

EMAIL 1: Confirmation email

Subject Line: Important: Please confirm your subscription

Hey [Subscriber's Name],

I'm so excited to have you here!

As a thank you, I thought I'd share a **gift** with you.

How to build confidence the easy way with the Kickstart method.

Just click the button below to confirm your subscription, and you'll get access to it right away.

[Button: Yes, I want to subscribe]

Once confirmed, your gift should be in your inbox in just a few seconds!

Talk soon!

Paula

P.S. If you believe that this is a mistake and you did not intend to subscribe to this list, you can ignore this message.

EMAIL 2: PAS

S.L.: Build confidence the easy way with The Kickstart method

Hey [Subscriber's Name],

You know that moment when you really want to go for something, whether that's your crush, an opportunity, or just simply speaking up, but then you doubt yourself and second-guess your decisions?

"I'm not good enough for this."

"What if I mess it up?"

"I'll fail anyway."

You know it's happening, you want to fight against it but you just can't seem to do it.

And so you hold back. You hesitate, you overthink, or maybe you avoid the situation entirely.

And you are tired of that.

You want to feel confident enough to take action.

You want to speak up without second-guessing yourself.

You want to chase your goals with a clear mind.

And I have a simple solution for you.

Here's the thing.

There's one key characteristic of confidence that, once you understand it, makes building it so much easier.

And that is understanding that confidence is actually a habit.

And you might be thinking, "How does that help me build my confidence?"

Well, the key here is that habits can be built.

And in the book "Atomic Habits", we learn an easy, simple, and effective way to build any habit we want.

The key is to start small.

It's difficult to go from never saying "no" to please people to suddenly setting boundaries in every area of your life.

But it's easy to say "no" to one small request that drains your time.

It's easy to spend one minute each morning practising positive self-talk.

It's easy to celebrate small wins, like completing one task toward your goal.

And then slowly build up to the full habit.

So let's start now.

Think about one area you want to improve. What's one tiny action you can take today to make progress?

Then, feel free to send it over to me! I can take a look and see if there's a way to make it even easier for you!

Speak soon,
Paula