Confidence. What is it? Loving yourself. Embracing yourself. Thinking you’re the shit and believing it. Not loving yourself too much though, just loving yourself. Every single quality, every single flaw. Laughing at your mistakes and just learning from them. Not dwelling on the past, but moving forward with great leaps, with optimism, with glee, with inspiration, with passion. Being okay with whatever you say and do because that’s just you! Not changing your mind just because someone disagrees with you. Don’t conform, innovate. Be spontaneous, follow your heart. Be adventurous, be random, don’t be afraid to get dirty. If it’s raining, don’t bitch, go jump in the puddles! Dance in the rain! Start a mud fight! Let your makeup run, let your hair get messed up. Smile the whole way through. Do what you’re scared to do, force yourself to do it. Wear makeup and dress up only when YOU feel like it. Do it for yourself not for others. Don’t ask others if your outfit is cute, wear it because YOU think it’s cute. Whatever makes you feel happy, unique, beautiful, fucking go for it. Laugh, giggle, LAUGH why don’t you? Laugh because you feel like it, laugh because it makes you happy, laugh because life is just too damn serious otherwise. Look in the mirror. Say “I’m gorgeous”. Even if you don’t think it. Say it every day until you believe it. No one else looks quite like you and that’s brilliant! There is someone out there if not a million who thinks you’re beautiful. No one has the same definition of beauty. Don’t focus on your flaws, focus on your qualities. Yeah, you may not be the sharpest tool in the shed but you have passion. Yeah, maybe you suck at giving good advice but you’re a great listener! Yeah, you may not be thin but you have sexy curves. Yeah, you may not have the prettiest smile but look at that booty! Every freckle, every birth mark, those dimples, that beauty mark, those scars. All yours. All original. Do whatever makes you feel alive. Breakin’ it down, acting, reading things aloud, painting, running, collecting things. Vintage things maybe. Speaking French, Chinese, German, Spanish, Sign Language, your own made up language. Snapping photos, planting flowers. Hell, miming, juggling, unicycling, reading history books, I don’t know. Making crafts, playing cards, watching children. Flying a kite, star gazing, helping a friend. Being absolutely ridiculous just because you fucking feel like it. Pushing the limit going deeper getting further. Taking walks, exploring. Making up words, saying fun words- splendiferous swell neat grand fanfreakingtastic wondrous lovely joy scrumdidilyumptious magical sweet fewf fantabulous. Whatever it is that you love just do more of it. Getting scared, being tickled. Getting lost and just going with it. Listen to music that inspires you. Listen to music that makes you tingle, makes you excited, makes you happy, makes you sad, makes you driven. Love yourself and don’t ever change your mind and think that you don’t.­­ And for those who don’t dig you, forget them. They haven’t the slightest clue who you really are, nor have they walked even an inch in your shoes.