

Unlock your Creativity and **Take**
Back your Confidence.

Finding **YOU**

LaTosha Morgan- King



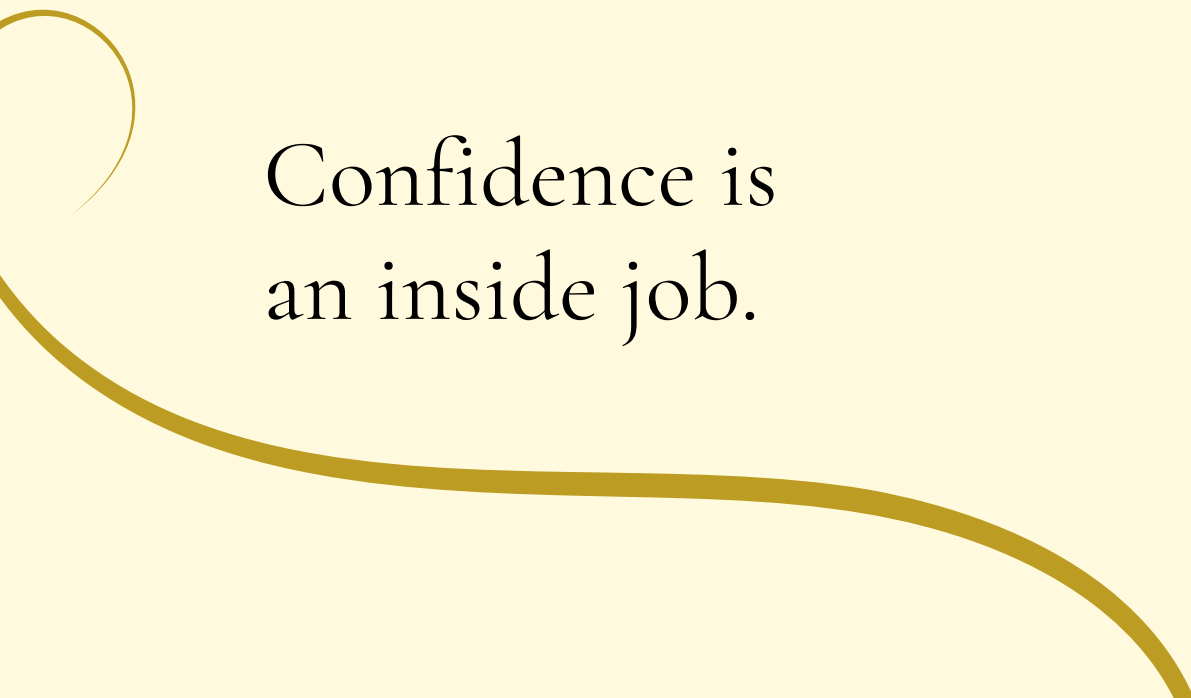
Are you ready?

You've lived your life for everyone else.
It is time to discover how to live for you.



The key to
success is
Confidence

As a Licensed Cosmetologist, my passion lies in the intersection of beauty and confidence. I specialize in locs and am known for my ability to help my clients transform their mindset, harness their potential, and create a thriving and purpose-driven career. Through this guide, I will help you gain the confidence you need to tackle any challenge that comes your way. No longer are we allowing our creativity to stay on the bench?



Confidence is
an inside job.



“How did I get *here*”




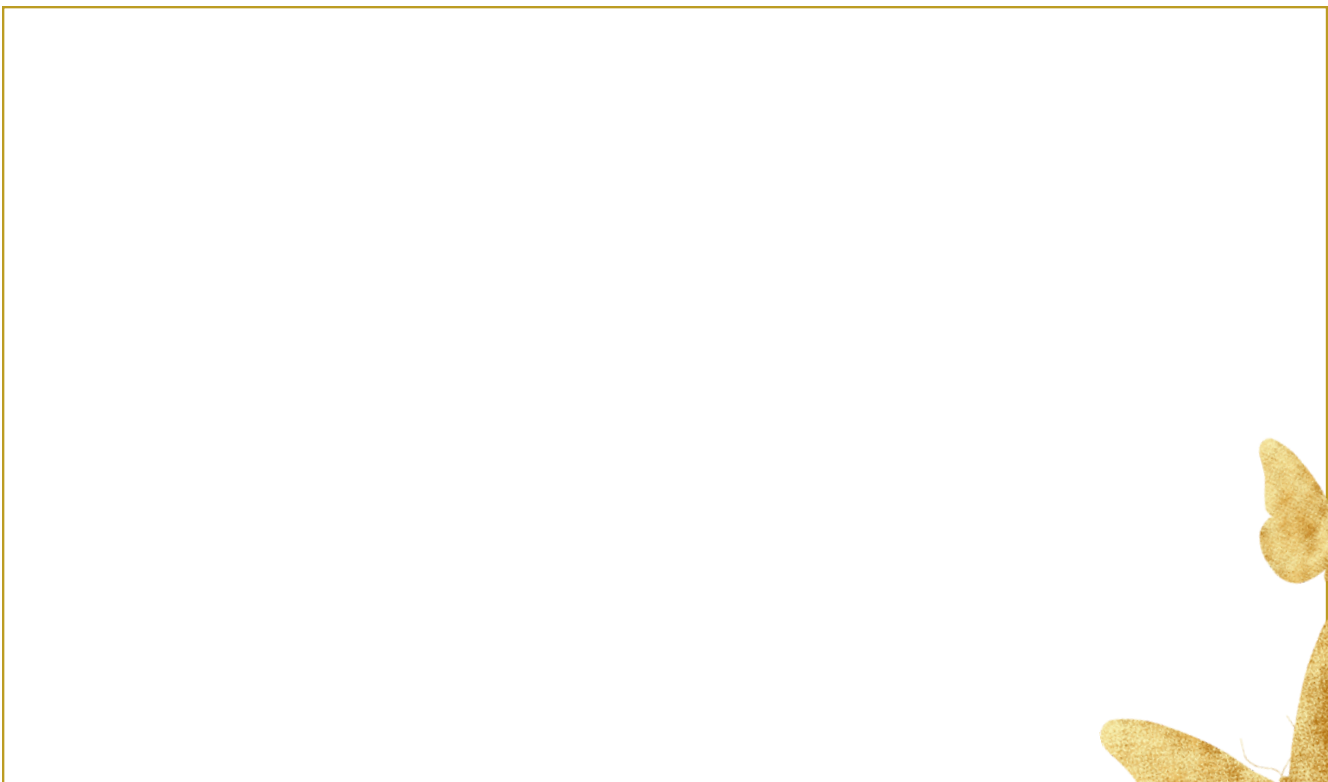
All right, let's kick things off with a real talk session. Where do you find yourself right now? Are you out there chasing your dreams, or are you stuck in the daily grind, feeling like you're just going through the motions?

If you're nodding along, feeling like I'm speaking right to you, you're not alone. Been there, done that, got the t-shirt. I know what it's like to pour all your energy into everyone else's needs, leaving zilch for your own.

So, let's pause for a second and think about how you ended up here. Was it a slow drift, where you woke up one day and realized, "Hey, wait a minute, what about me?" Or did it hit you like a ton of bricks, a sudden realization that you've been living life on autopilot?

Regardless of the route you took, recognizing where you're at is the crucial first step in reclaiming your confidence and finding your way back to you. It's a chance to face those roadblocks head-on and start carving out the path to the life you truly want.

Take a moment and jot down from your perspective where you feel you are right now:



Identifying your *Obstacles*

Alright, let's roll up our sleeves and get real about these roadblocks that are cramping your style. Picture them like those obstacles on a hiking trail—they might slow you down, but they sure as heck won't stop you if you're determined.

The Never-ending List of Tasks

First off, take a moment to do some soul-searching. What's standing in your way? Is it the never-ending list of tasks that seem to multiply faster than you can check them off? You know the drill—you wake up with a game plan, but by the time your head hits the pillow, you've barely scratched the surface. It's like trying to empty the ocean with a teaspoon, and it leaves you feeling exhausted and overwhelmed.

Those Sneaky Self-Doubts

Or maybe it's those pesky self-doubts that creep in when you least expect them. You're cruising along, feeling like you're on top of the world, and then bam! Out of nowhere, that little voice pipes up, whispering, "Who do you think you are?" It's like having a tiny critic living in your head, constantly second-guessing your every move and casting doubt on your abilities.

The Comparison Game

Then there's the comparison game. You know, scrolling through social media and feeling like everyone else has their life together while you're over here still trying to figure out how to adult. It's like a highlight reel of everyone else's successes, making you wonder if you'll ever measure up. Spoiler alert: you will, but it's hard to remember that when you're knee-deep in Instagram envy.

The Dreaded Fear Factor

And let's not forget about fear. Ah, fear—the ultimate buzzkill. It's that voice in the back of your mind, warning you to stay in your lane, stick to what you know, and avoid rocking the boat. Because, you know, what if you fail? What if you embarrass yourself? What if you fall flat on your face? It's enough to send even the bravest souls running for cover.

But here's the kicker: these roadblocks only have as much power as you give them. Once you shine a light on them and call them out for what they are, you take away their ability to hold you back. So go ahead, shine that spotlight, and watch those roadblocks shrink in the face of your determination.

Map out the direct actions you need to take towards your goal.

Stop Doing:

Do Less:

Keep Doing:

Start Doing:

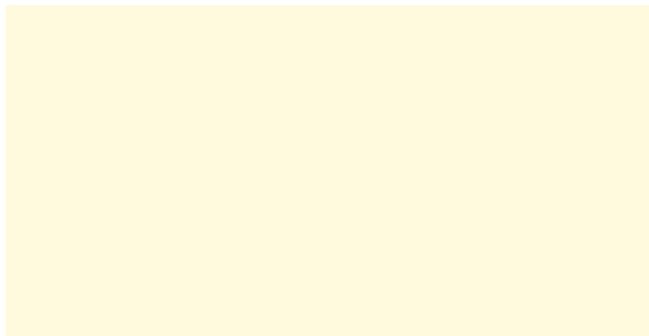
If you're having trouble coming up with specific actions, try asking yourself:

- 1) Who has done what I'm trying to do & how did they do it?
- 2) What advice would you give to a friend who's in a similar situation?
- 3) What activities can you measure/track that show you're on the right track?
- 4) What are first (small) actionable steps I can take right now?
- 5) If you were allowed to take only one high-impact action in each of the above categories, what would they be?

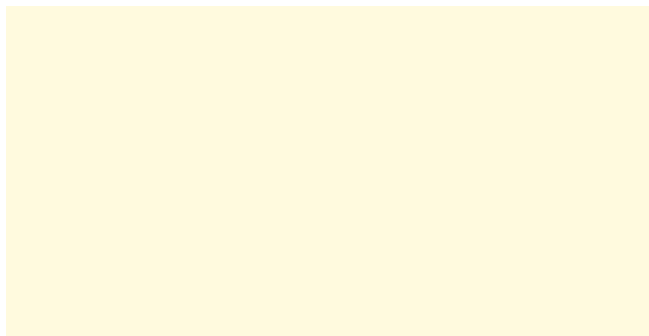
WEEKLY GRATITUDE JOURNAL

Take some time each day to fill out your gratitude journal (you can use your own notebook or fill out the weekly gratitude journal below).

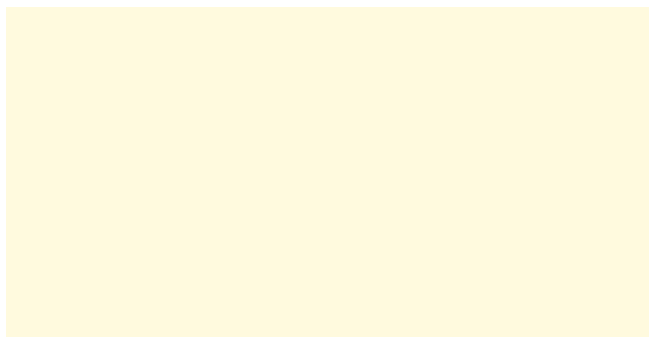
MONDAY



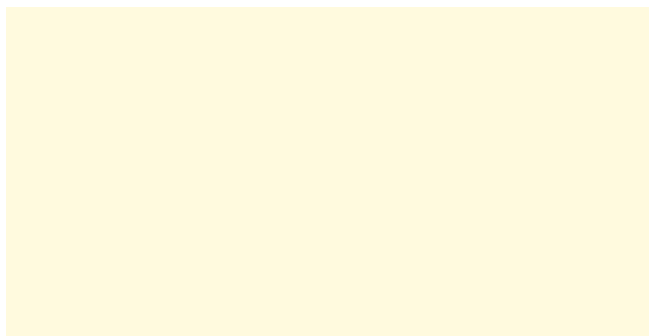
WEDNESDAY



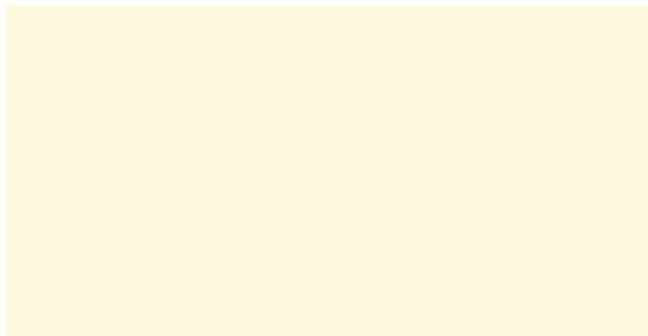
FRIDAY



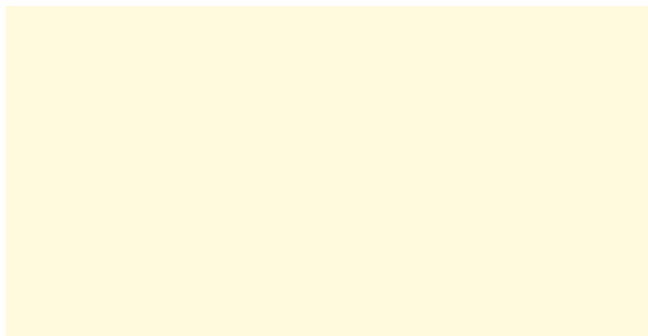
SUNDAY



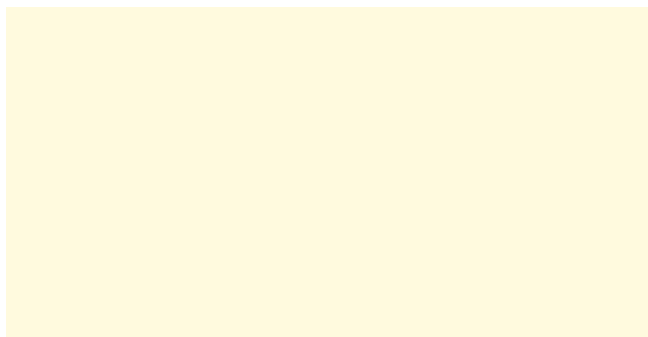
TUESDAY



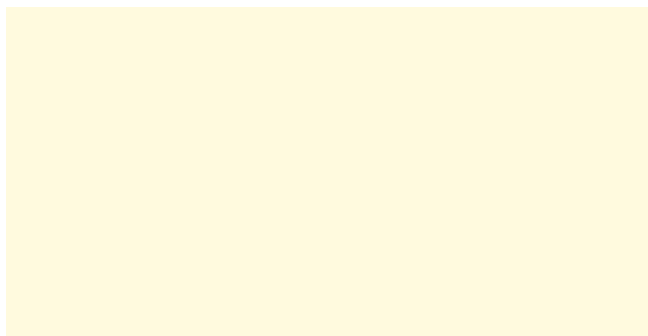
THURSDAY



SATURDAY



OTHER NOTES



Mindset Shift

Now that we've identified those sneaky roadblocks that have been tripping you up, it's time to kick them to the curb and start paving your path to success. Easier said than done, right? Well, not necessarily. It's all about shifting your mindset and flipping the script on those negative thoughts.

Let's start at the beginning—the first step to overcoming any obstacle is acknowledging that it exists. It's like trying to navigate through a dense forest—you can't find your way out until you admit that you're lost.

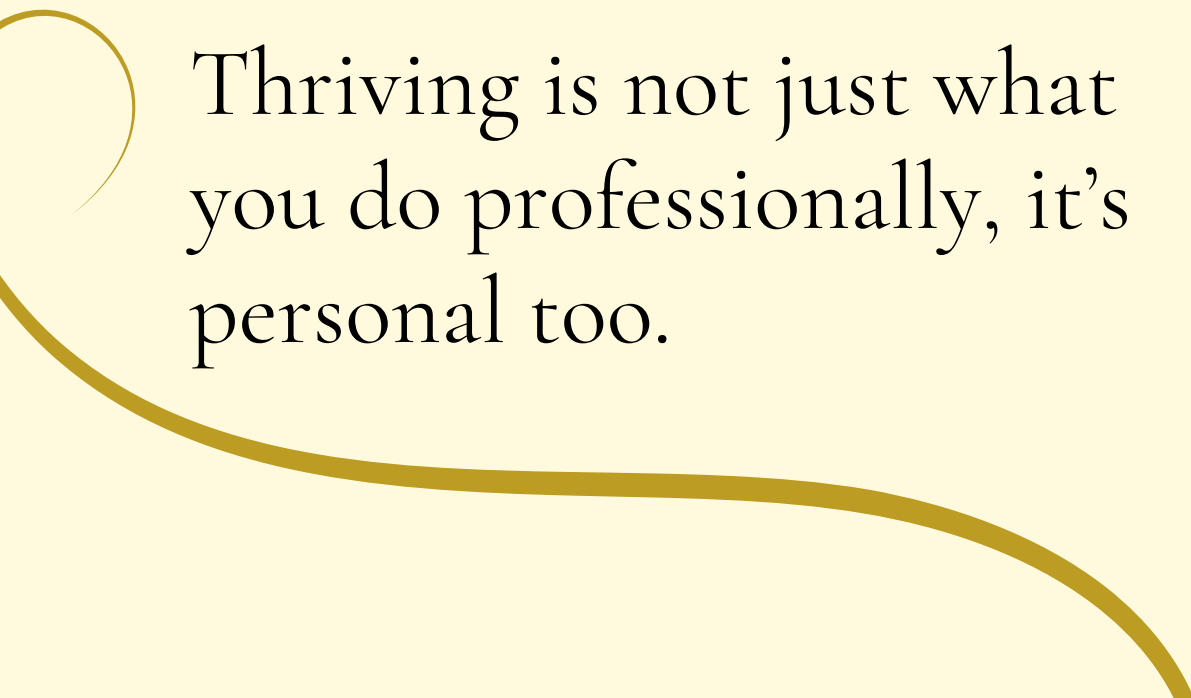
So take a moment to tune in and recognize those roadblocks for what they are. Maybe it's the overwhelm of never-ending tasks, the weight of self-doubt, or the pressure of comparison. Whatever form they take, permit yourself to say, "Hey, these roadblocks are real, and they've been holding me back."

But here's the thing: acknowledging the roadblocks isn't about beating yourself up or dwelling on the negative. It's about shining a light on them so that you can start to work through them. It's like turning on a flashlight in a dark room—you might not see the whole picture right away, but at least you can see well enough to take that first step forward.

Once you've acknowledged the roadblocks, it's time to accept them for what they are. This isn't about resigning yourself to a life of struggle; it's about recognizing that these roadblocks are a part of your journey, but they don't have to define it. By accepting them, you're opening yourself up to the possibility of change and growth.

So take a deep breath, look those roadblocks square in the eye, and say, "I see you, and I'm ready to move past you." Because once you've acknowledged and accepted them, you're already one step closer to overcoming them.





Thriving is not just what
you do professionally, it's
personal too.



It's YOUR Turn



Alright, let's dive into the art of prioritizing yourself—a skill that's not just about self-indulgence, but about self-preservation. Think of it as reclaiming your seat at the table of your own life, with a big neon sign that says, "Reserved for Me."

Setting boundaries is your first line of defense in this journey. It's about drawing a line in the sand and saying, "This is where my time, energy, and sanity begin and end." Take a look at your commitments—are you spreading yourself too thin? It's time to start saying no to the things that drain you and yes to the things that nourish you.

Now, let's talk "me time." This isn't just about squeezing in a bubble bath here and there (though those are definitely encouraged). It's about carving out sacred moments in your day for the things that light you up and feed your soul. Whether it's reading a book, going for a walk, or indulging in a hobby you love, make self-care a non-negotiable part of your routine.

But self-care isn't about just pampering yourself—it's also about giving yourself grace and care. So the next time you stumble or fall short of your own expectations, take a deep breath and remind yourself that it's okay to be imperfect. Treat yourself with the same kindness and understanding that you would offer to a friend.

Getting clear on your priorities is another key piece of the puzzle. Take a moment to reflect on what truly matters to you. What lights you up? What brings you joy? Once you have a clear vision of your values and goals, it becomes a whole lot easier to say no to the things that don't align with them and yes to the things that do.

And last but not least, don't forget to celebrate your wins—big and small. Every step forward deserves to be acknowledged and celebrated. So give yourself a high five, treat yourself to a little something special, and bask in the glow of your own awesomeness.

By setting boundaries, carving out "me time," practicing self-compassion, getting clear on your priorities, and celebrating your wins, you're not just prioritizing yourself—you're reclaiming your power and setting yourself up for a life filled with joy, fulfillment, and purpose. You've got this!

And why is all of this important?

Because when you prioritize yourself, you're not just filling your cup—you're overflowing it. You're showing up as the best version of yourself for those around you, and you're setting an example for others to do the same. So go ahead, reclaim your power, and put yourself first. You deserve it.

Give Yourself Grace:

In a world where we often juggle countless roles and responsibilities, it's easy to become our own harshest critics. We set high expectations and berate ourselves for not meeting them, overlooking the immense efforts we put forth daily. It's time to change that narrative. Giving yourself grace means acknowledging that you are human, imperfect, and beautifully so. It involves recognizing that it's okay to make mistakes, to fall short sometimes, and to need rest. Embrace self-compassion by treating yourself with the same kindness and understanding you would offer a dear friend. Remember, progress is more important than perfection, and every step you take is a step forward.

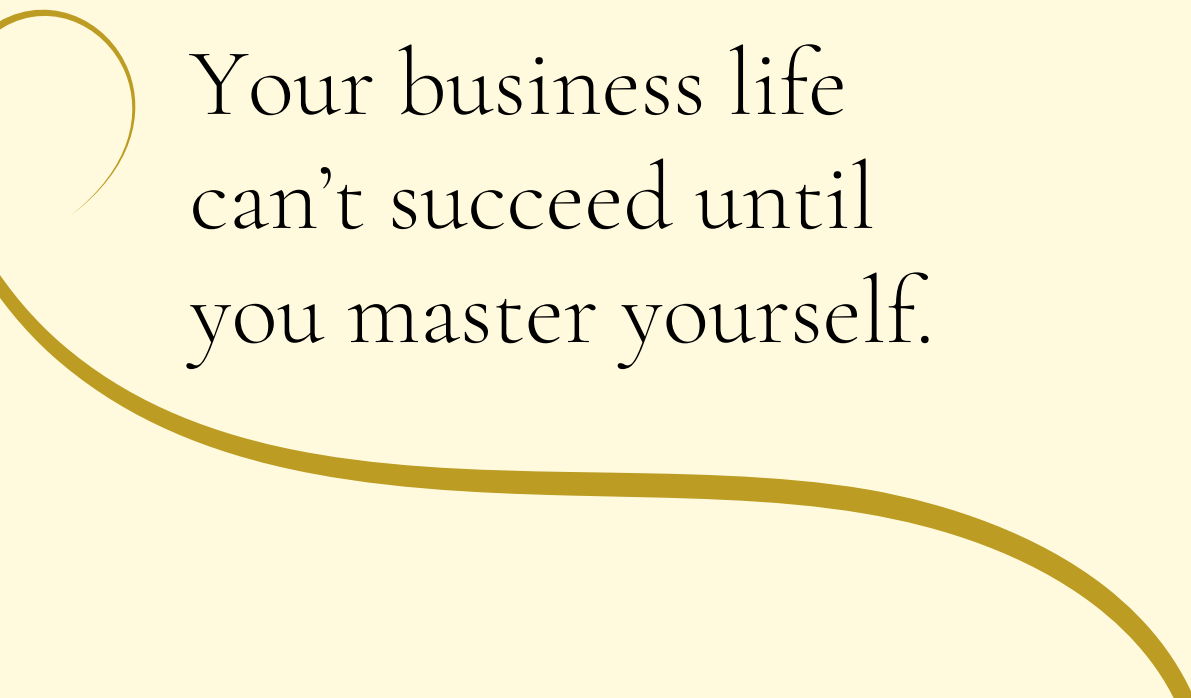


In the grand scheme of life, it's easy to overlook the small victories while waiting for monumental achievements. However, it's these small wins that build the foundation of our confidence and happiness. Celebrate each accomplishment, no matter how minor it may seem. Did you finally complete that daunting task you've been putting off? Did you take a few minutes to meditate amidst a busy day? These are victories worth acknowledging. Celebrating small wins reinforces positive behavior, boosts your morale, and provides the motivation to keep going. Recognize these moments and allow yourself to feel proud of them.

Happiness often feels elusive when we are constantly catering to the needs of others. It's essential to take a step back and reflect on what genuinely brings you joy. This isn't about fleeting pleasures but about the activities, people, and experiences that fill your heart with lasting contentment. Perhaps it's spending time in nature, indulging in a creative hobby, or sharing a laugh with loved ones. Understanding what makes you happy is the first step towards prioritizing those things in your life. By doing so, you ensure that your well-being is at the forefront, not an afterthought.

Life is filled with moments of joy, but they often go unnoticed in the hustle and bustle of daily routines. Make it a habit to jot down the small things that bring a smile to your face. It could be the sound of birds singing in the morning, the smell of fresh coffee, or a kind word from a friend. Carry a notebook or small journal with you to capture these moments. This practice not only helps you stay present but also allows you to build a reservoir of positive memories that you can revisit whenever you need a boost.



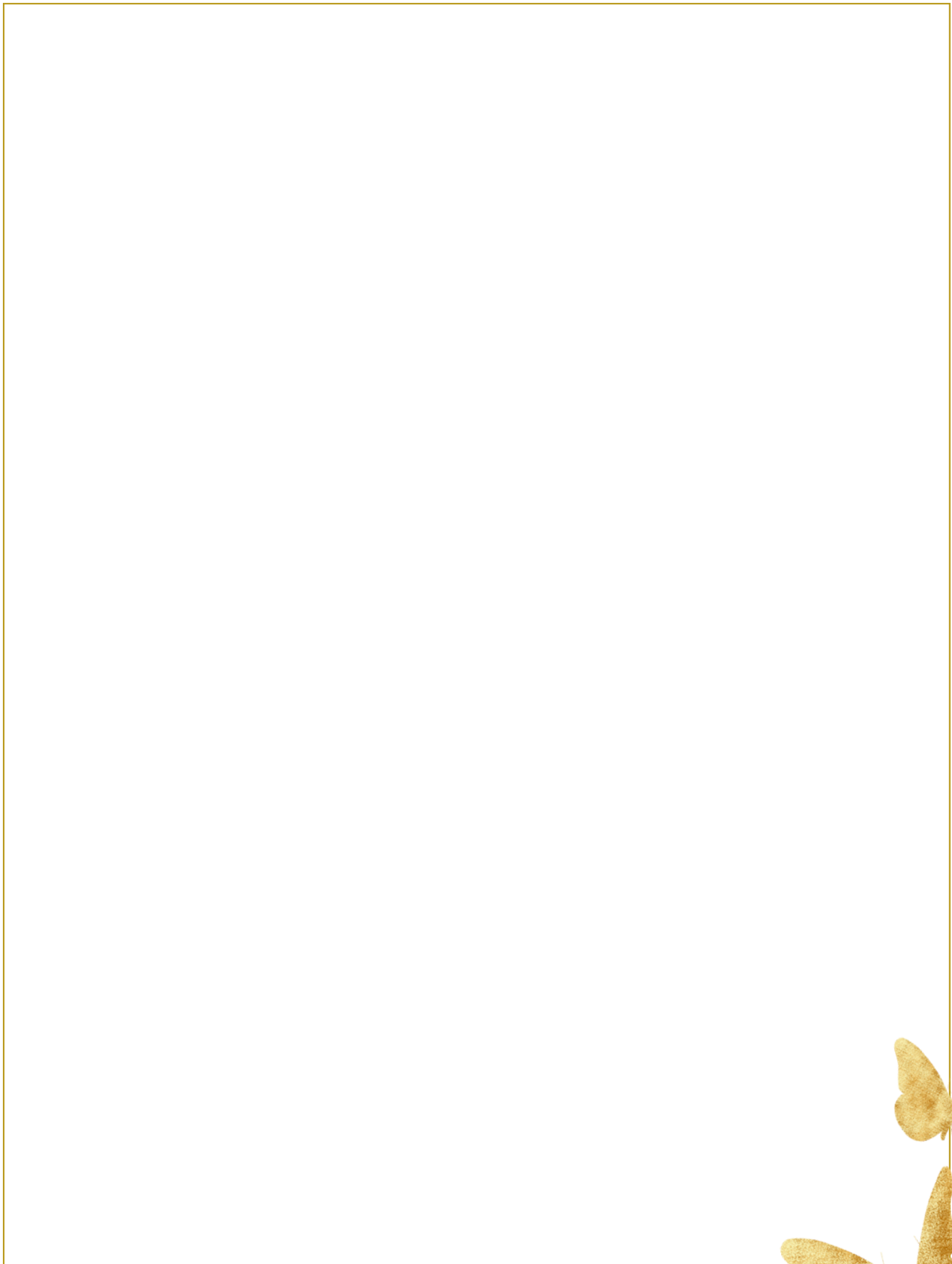


Your business life
can't succeed until
you master yourself.

Dream BIG!



Write out everything you never thought you could accomplish but would like to. What's out of your reach but you really want it?

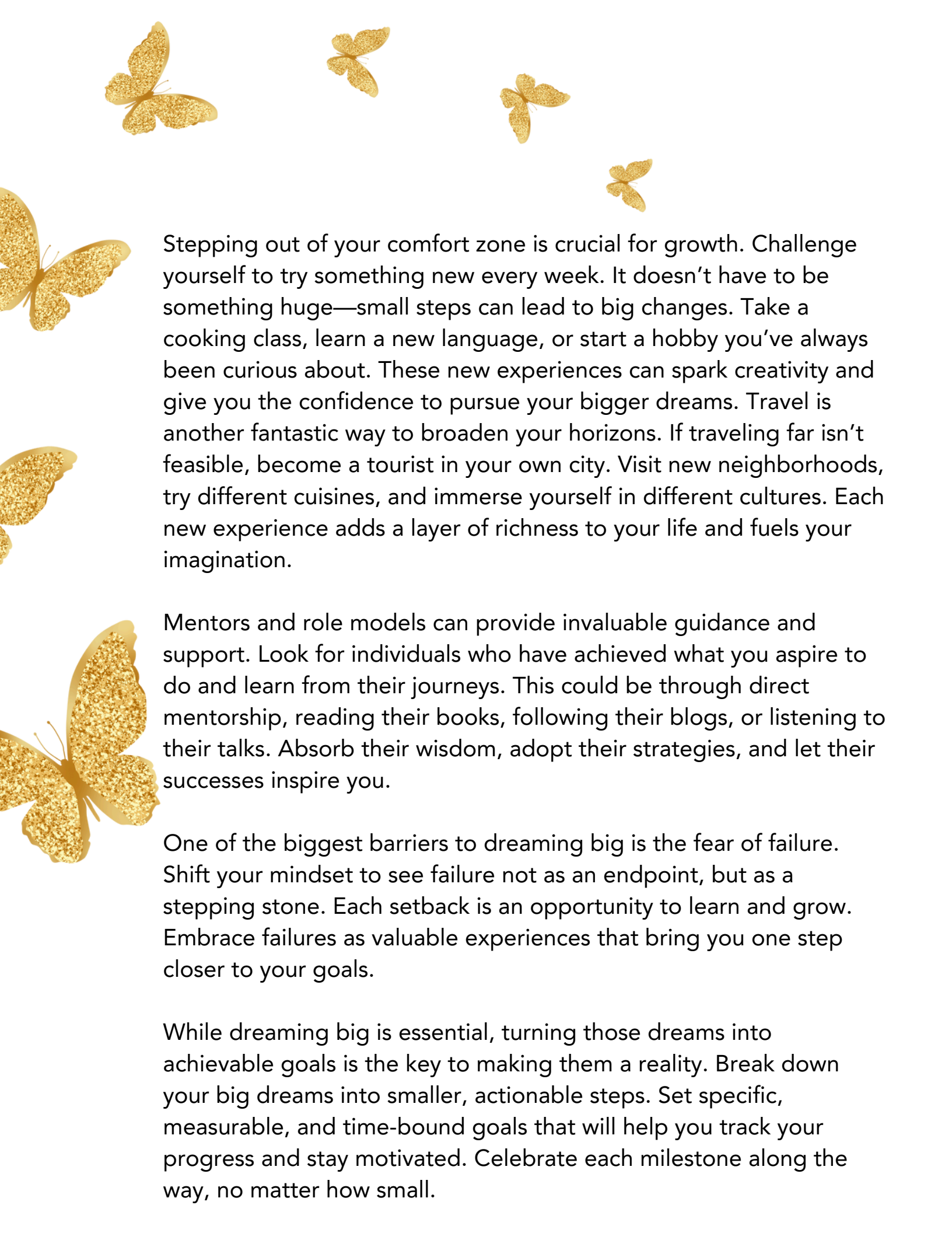


Now that you've written down all those dreams and goals that seemed out of reach, it's time to bring them into focus and start turning them into reality. Dreaming big is all about pushing the boundaries of what you think is possible and allowing yourself to envision a future filled with limitless potential.

But dreaming big isn't just about the dreams themselves; it's about the journey you take to get there. One of the most powerful ways to move towards your dreams is by expanding your circles and trying new things. Surrounding yourself with diverse perspectives and experiences can ignite new ideas, provide support, and open doors you never even knew existed.

Think about the people you interact with regularly. Are they inspiring you to reach for the stars, or are they keeping you grounded in your current reality? It's time to expand your network. Start by seeking out individuals who are already doing what you aspire to do. This could mean attending networking events, joining online communities, or simply reaching out to someone you admire and asking for advice. Consider joining clubs, groups, or classes related to your interests. Whether it's a book club, a professional association, or a fitness class, these spaces provide opportunities to meet like-minded people who can offer fresh perspectives and encouragement.



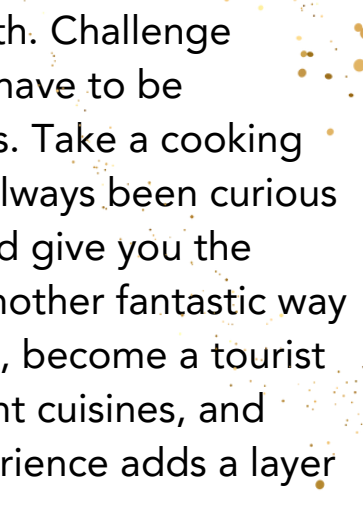
The page is decorated with several gold, glittery butterflies of various sizes and orientations, scattered across the top and left sides. The largest butterfly is on the left side, partially overlapping the text. Other smaller butterflies are positioned at the top and right edges.

Stepping out of your comfort zone is crucial for growth. Challenge yourself to try something new every week. It doesn't have to be something huge—small steps can lead to big changes. Take a cooking class, learn a new language, or start a hobby you've always been curious about. These new experiences can spark creativity and give you the confidence to pursue your bigger dreams. Travel is another fantastic way to broaden your horizons. If traveling far isn't feasible, become a tourist in your own city. Visit new neighborhoods, try different cuisines, and immerse yourself in different cultures. Each new experience adds a layer of richness to your life and fuels your imagination.

Mentors and role models can provide invaluable guidance and support. Look for individuals who have achieved what you aspire to do and learn from their journeys. This could be through direct mentorship, reading their books, following their blogs, or listening to their talks. Absorb their wisdom, adopt their strategies, and let their successes inspire you.

One of the biggest barriers to dreaming big is the fear of failure. Shift your mindset to see failure not as an endpoint, but as a stepping stone. Each setback is an opportunity to learn and grow. Embrace failures as valuable experiences that bring you one step closer to your goals.

While dreaming big is essential, turning those dreams into achievable goals is the key to making them a reality. Break down your big dreams into smaller, actionable steps. Set specific, measurable, and time-bound goals that will help you track your progress and stay motivated. Celebrate each milestone along the way, no matter how small.




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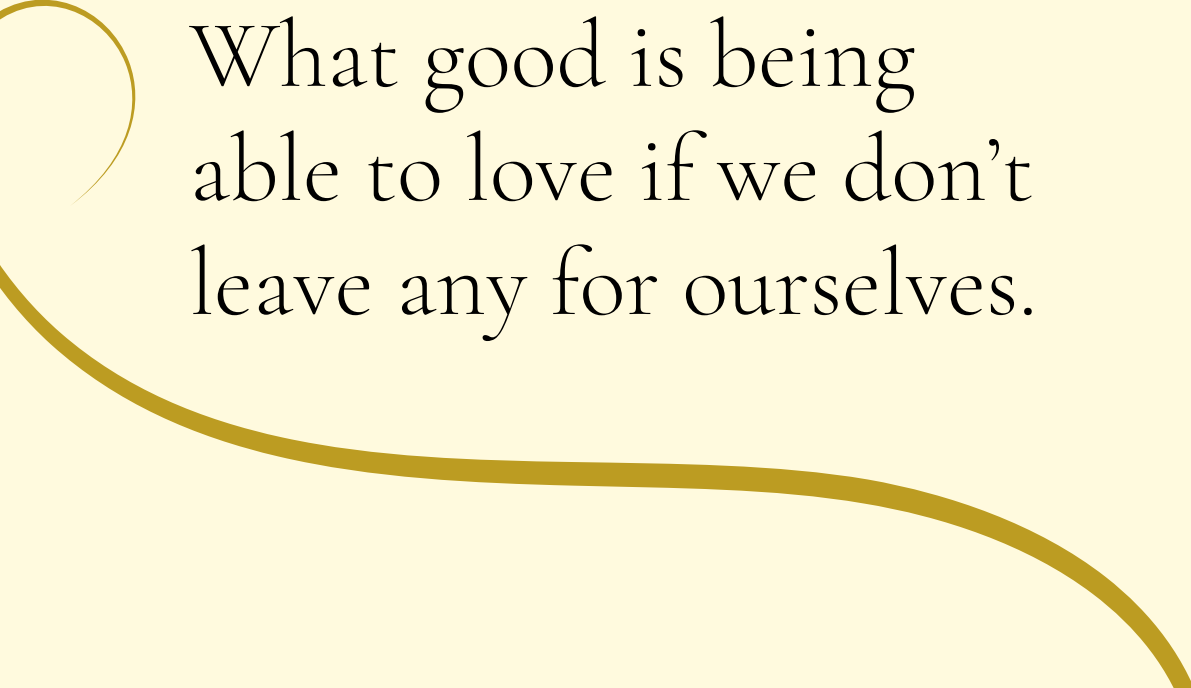
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Dreaming big is about believing in your potential and daring to pursue what truly excites you. By expanding your circles, trying new things, seeking out mentors, embracing failure, and setting actionable goals, you're laying the groundwork to make your wildest dreams come true. Remember, the journey is just as important as the destination, so enjoy every step along the way. You've got this!



What good is being
able to love if we don't
leave any for ourselves.



Love on YOU

As you journey toward your dreams, it's essential to cultivate a deep sense of self-love and kindness. This involves more than just occasional self-care; it's about truly embracing and appreciating yourself every single day.

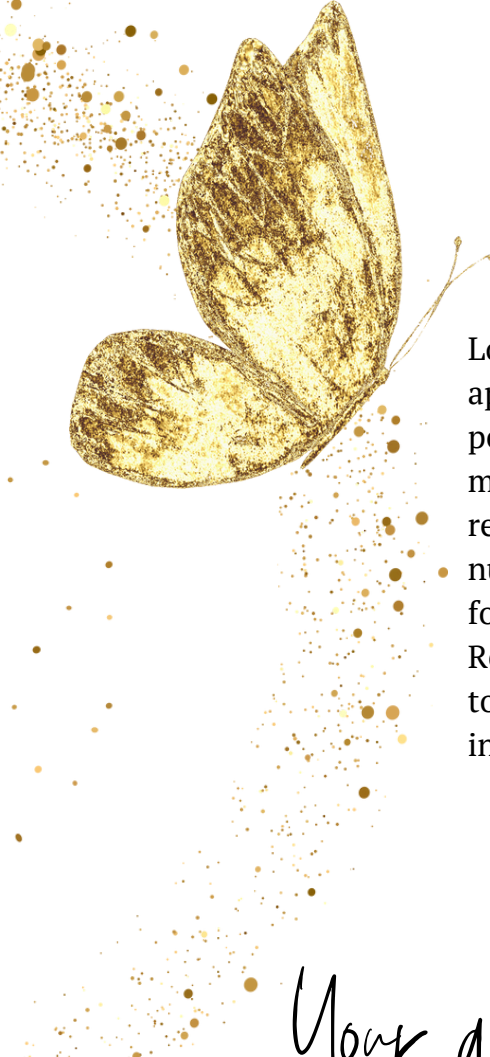
Start with something as simple as looking in the mirror. Often, when we face our reflection, we focus on what we don't like, picking apart perceived flaws. It's time to change that narrative. Each morning, look in the mirror and find one or two things you genuinely appreciate about yourself. Maybe it's the sparkle in your eyes, the strength of your hands, or the kindness in your smile. Begin with small compliments and let them grow. Over time, this practice will become a habit, transforming how you see yourself. Make this a daily ritual—a moment to affirm your worth and beauty.

Treating yourself is another powerful way to show self-love. This doesn't have to mean grand gestures or extravagant purchases. It's about carving out moments for yourself, whether it's enjoying a quiet cup of coffee in the morning, taking a leisurely walk, or spending a few hours indulging in a hobby you love. These small acts of kindness towards yourself add up, creating a reservoir of positivity and self-respect.

Investing in yourself also means seeking expert support when needed. Sometimes, we all need an external perspective to help us see our potential and navigate our blind spots. Consider working with a coach, therapist, or mentor who can provide guidance and encouragement. These professionals can help you uncover strengths you may not recognize in yourself and offer tools to overcome challenges. They see what you might overlook and can help you grow in ways you never imagined.



It is time to invest in yourself!



Loving yourself is a continuous journey of acceptance and appreciation. It's about looking in the mirror and celebrating the person staring back. It's about treating yourself with kindness and making time for the things that bring you joy. And it's about recognizing when you need support and not hesitating to seek it. By nurturing a loving relationship with yourself, you build a strong foundation for pursuing your dreams and living a fulfilled joyous life. Remember, you deserve all the love and kindness you so freely give to others. So start today—look in the mirror, treat yourself, and invest in your growth. You've got this!

*Your growth journey
starts here!*

WORK WITH ME

