

WELCOME
warriors!

*Start your
Confidence Journey.*

FREE

www.aliyahndawud.com



WELCOME

warriors!

Hey there Warrior,

I won't lie: I like your style.

Around here we take no BS. No prisoners, we stand up for what we believe in and we do this with unlimited passion to transform ourselves!

The fact you have opted to download this questionnaire is demonstrating your inner desire to build that confidence. To become empowered and complete your unique and very own transformation.

Well done you. It takes b%:s to take on a new challenge. To reflect on life and actually take ACTION.

I am proud of you...but that's not important because the only validation you need comes from within you. I'm just here to guide you. The journey is yours. YOU are in control and you are the one that will put in the hours and make things happen. I'd love to take credit but the buck stops with you. You will get out what you put in.

So are you ready?

Let's do THIS!

Alliyah.



Question ONE: Which statement fits how you feel right now?

- A. I have always lacked confidence.
- B. Somewhat. It's not like I've been taught to be confident I've just picked it up along the way.
- C. No. I was confident but somewhere somehow it disappeared.

Did you answer C above? If so here's your bonus question:

Which of the following statements do you feel can sum up what triggered your confidence dive?

- A. I was bullied at a young age
- B. A former spouse (I was never good enough and was always compared to exes).
- C. A former relationship in general (including the extended family, circumstances etc)
- D. I was told I had an ego and was too much so I toned it down and lost my confidence.
- E. My confidence didn't fit in with my job, society or new family (e.g. new in-laws) so I basically decided to become a wallflower and disappear into the background.
- F. My self doubts in my own abilities caused it. I felt I didn't get enough validation which I relied on to feel good.
- G. My body confidence caused me issues.
- H. I was trolled online.
- I. I found out my colleagues were gossiping about me and even my standard of work.
- J. I found out my friends circle was actually fake.
- K. My perfect relationship suddenly broke down.



L. My ex cheated on me and I now feel un-confident and after comparing myself to their new spouse I feel so low.

M. My siblings were always praised but I wasn't. I never felt good enough for family.

2. Wow that was intense. Moving on. Which statement do you agree with:

A. Confidence is a natural thing. You either own it or you don't. End of story.

B. Maybe. I've heard people can fake it til they actually have confidence.

C. Hell no child. You can work on confidence like you work on everything else. You are a masterpiece in production.

3. Righty ho. Let's march forward. Which of the following is about you?

'A. I have friends who are confident'.

B. Friends? What kind of hocus pocus are you peddling Alliyah?

C. My friends confidence levels are a bit of a pick and mix.

D. I'd say it fluxucates but the majority of the time you can call us Charlies Angels (because we kiss ass).

4. Lets do a bit of reflection.

How do you feel about about the following statement....

"I have achieved everything I planned to do by my age".

A. No. not at all.

B. I've set goals and thought I could achieve them but didn't. I believe a lack of confidence played a huge part.

C. Yes...up to a point. I feel that was in a previous lifetime and miss that person.



5. Keep on going there..here's another statement for you.

"I am currently happy with my life and confidence levels".

- A. Confidence is something new to me. That's why I am here.
- B. I need to boost my mediocre levels of confidence Alliyah: HELP ME.
- C. I won't beat about the bush here Alliyah. I am fully aware that I need to repair my confidence. I am capable of achieving so much more. My journey is far from bloody over. Word.

6. I have looked into ways of boosting my confidence:

- A. Didn't realise there were methods...
- B. I've seen a few ads on Social Media and watched a few videos but they are so woo woo. I am not woo woo.
- C. Yesssss!

7. My confidence changes pace and levels depending on whom I am with:

- A: Absolutely: without a shadow of doubt.
- B.Well actually it depends on my own mood, what's happened that day etc.
- C. I can tell you exactly who knocks my confidence. I have a list. Do you want it?

8. If you use Social Media do you post spontaneously or without editing images?

- A. Social Media? Why would I open myself up to that level of scrutiny.
- B. If I'm all 'dolloed up' and feel I am on par with all the posts I see on Social Media yes.
- C. I used to. Not anymore.



9. How people see me on Social Media is very important to me.

A. Yes because everyone else on Social Media has their sh!t together and are living the perfect life.

B. I'm not bothered about everyone liking my images but I do care about certain individuals yes.

C. It was important to me that people understood what I stood for and who I really am. It's not so important these days. I didn't want validation; I was happy and didn't shy from telling others I was happy. We should spread joy.

10. Do you feel you make decisions based on what others will think rather than your own happiness?

A. Yes.

B. Sometimes

C. Nope. I never gave a hoot about others opinions. Now I find myself occasionally looking for validation of others. OMG. I need help.

11. To walk along your journey you'll need a squad. This can be in person, online, on the phone. People/or a person that will listen to you and provide you with honest, humble thoughts. You don't need loads but if you want a full on tribe...so for it. How do you feel about that?

A. I have no idea who I could even rely on.....

B. I have a few people in mind. Actually they need to take this journey with me.

C. Born ready baby. Let's do this.



The results:

Mostly As:

Judging on your results your confidence has never really been at the forefront of your soul. And that's not your fault; because lets be brutally honest we are not taught how to be confident. We are also groomed by society to seek validation from a young age. Self empowerment isn't really something we are taught to thrive on. Lets get down to the nitty gritty. This is a long haul journey. We're talking various connecting flights. Many stopovers and many flight 'delays' but heck the view from your final destination is more than bloody worth it. TRUST ME.

What do I do next?

Firstly: you need to stop beating yourself up. I also want you to write a letter to the younger you and tell them the same.

I Then I want you to write a letter to the FUTURE you and ask them all about their amazing life. How do you picture life with confidence? Is it going for a bike ride? Taking up a new hobby? Having the guts to ask someone out? Ask them how it feels. Is there something you've been putting off and you know once you have confidence you can tick it off your list? Great. Ask the future you how it feels.

The idea behind this exercise is to get you thinking about the bigger PICTURE and the amazing things you can actually achieve. We will talk more about 'like attracts like' later. What we believe, see (visualise) and feel can be attracted into our lives. Believe me I remember feeling at the bottom of the confidence barrel. I'm glad I took control of the situation and I'm so excited you did the same!



The results:

Mostly As cont:

UNFOLLOW any Social Media accounts that are boosting your lack of confidence!

You can also try: guided meditations to help you unwind and focus on what it is that you wish to achieve.

Step two after this is looking at Affirmations. More on this later so keep an eye on my Social Media for this.

Mostly Bs:

Your confidence yo-yos. It's not unusual (and as I type this I can now hear the Legend that is Sir Tom singing it's not unusual to be....) and this is usually the back story of many I work with. You've seen confidence. You know what it sounds like. You wish you could do more or push yourself more but it's not really chartered territory. You may have been confident in say a sport as a youngster but nothing else. You were unable to radiate the same level of confidence across your life. Again normal.

But you know what? There is nothing wrong with being normal. What we are concerned about is you achieving more or the goals you wish to smash whilst being happy, content and feeling amazing in your body.

Maybe you just want enough confidence to do a sky dive? Brilliant! You've got a goal. And confidence boosting can help you get there.



What do I need to do now?

I need you to work on rewiring your brain. You see the brain is swamped with more negative thoughts than positive. This means we are more than likely to lean towards the negative vibes than positive. To help balance this out we need to work on boosting your confident thoughts.

Firstly I want you to select 5 affirmations from the following :

I I am a powerhouse of awesome.

I I control my own confidence levels.

I I ooze confidence.

I I am confident.

I I am building my confidence daily.

I I radiate confidence.

I I am enough.

I I am worthy of unlimited blessings.

My confidence has no limits.

Once you have selected 5 of affirmations you to do the following.

WRITE each of the affirmations out 11 times everyday for 21 days.

SAY these affirmations to yourself as much as possible.

UNFOLLOW any Social Media accounts that leave you questioning your value.

Step two is for you to start looking at goals you wish to achieve so you can start to tailor your confidence journey.



Mostly Cs:

Well well well. Where have you been hiding? You once reined supreme with your confidence and along the way life happened and it chipped away at you. Then one day you look in the mirror and you are like wow. Where did the real me go?

Well today is the day you can start singing 'Return of the Mack' because dammit we are going on a hunt. A hunt to find the old, confident powerful you! That person is in there and we'll be damned if we don't find them.

What do I need to do?

As you know what your confident self is like you have a few tasks.

1. Ask someone you trust to write a description of the confident you. Read it: take it in and accept this is the goal. Your trusted people will view you differently to how you see yourself. Feel free to adjust what information you are taking in. We don't always agree with loved ones....

2. Start taking time out to mediate if you do not already do so. Clarify and focus is much needed here. So lets boost it.

3. BOOST positive content you are digesting. For example:
Start reading more books around confidence, positivity etc.
Start following accounts that prioritise positive vibes

If you don't already do so watch a few motivational videos on YouTube. Let's be honest: Tony Robbins videos have us all wanting to train for a marathon whilst we watch his videos in bed eating a tub of crisps (chips for my overseas friends).

UNFOLLOW any negative feeling Social Media accounts.



BUT Aliyah what about Question I part B...

Ah yes. The reason I asked you to reflect on this is so you can start to deal with the situation in hand. More often than not YOU NEED TO HEAL from whatever happened before you can move on.

We also need to learn to let go.

Easier said than done: however I need you to be aware that this is something you will be tackling along the way.

We don't do things by halves around here. We go hard or go home (yes: I'm fully aware of how cheesy that was. But I love it).

So now we've done this: I expect to see you around on the blog, other forms of Social Media and beyond. If this has helped you let others know about it.

Don't forget to leave a comment on the video/on any Social Media posts so we can continue this awesome journey together.

You are AWESOME dammit. Don't you ever forget that!

Love:

Alliyah

