“WHAT JEWELRY SHOULD YOU BE WEARING TO BOOST SELF CONFIDENCE?”

“WHAT JEWELERY WILL MAKE YOU A BADASS IN YOUR WORKSPACE?”

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Self-esteem is essential to daily life. The way you think of yourself affects your attitude and happiness. Improving your confidence in yourself, will improve your self-esteem and in return, improve your happiness. Yes, jewelry is one way to do just that. It can improve your outlook on yourself or even the world. It allows you to do what you want and be who you want to be. You don’t have to rely on the opinions of others. And as much as we write about current trends, you absolutely don’t have to follow them. Be independent. Be spontaneous. Be confident. Wear those outrageous earrings that make you feel like a goddess, because that is all that counts. How YOU feel about YOU

[TAKE THE QUIZ](file:///C:\Users\keerthu\AppData\Local\Temp\Temp2_Inner%20Child%20Quiz.zip\Inner%20Child%20Quiz\quiz.html)

### Confidence :

1. How do you handle any uncomfortable situation?
2. With comfort and ease (1)
3. I procrastinate to deal with situations (2)
4. I usually tend to run away from situation (3)
5. How do you feel when faced with difficulty?
6. Strong and confident (1)
7. Scared and fearful (2)
8. Hopeless and negative (3)
9. What you most likely to think after overcoming an obstacle?
10. I think about the lessons I have learned (1)
11. I regret about the things that I should’ve done (2)
12. I worry about the embarrassments that I have experienced (3)
13. How much do you believe in your goals and dreams?
14. My goals are achievable and I will reach there soon (1)
15. I believe that if I work hard, I will achieve my goals (2)
16. It’s scary and I believe that it will take time to reach my goals (3)
17. Are you afraid to express yourself?
18. Not at all (1)
19. Sometimes (2)
20. Yes (3)

Self-Esteem:

1. Do you frequently compare yourself with others?
2. Never (1)
3. Often/occasionally (2)
4. Constantly (3)
5. How much do you agree with this sentence “**I am concerned with other people’s opinions about me?**”
6. Disagree (1)
7. Neutral (2)
8. Agree (3)
9. **How do you feel when you enter into the room full of people?**
10. **I feel confident and empowered (1)**
11. **Nothing (2)**
12. **I feel awkward (3)**

4)Do you struggle to make decisions or stand by them?

a) Never (1)

b) Sometimes (2)

c) yes, all the time (3)

5) Do you feel anxious or uncomfortable in social situations?

a) Never (1)

b) Maybe sometimes (2)

c) All the time (3)

1. **Do suspect that people gossip about me behind my back?**
2. **Yes, but I don’t care much (1)**
3. **I don’t know (2)**
4. **Yes, and it does concerns me a lot (3)**

Career fields: (deleted question)

1. What career field do you most likely to work now/in future ?

### Business, management and administration or Law and public policy (baddest)

### Arts, culture and entertainment (or) Social media influencer, youtuber (fashion)

### Architecture and engineering or Education or Science and technology. (classic)

### Sales or Community and social services or Health and medicine (simple , basic , casual)

For images

* 1. What piece of jewellery you mostly likely to notice first/mostly attracted to?

A) rings B)earrings c) necklace d) bracelets e) anklets

**Less confident and low self-esteem (3)**

Your results shows that you have low self-esteem. Don’t be disappointed, it’s never too late to start your healing process.

One of the simplest ways to improve your confidence is by wearing the jewelry that makes you unique and special. Here is how jewelry can improve your confidence:

Jewelry are the form of communication. How we look is a story we are telling the world. It can be hard to feel confident if you don’t know what message you’re sending to the rest of the world. Choose jewelry that expresses your message. If you wear something shining, you’ll instantly feel more shining, bright and happier!

Look at the sparkle jewelry collection we have for you, which will instantly complement your wardrobe.

(Images here)

Here are some other simple techniques that may help you feel better about yourself.

Recognise what you're good at:

We're all good at something, whether it's cooking, singing, doing puzzles or being a friend. We also tend to enjoy doing the things we're good at, which can help boost your mood.

Build positive relationships:

If you find certain people tend to bring you down, try to spend less time with them, or tell them how you feel about their words or actions.

Try to build relationships with people who are positive and who appreciate you.

Be kind to yourself:

Being kind to yourself means being gentle to yourself at times when you feel like being self-critical.

Think what you'd say to a friend in a similar situation. We often give far better advice to others than we do to ourselves.

Learn to be assertive:

Being assertive is about respecting other people's opinions and needs, and expecting the same from them.

One trick is to look at other people who act assertively and copy what they do.

It's not about pretending you're someone you're not. It's picking up hints and tips from people you admire and letting the real you come out.

Start saying "no":

People with low self-esteem often feel they have to say yes to other people, even when they do not really want to.

The risk is that you become overburdened, resentful, angry and depressed.

For the most part, saying no does not upset relationships. It can be helpful to keep saying no, but in different ways, until they get the message.

**Confident and self-esteem (neutral 2)**

Your results shows that you are confident but needs some improvement and not confident enough to achieve your desires. You are doing really great and you are one step away from expressing your true self.

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(Images here)

Do not put on jewelry simply because it completes your outfit or you have the money. Instead, you should wear something that is a true expression of who you are. The jewelry should be able to reflect your inner beauty while at the same time embracing your unique personality. It is only through this action that you can feel confident about yourself when interacting with people around you.

**CONFIDENT (1)**

Your results shows that you are confident and fearless person. Keep up the good work. However, it is essential to maintain the confidence level which will allow you to fully express yourself.

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