



YaaMas

Networking that is fun and



Confident in Business

5 Simple Habits You Already Know (and Keep Skipping)






1. Decide Before You Ask for Opinions

So many business owners lose confidence because they ask everyone else what they think before they've even decided what they think. Then they end up confused, overwhelmed and second-guessing themselves.



Am I asking for advice or permission?



What do I actually want to do here?

Confidence grows when you trust yourself enough to make decisions. Even small ones. You do not need a committee meeting every time you want to post something, launch something or change direction.



What am I delaying because I don't feel ready yet?

2. Stop Waiting to "Feel Ready"

A lot of people think confidence comes first. It doesn't. Action comes first. Then confidence catches up afterwards.

Most of the things that changed my life happened before I felt fully ready. If you wait until there's no fear, no nerves and no doubt, you'll stay exactly where you are.

What would happen if I just started anyway?



3. Say It Once, Clearly

When people lack confidence in business, they over-explain. They add extra words, soften everything and almost apologise for taking up space.

What would this sound like if I trusted myself more?

Where am I over-explaining instead of being clear?

You do not need a paragraph to justify your prices, your boundaries or your offer. Say what you do. Say who it's for. Say how people can work with you. Then stop talking.



4. Show Up Before You Feel Like It

Where have I been hiding lately?

Confidence is not built by sitting at home thinking about being visible. It's built by showing up consistently, even on the days where you feel awkward, tired or flat.

The people who look confident are usually just people who kept going. They kept speaking. Kept posting. Kept putting themselves in the room.

What's one way I can show up this week?



5. Keep Promises to Yourself First

Every time you tell yourself you're going to do something and then don't do it, your self-trust takes a hit.

What's one commitment I can follow through on today?

What promise to myself have I been ignoring?

Confidence is deeply connected to trust. If you want to feel stronger in business, start proving to yourself that your word means something. Start smaller if you need to. Then build from there.

My name is Maria Newman

I help my clients to regain their confidence, reconnect with who they are and silence their inner critic so they can navigate life with certainty

And who am I?

Back in 2016, the one thing I knew for certain was that I was exhausted. I was on what I now call the treadmill of life. I'd got stuck. I wasn't living life. I was just existing. Going through the motions. I don't mean to paint a bleak picture because I was happy. It just wasn't exactly what I wanted.

It was time to start a new chapter, so I jumped off the corporate bus.

And so, my journey began. Shaping my life to be what I wanted it to be.

This is going to sound like a cliché but I now feel more comfortable in my skin. I feel better mentally and physically. And for me, it all comes down to mindset. The way I talk to myself. The way I view things. Being open to what could be. Being aware of my actions and the way I respond to life. It's about being the best I can be and enjoying the journey.

Now, I would like to help you get to where you want to go.



Great to e-meet you

I hope you have found this guide valuable and it's started you thinking about what you can do to change things.

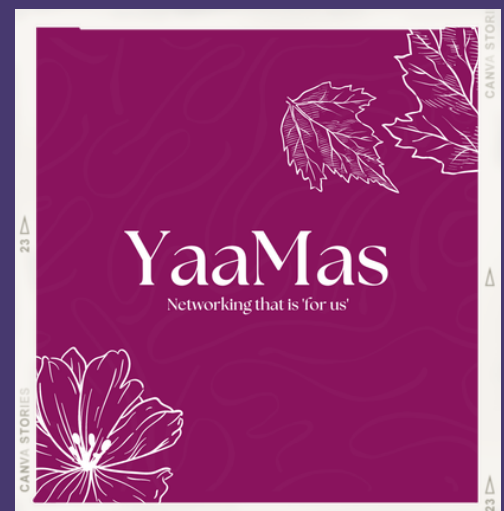


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