

# Self-Love = Confidence, Joy & Success

*Nola Peacock*

Whenever I start comparing myself to someone else, my inner critic kicks in. Because I teach children and teens how to feel confident, I am very aware of my inner critic and also how to quiet it.

The first step is simply being aware of that inner critical voice. Next, I stop and put my hand over my heart so that I get out of my head and move into my heart. I allow the emotions to flow through me. Fear is usually what is underlying my inner critical voice.

Once I've acknowledged the emotion, I connect with my inner guidance and listen to the 'truth.' The truth is, that I, like everyone else, am perfect. I am unique and I am not meant to be like anyone else. There is no need to compare. With this change in perception, my inner critic soon quiets down and my self-talk becomes much more loving.

If I had the opportunity to give a message to a large group of people, I would want to talk about kids. I believe that each and every one of them is a gift. When I look at a child, I see their perfection. I wish everyone would see kids that way.

I am constantly amazed at the wisdom kids have. Kids are very intuitive. My experience with kids is that when they are allowed to listen to their heart and do things that they love, they

overflow with joy and confidence. They can be extremely creative. When they are offered choices, they are much more cooperative and helpful. They come up with the most creative ways to make things happen.

In my life and my work, I want to play big and let as many people as possible know what I do. Fifty percent of Canadian youth suffer with signs of depression. Suicide is the second leading cause of death in young people. I want to reach these kids and show them that they have other options. There is always a way to solve their problems, no matter how big they feel it is.

I have struggled with depression and so I really get how they feel. I understand the 'darkness' and I also know that it's possible to change it. I want to give every tween/teen hope. I want to give them the tools and techniques to use so that they can feel hopeful and excited about their life. I don't want more kids to slip through the cracks and be lost. This is what keeps me going. I know that helping kids and families is my purpose.

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