

Keyis
Hall



The Confidence Code

*Feel Magnetic, Sexy, &
Unstoppable in 5 Minutes!*

What if I told you...
that the **secret to feeling confident,**
playful, and turned-on by life
was **as simple as 5 minutes**
of naked dancing a day?

This practice **changed everything for me**
—and now it's yours.

Step 1: Choose Today's Affirmation

Ask yourself: **How do I wish to feel today?**

Then choose or create an affirmation that aligns with your intention.

Examples:

- "I am worthy, sexy, & powerful."
- "I am a beautiful, confident, Queen/King/Sovereign Being!"
- "My body is an incredible work of art!"

Step 2: Time To Dance

★ Music

Pick a song that makes you feel sexy, playful, & alive!

Need a suggestion - [get my playlist here](#).

★ Nudity

If you're not already naked, slowly and intentionally strip while looking at yourself in the mirror. Go only as naked as you're comfortable—this is your space to explore self-acceptance at your own pace.

★ Movement

No one's watching! Close your eyes and let your body move how it wants to.

★ Touch & Take In

Really *look* at yourself. Touch your skin. Make *eye contact* with yourself. Send yourself *love and acceptance*.

Thank your body for all it does! It's so incredible!

★ Affirm

Repeat your chosen affirmation to yourself - lots!



[Get My Playlist Here!](#)

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Step 3: Celebrate, Clear, & Call In

After dancing, take a moment to reflect with these three prompts (you may wish to use a journal!)

★ Celebrations

Acknowledge something positive about yourself or your life!

Example: "Today I am celebrating the amazing dinner I had with my besties last night!"



★ Clearing

Identify something that is no longer serving you and consciously release it.

Example: "Today I am clearing my fear of not being enough."

★ Desires

Speak a desire for the day out loud. Claim it to give it power.

Example: "I desire to embody this confident, radiant energy throughout my entire day!"

What Next?

★ **Practice this confidence ritual daily** and notice the shifts in your body and mindset! (You are rewiring your brain to **feel more pleasure and confidence** at the sight of your naked body in the mirror!)

★ Use the journal prompts to integrate your experience.

★ Send an email to connect@krishall.ca to let us know about your experience!

★ Ready for more confidence & worthiness?

Explore the **Wild, Worthy & Orgasmic** coaching program at

<https://www.krishall.ca/coaching>

And step into your **full embodied confidence!**

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