



HOW TO RAISE A CONFIDENT DAUGHTER

EBOOK

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Contents

My Journey	2
Introduction	3
Defining Confidence	4
Teach Your Daughter To Know Herself	5
Show Your Daughter How To Love Herself	8
Help Your Daughter To Think Right	11
Introduce Your Daughter To Goal Setting As A Lifestyle	16
Links To The Bonuses	18

My Journey

My name is Rita Okoye but I am fondly called RiRi and I wear many hats. I am the CEO of Majestically Rare Events. I am a business consultant and trainer for some of the top firms in Nigeria. I am married to a great man and have three beautiful children. I am also the founder of an empowerment movement called Raising Confident Girls which was set up in 2014.

About 20 years ago, I started the journey to discover the very best version of myself. I didn't have the confidence to step out and achieve the things I desired. There were so many things that were blocking my dreams including limiting beliefs and a lack of vision. It didn't help that I was born and bred in the UK, where discrimination and racism are rampant for people of colour. In my early 20's, I lacked direction and had no real clarity on my life goals and purpose.

But all that changed in my late 30's when I moved back to Lagos, Nigeria. I was surrounded by people who were aspirational and at the top of their careers. They didn't have 10 heads, I thought to myself but they did have the right mindset to achieve their goals. **I invested in myself.** I bought self-development books and attended many conferences and seminars. I was even mentored by top achievers. I joined networks. I had accountability partners and became certified in areas that I am passionate about. **My mindset totally changed.**

Today I am a serial entrepreneur with strong confidence and a clear purpose which has been built up from the inside.

Introduction

Welcome to How To Raise A Confident Daughter Ebook Guide. In order to raise confident girls, the people in her life need to be confident. Her strongest role model is usually her mum.

Recently, my daughter Chisom who is now an adult joined me at one of my LIVE workshop's called **The Confidence Revolution**. It's a workshop for adults which normally takes place four times a year in Lagos and London. I noticed how confident she was at the workshop. She was able to present herself confidently to an audience from all works of life.

She used to be a shy and reserved child but now she has grown into a confident young lady, an aspiring business under-graduate and an entrepreneur with a promising bakery business. She is gifted with her hands, loves drawing and producing animation. Chisom has discovered the principles of strong inner confidence which I share throughout this book.

How To Use This Book

- Depending on your daughters' age, please read the eBook first
- Summarise the lessons in each chapter with your daughter
- Do the bonding exercises together

Defining Confidence

Before you continue reading on how to build confidence for mothers and daughters, I think it's important to define confidence. Confidence is quite simply, how much you **believe** in yourself and your abilities. Self-esteem is how much you **like** yourself and self-worth is how much you **value** yourself. And when you have all three skills working together, you simply become **unstoppable**.

But Who Is A Confident Person?

A confident person knows who they are. They focus on their strengths rather than their weaknesses. They are not afraid to take risks. They enjoy challenging themselves and setting high goals. A confident person seeks out self-improvement opportunities.

They are not afraid to admit when they have made a mistake. Neither are they afraid to admit when they don't know something. They are masters of self-correction and are able to say **NO** with confidence. They have a solidness about them and are able to live their life from the inside out with balance, openness, acceptance and joy. The difference between a confident person and a non-confident person is simply that the confident person takes **actions** on their **goals** and **desires** and doesn't let the fear of failure stop them.

How Will You Know When You Become More Confident?

You will sense more clarity and direction in your life and feel calmer. You will also discover a better connection with yourself and others. You will be more curious and less judgmental of yourself and others. When this happens you will notice an increase in compassion towards yourself and others. Also you will be mentally stronger to face life's challenges. Your ability to think creatively and reflect outside the box will increase. Read the next few chapters on how to achieve this and teach your daughter these principles.

Teach Your Daughter To Know Herself

My Story: I remember when I was a little girl, like most little girls I wanted to be a singer. But reality set in and I realised that I just wasn't gifted to sing. We have to be really honest with ourselves.

Ways To Display Self Knowledge

A girl who has strong self-knowledge is normally reflective. She can reflect on her feelings, thoughts and behaviours and she is interested in knowing how she is perceived. A girl with self-knowledge is aware of her strengths and her weakness but focuses more on her strengths. She also has a strong sense of her values and is less likely to do anything that she doesn't want to do. Amanda is self-aware. She just doesn't follow the crowd. She makes very good choices, even with her choice of friends because she knows what is good for her.

Let me paint a picture of people who know themselves.

- They regularly reflect on their feelings, thoughts and behaviour
- They are very aware of their strengths
- They meet their full potential
- They know their weaknesses so they are less likely to set themselves up for failure
- They attract like-minded friends so they are less likely to have drama or bad friends
- Even though they have a lot of knowledge, they are not arrogant
- They have strong personal values

Dr Goma states "Values are born out of beliefs". She says, "Beliefs and values are correlated and influence each other. Any limitations on one affects the other".

Personal values are the things that are important to us, the characteristics and behaviours that motivate us and guide our decisions. Personal values matter because you feel better when you are living according to your values and feel worse when you are not.

Go through this value section with your daughter. Start by listing 3 personal values that are most important to both of you.

- What are my 3 personal values?
- Why are these important to me?
- What is my behaviour that shows others that these values are important to me?

Here Are Examples Of Personal Values

Achievement	Ambition	Creativity	Courage
Determination	Friendship	Health	Kindness
Openness	Power	Peace	Reliability
Respect	Wealth	Wisdom	Security
Sincerity	Success	Understanding	Wealth

Here is an example of one of my personal values

My Personal Value

Why is it important to me

My behaviour

Making a difference

I want to impact lives

I love sharing helpful information that will improve lives.

Make a habit of getting your daughter to read her personal values. Remember that they can change over time and according to seasons.

How To Cope In Tough Times

- Equip yourself with knowledge.
- Find people that have experienced what you are going through and seek advice.

Quotes To Live By

“If we did the things we were capable of doing we would literally astonish ourselves”. Thomas Eddison

“The difference between ordinary and extraordinary is that just that little extra”. Jimmy Johnson

Action Steps to Know Yourself

- Conduct personality tests to know yourself better - <https://www.16personalities.com/free-personality-test>
- Ask for feedback from trusted friends
- List your personal values and review them
- Watch YouTube videos on personal growth
- Follow great motivational speakers
- Read blogs, books and listen to podcasts

Ask your daughter if she can commit to focusing on her values for at least 90 days? Please let me know. Let's move on.

Bonding Session for you and your daughter

- What did you both learn?
- How do you think that knowing yourselves better will help you both?
- How do you both plan to act moving forward?
- What are your strengths?
- Can you both commit to focusing on your strengths for 90 days

Show Your Daughter How To Love Herself

Annabel was busy taking care of others. She believed it was selfish to focus on her own needs. Her problem was people pleasing. After a few painful knockbacks, she realised that in order to love others, she needed to love and care for herself too. It's not selfish to love yourself. It's necessary.

Part of loving yourself is knowing your value. So many people are hurting because rather than believe in themselves, they determine their value by what other people believe about them. Annabel use to be that way and she turned into an emotional wreck trying to please people that didn't even value her. It left her deeply insecure and she felt unworthy. She didn't know that she had the power within her to change those thoughts. She didn't realise it was up to her to change my own thoughts about her value.

With the help of her parents she realised the following:

She didn't need to be popular to be valuable.

She didn't need to be dressed in the latest clothes to be valuable.

She didn't need to have long flowing hair to be valuable.

She didn't need to have millions of followers on Tiktok to be valuable.

She just needed to believe that her value comes from the inside of her and she is valuable because she exists. Once she had this epiphany, she didn't have to beat herself up trying to prove her value to herself or anyone. She accepted herself and her uniqueness and then she was able to see her value.

Ways To Display Self Love

You can often tell when a girl has self-love. It is not hidden. She will take care of herself. She will nurture herself. She will not put herself down because she knows that she is fearfully and wonderfully made. She also takes steps to look after herself and her body by eating well and exercising. Kemi is very healthy. She learnt from a young age to eat healthily. She loves vegetables and always makes healthy choices when it comes to food. She is super fit and often represents her school at sports.

It all starts from within. It all starts with loving yourself.

This a good time to ask your daughter these questions.

- Do you seek approval from others through people pleasing?
- Would you trade your life for someone else's?
- Do you keep falling for toxic friends?
- Do you put other people on pedestals?
- Are you afraid of rejection?

That was my story for a long time which led to some bad choices in relationships and friendships.

Read this to her

Think about someone you call a best friend. You call her up all the time. You check on her. You want the best for her. You compliment her often. You buy her gifts. You care for her, don't you? You should treat yourself like a best friend. That's how you should love yourself.

How To Cope In Tough Times

- Don't beat yourself up with things you cannot control.
- Love yourself regardless of your circumstances or what is going on externally.
- Aim to do your best and in time your best will unfold.

Quotes To Live By

“Love yourself enough to surround yourself with people who respect you.” Unknown

“The company you keep is a reflection of how you feel about yourself.”
Unknown

“If you put a small value upon yourself, rest assured that the world will not raise your price.” Jean Sibelius

Action Steps to Love Yourself

- Say **NO** to others when you **really** want to say no
- Forgive yourself for your mistakes
- Do what makes your soul happy
- Treat body, soul and mind well
- Don't say negative things about yourself

Ask your daughter if she can commit to doing the above for at least 90 days? Please let me know how she gets on. Let's move on.

Bonding Session for you and your daughter

- What did you both learn from this session?
- How do you think a healthy love for oneself will help you both?
- How do you both plan to act moving forward?
- What will both do you differently? Can you both commit for 90 days?

Teach Your Daughter How To Think Right

My Daughter's Story: Like most girls, Chisom had some limiting beliefs about herself. There was a season when she was always saying negative things about herself. I had to shake her out of that and regularly remind her to only say only good things about herself.

I had to constantly remind her that she is fearfully and wonderfully made. I also encouraged her to recite affirmations.

She recently shared with me that she has grown from being a caterpillar into a butterfly. She believes in her strengths and abilities. She said that all my guidance has finally sunk in. So don't give up mums. Just keep affirming your daughters with positive words.

Ways To Display Thinking Right

Some girls tend to have a habit of putting themselves down. They don't step out as boldly as boys because they are afraid of what others think. A confident girl looks on the bright side of life. She expects good things to happen to her. She always believes in the best possible outcome. She doesn't worry about negative outcomes because her mind is focused on doing her best. Ada is a confident girl. She is great company because she is always happy. She thinks the best in others and you hardly hear her complaining. She is an optimist and believes that something great will always happen to her.

Positive Thinking is probably the most important step to building confidence and probably why this chapter is the longest.

Please read this chapter with your daughter

- Positive thinkers expect life to be good
- We expect the best in people
- We believe that most problems have solutions
- We don't waste energy on negativity

- We believe the future has potential to be great
- We speak positively
- We command our day and we are determined to succeed

Here are some of my favourite quotes

"As a man thinks in his heart, so is he" – Proverbs 23 verse 7

"Whatever the mind can conceive and believe, the mind can achieve "-
Napoleon Hill

So how does it all start?

Change Your Language

It all starts with language and what you tell yourself. I am very careful with words. As much as possible I do not confess negative things, because the choice is mine.

Here are some sentences to avoid and replace

Avoid There's nothing I can do

Replace with Let's look at other alternatives

Avoid That's just the way I am

Replace with I can choose a different approach

Avoid I can't

Replace with I choose

I discovered a while ago the law of attraction which says "**What you focus on you become**" and that law is true to its word. And it's governed by the subconscious mind.

Earl Nightingale says that "Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality."

Power of Affirmations

Affirmations are really simple, short and powerful expressions. They are sentences aimed to affect the conscious and subconscious mind so that in turn, they affect our behaviour, thinking patterns and habits. They are so powerful. I use them all the time which helps me stay positive.

How To Use Affirmations:

- Use the present tense
- Affirm what you want
- Self-talk must relate to you alone
- Keep sentences short and simple
- Affirmations should be positive, expanding, freeing and supportive

Examples Of Affirmations For Girls

I am powerful

I am smart

I am full of great ideas

I am unique

I am valuable

I am a good influence on others

Power of Visualisation

True Story: Harvard University researchers found that students who visualised in advance performed tasks with nearly 100% accuracy, whereas students who didn't visualise achieved only 55% accuracy (Source: Success Principles)

One thing I discovered in recent years is the power of visualisation. It is simply a mental rehearsal.

Based on research, visualisation helps you improve and develop your skills just as if you are actually doing it. Visualisation causes you to reprogram your brain and changes the network of neurons in it.

Your brain doesn't know the difference between the things that happen to you and the things you imagine.

The more you visualise positive things happening, the greater your confidence to step out in purpose becomes.

Visualisation Process

Step 1

Close your eyes and see your goals as complete

Step 2

When your eyes are closed, consciously think about the positive emotions you will feel when you achieve each goal.

I am passing my exams with flying colours
I am doing so well in school
I am achieving my fitness goals
I am getting into the University of my Choice

You've got to visualise your goals as if they have happened.

The whole process can take 15 minutes. You have to be consistent. You daughter should this for 30 days and let me know she gets on. This will become a life habit.

How To Cope In Tough Times

- Feed your mind with positive things
- Guard yourself from negative information especially from the news and social media
- Find joy in small things like the birds singing
- Have a vision board and recite daily affirmations. Listen to soothing music
- Remember to move: Exercise or dance
- Seek ways to help others

Quotes To Live By

“One small positive thought each morning can change the perspective of your whole day”. Dalai Lama

“Once you replace negative thoughts with positive ones, you’ll start having positive results”. Willie Nelson

Action Steps To Positive Thinking

- Only speak positive things about yourself
- Create affirmations
- Make a vision board
- Practice visualisation
- Review your goals morning and night
- Repeat this daily because repetition leads to mastery

Bonding Session For You And Your Daughter

- What did you both learn? How do you think positive thinking will help you both?
- How do you both plan to move forward?
- What affirmations will you create together?
- Can you both commit to speaking positively and visualising your dreams for 90 days

Introduce Your Daughter To Goal Setting As Lifestyle

My daughter's Story: At the beginning of each year, we always have a goal setting session with our children. As entrepreneurs, our children have been watching and are following in our footsteps. Creativity comes naturally to Chisom. She is good with her hands. She makes her own hair with braids. She draws. She bakes. Within the 1st year of university, she decided to teach herself how to make cupcakes as a hobby. She taught herself by watching YouTube Videos. She plans on becoming a super brand in the future.

Ways To Display Goal Setting

A confident girl has a strong sense of purpose. From a young age she has been raised to set goals and to go for what she wants. A girl should get into the habit of setting goals which will lead to more energy and more motivation rather than just coasting. Edna is 12 and loves tennis. She practices nearly every day and has even written in her journal that she will be a great tennis player. Her parents saw her passion from young and encouraged her. They also assist her in writing down other important goals for her life.

You can help your daughter to set goals:

How To Improve Goal Setting

- Make it a SMART goal; specific, measurable, actionable, realistic and time bound
- Have 5 daily tasks to move you to your goal
- Visualize yours goals each morning
- Recite your goals with daily positive affirmations
- Focus on your goals throughout the day and keep them close buy on a post stick note
- Push yourself to go the extra mile to achieve your goals
- Be accountable to someone
- Celebrate when you reach a milestone

How To Cope In Tough Times

- Make daily goals rather than long term ones.
- Take each day as it comes.
- Reward yourself even for smaller steps.

Quotes To Live By

“If your dreams don’t scare you they aren’t big enough”. Ellen Johnson Sirleaf

“When you focus on problems you will have more problems. When you focus on possibilities you will have more opportunities”. Zig Ziglar

Action Steps To Achieve Your Goals

- Decide what you want to accomplish
- List them out clearly
- Be specific
- Believe you can achieve them
- Write them out daily
- Review them morning and night
- Repeat this daily because repetition leads to mastery

Bonding Session for you and your Daughter

- What did you both learn?
- How do you think goal setting will help you both?
- How do you plan to act moving forward?
- What will both do you differently?
- Can you both commit to goal setting for 90 days

Confidence is like a muscle. You have to practice. The more you practice, the more confident you will become. You have come to the end of this eBook. I hope you have enjoyed the first few steps of this journey.

If you would like more information about one on one coaching for your daughter on building confidence or how to find purpose for teenagers, then please reach out to me at rita@majesticallyrare.com

The bonuses are below

I wish you the best in the rest of your journey.

Love RiRi

Bonus 1

Link to Video on Ideas on Raising Confident Children

<https://bit.ly/2HpNb1F>

Bonus 2

Confidence Pledge

<https://bit.ly/395GWLR>

Bonus 3

31 Day Gratitude Journal

<https://bit.ly/2Uco0SV>