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Sure ways to ensure confidence in yourself everyday

## “**CONFIDENCE,** wear it like *makeup*”

In the August issue of *Seventeen Magazine*, a magazine aimed toward young teenage girls, their theme was bravery and how to be confident no matter what, as well as embracing your inner girl power to make your year the best it can be.

I find it inspiring how magazines are focusing on the issue of confidence, as opposed to merely reporting on gossip, fashion, and beauty. Confidence is an issue that every one deals with—no one can be 100 percent confident every minute of every day. It is something we all struggle with, and something we need to learn how to get over.

1. *Let negative thoughts and actions motivate you.* If you take all the destructive comments, let that feed your budding confidence. Use all that negativity to become even stronger.
2. *Things aren't always going to be easy and that's okay.* It's important to remember life isn't always going to be bright, shiny happy. Everyone has his or her weak moments, and the best thing you can do is accept that and not let every hardship that comes along get to you.
3. *Do what makes you happy.* If it makes you happy, you're doing it right. Happiness = self-confident. I think that is one of our major character flaws: we focus so much on pleasing others, our wishes and needs don't seem as important. But, they are. They are more important than satisfying anyone else. Focus on you. And by doing so, you'll discover you will become happier and more self-assured in who you are and what you do.
4. *“The only people whose opinions I care about are the ones I love, who are in my life everyday.”* This is a quote from “The Fosters” actress Maia Mitchell in August issue of *Seventeen Magazine*. Why worry about people whose only goal is to tear you down? You don't need anyone who won't care about you. Mitchell said it best: you only need people who will support you and take you higher.
5. *“Finding the strength to be the amazing girl you already are.”* From *Seventeen Magazine*, this tells young readers how you are already an amazing girl, but you need the power to be that person and be confident in that person.
6. *“Every single one of you is unique, beautiful, and worthy of a great life,”* Demi Lovato told *Seventeen Magazine* in the August issue. Every woman and girl is strong, beautiful, and unique. Why can't we see how remarkable we all are? We deserve a nice life—and we need to start believing it.

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