert.

**Then there is Mentor-ships** - this is another way to get support in what you are gifted in. You can seek out a mentor in your field that can guide you to the next level in your life.

The mentor can be a professional or just someone who has mastered what you want (Ex: Your Grandma who is an amazing cook.)

**The importance of receiving gifts:**

When someone has a gift and is freely serving you... never say "No" to what the universe is providing to you in your life. saying YES is the best way to open up possibility and get more from the universe. Just showing the world you are open and will receive more!

# BE OF SERVICE TO OTHERS



**Service is the highest form of love.** What an amazing concept if everyone focused on serving others without expectation and just because they want to give kindness.

Think about what the world would be like?

That world can be real.

You can create your own world in your own life. The people in your life you choose. The leader you decide to be and the values you keep close all determine this.

**"Create your own world, give first and Give back again."**

**You are the creator of your life and what you want it to look like.**

**When does that start?**

**Right now!**

**and When you decide it starts.....**

# Tip's and Reminders



**Tip:** Don't overwhelm yourself with a dozen changed in one day, add health into your lifestyle gradually.

**Tip:** It's so important to create a culture of 100% accountability around you. The people that are around you daily, influence you. You don't want negative people who are stuck in the victim mindset influencing you.

**Tip:** If something bad or negative happens to you always look for the OPPORTUNITY in that situation. There is always opportunity.

**Tip:** Give Gratitude OFTEN, If you are feeling down and unhappy like things are not working out for you always turn to gratitude and you will find your life-changing in amazing ways!



**Want to learn my exact system that will take you from stressed out, low confidence, little to no direction - to Taking action and turning your dreams into reality?**

The Stop Dreaming & Confidently Take Action Program is a private 12-week confidence, dream & action system that helps you step into your life boldly & stress-free. A 1:1 coaching program that's proven to transform lives!

### WHAT'S INCLUDED?

- The Fundamental mindset shift allows life to be a breeze.
- How to create powerful relationships in your life that you love.
- How to create a vision for your life.
- Classify exactly what's important to you and your purpose.
- How to set powerful intentions that guide your life
- An Introduction to being in action & having a mapped out plan for your life.
- Unlimited texting throughout the program (Hands-on help)
- 1 - 2.5 hr sessions each week!

Ready to create a life you feel good about?

Ready to experience, freedom of mind & take action?

Apply Below!





# Thank You!



Thank you for investing the time to expand yourself & believing in me enough to download this life-expanding guide.!

We believe in your potential & I know you're worth it.

## Follow Julia On Social:



## The You Series Social:



**COPYRIGHT © 2021 BY THE YOU SERIES, JULIA MARIA NICA**

All rights reserved to any of the written content in **The 7 Ways To Step Into Your Power and Feel Confident**. You may not reproduce, the tools & structures used in this free guide. without the permission of Julia.