

 **Nicola's Avatar** - CONTEXT - This is LinkedIn content for my client that wants to gain more attention for her LinkedIn.

Post 1:

Is self-doubt holding you back, even though you're succeeding professionally?

You're not alone.

90% of my clients faced this **HIDDEN** barrier that kept them from truly living life with passion.

Yet they were able to overcome this problem within 60 days.

And this problem was CONFIDENCE.

Because although many of them were making a nice salary.

They never felt that it amounted to any form of confidence that they could project out into the world.

So I suggested these 3 habits to improve their confidence:

1. Regular low-intensity exercise (which releases endorphins that rapidly reduce stress, allowing their body to ease up)
2. Mindfulness activities to help regain their self-worth and find their peace such as gratitude, breathing exercises, exploring new hobbies)
3. Prioritising regular breaks to recharge and reframe your challenges with fresh eyes.

Which as a result helped them to maintain optimal confidence and self-respect throughout their day, having built upon their positive habits.

P.S. Feeling uncertain and directionless in life?

Join the "Manifest Your Dream 2024" event. Not just to reflect on the difficulties of this year.

But to have an actionable blueprint to elevate your confidence for the year ahead and beyond.

Don't miss out—unlock your potential today. See the link in the comments for more!

[**<Low ticket webinar>**](#)

Post 2:

1/4 people in the UK will suffer a mental health problem each year.

Yet there's a leading cause of mental health problems that's not spoken enough about.

Hidden within everyday groceries, two harsh ingredients are silently disrupting your well-being, causing:

- Inflammation
- Altering brain function
- Hormones imbalance
- Low energy

Yet these culprits hide in the aisles of every supermarket, disguised as 'harmless' foods.

Ruining your wellbeing, only to make every day just that extra bit harder!

Discover the 2 mentally disordered causing ingredients in the comments!

[**<Link to blog>**](#)

Post 3:

Feel like you're failing at everything you attempt?

Only to beat yourself up about it down the line?

My client Richard had the same problem.

Like many hard-working individuals, he was aiming to become better by the day.

However, perfection had gotten the best of him.

Where he had lots of tasks he wanted to do, but not enough time to do them.

But when he didn't achieve them, he felt like he wasn't "cut out" for this.

So when he reached out, I took note of his:

- Priorities and what meant the most to him
- Exercise and diet routines
- Regular thought patterns

Then ensured that he was:

- Sticking to the most important and life-changing tasks, filtering out the others
- Keeping fit and healthy, allowing him to gain confidence in himself and lower his stress
- Removing any self-inflicting thoughts and incorporating gratitude and mindfulness as a daily routine.

Want to take back control over your life?

Get started with the link in the comments!

<Link to discovery call>

Newsletter Article:

Discover Stress-Free Living Through Finding Your True Values

If you're struggling with:

- No sense of direction and purpose for your life
- High levels of stress for your uncertain future

Then this is for you.

Thinking about the future ahead can be daunting.

Yet most of your friends and family know exactly what they want to do, making it look so easy.

And seeing my clients experience the same problem.

I put together a quiz that unveiled the most important aspects of their life that they valued.

To help them:

- Understand themselves more and who they want to become
- See the path ahead and what they needed to focus on to better their lives

And I'm sharing this quiz with you entirely for FREE!

To help you gain clarity on your future and what you truly value in life.

With the confidence and knowledge of your strengths.

[Click here to receive the quiz and gain clarity on yourself and your future!](#)

(Link to lead magnet ^)