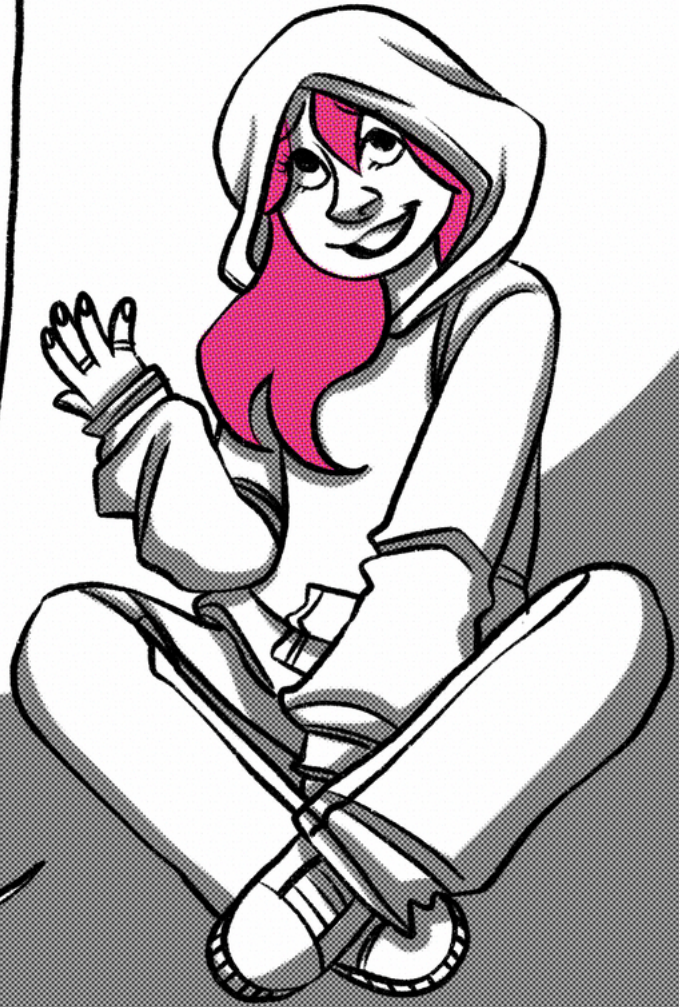


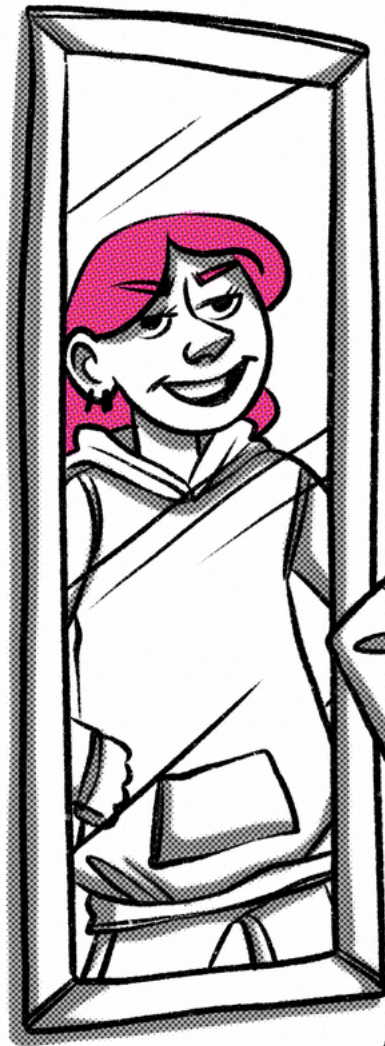
Maybe you have a job interview, maybe you have a presentation in class, maybe you are just generally feeling self-conscious. Happens to the best of us! Here's some tips for that little confidence boost you need here at

**FLOW LIFE SKILLZ!**

flow







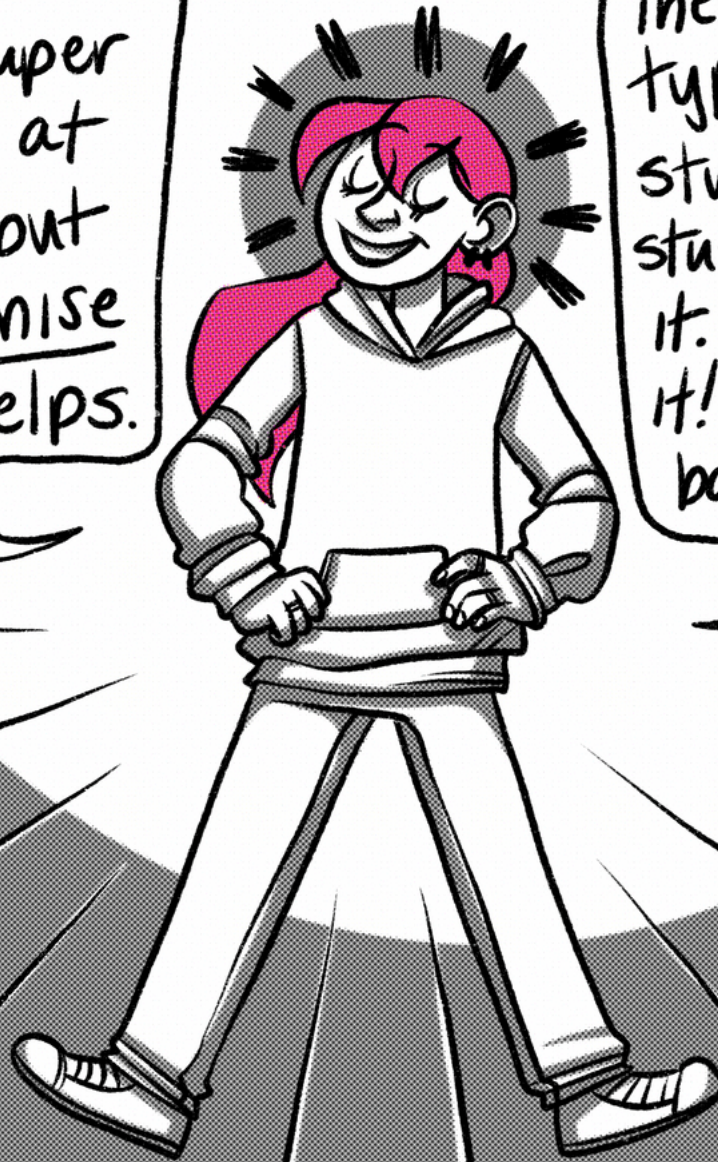
Ok, you're gonna laugh at this first one but hear me out.



Set a timer for 2 minutes & put your hands on your hips in a **POWER POSE!**



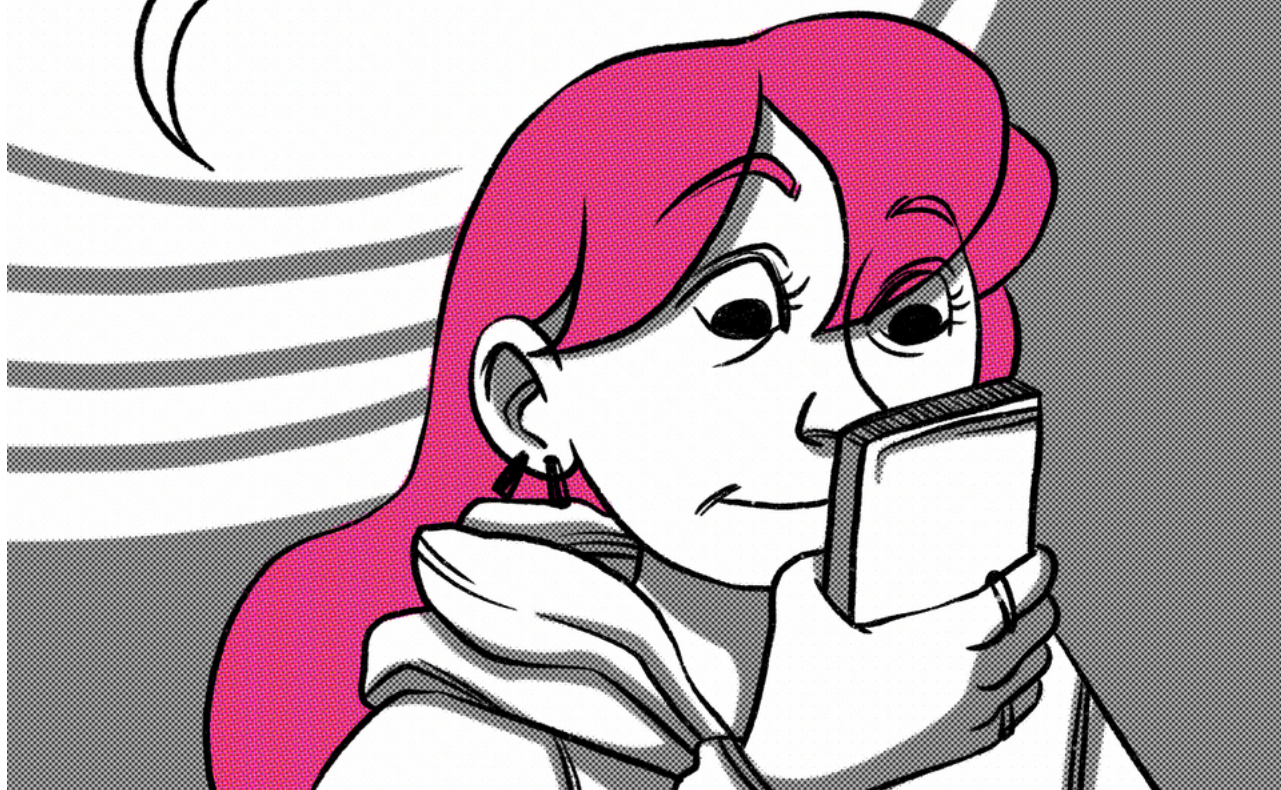
It's gonna  
feel super  
weird at  
first, but  
I promise  
it helps.



There's all  
types of  
studies +  
stuff on  
it. Google  
it! Science,  
baybeee!



If that doesn't work,  
we gotta take drastic  
measures. Pull up  
your current favorite  
song on your phone...







**\* AUTHOR'S NOTE:  
IT'S TRUE.  
I'VE DONE IT  
MANY TIMES.**



OR: alternatively, get your body movin' and let yourself dance like no one's watching (because no one is, duh)!

Moving your body in a joyful way is a great way to get yourself out of your head and feeling way more centered.





These things might all seem silly,  
but don't knock it till you try it.  
Even if you feel a little more  
confident after, a win is a win!!

