



Unshakable Confidence

A Woman's Guide to Inner Power



By Orion Talmay



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Hey, beautiful soul.

If you're reading this, it means you're ready to step into a more confident, radiant version of yourself. I want you to imagine that we're sitting together, sipping a warm cup of tea, and I'm about to share with you everything I've learned about building unshakable confidence.

This isn't just about looking confident on the outside—it's about feeling powerful from the inside out. This book is your personal roadmap to confidence, self-love, and empowerment.

Let's embark on this journey together, sister.

Orion

Transformational Coach,
Hypnotherapist, Speaker & Podcaster



Chapter 1:

Understanding Confidence



Confidence is not arrogance; it's self-assurance. It's knowing that you are enough, just as you are. I've spent years trying to figure out why some women walk into a room and own it while others shrink into the background. The secret? Confidence isn't something you're necessarily born with—it's something you build.

For years, I struggled with confidence, especially when it came to speaking in public. English is my second language, and I was always hyper-aware of my accent, my grammar mistakes, and whether I was saying things "correctly." I used to let these fears hold me back, convinced that people would judge me (and some did and even laughed at me). But then I realized something powerful: confidence isn't about perfection. It's about owning who you are.

Did you know that 93% of communication is nonverbal? That means your energy, passion, and presence matter far more than the exact words you use. When I started focusing on my message instead of my fears, everything changed. My amazing husband encouraged me to start my podcast, and through that journey, I discovered that my voice could inspire and uplift others. I changed my focus from worrying about other people's opinions—to the impact I could have in the world.



Confidence is about stepping into your power, even when you don't feel ready. It's about showing up, taking up space, and knowing that your voice matters.

In this book, I'll walk you through the steps to build confidence in a way that feels natural, authentic, and deeply empowering. Confidence is walking your path regardless of what others think of you or say because you follow your heart and intuition.

Another crucial aspect of confidence is understanding that it's built through experience. The more you practice something, the more confident you become.

It's just like working out a muscle—the more you use it, the stronger it gets. I've learned this firsthand from pushing myself to do things that scared me. Whether it was speaking on a stage, networking with influential people, or traveling alone to a foreign country on the other end of the globe, every challenge that I embraced strengthened my belief in myself.

One of the biggest lessons I've learned is that confidence is rewarded. When you radiate self-assurance, people around you respond positively. They listen more intently, respect you more, and are drawn to your energy. This is why body language, posture, and how you carry yourself are so important. When you walk into a room with your head held high and a smile on your face, you exude a presence that people naturally gravitate toward.

Confidence is also about being kind to yourself. We all have moments of self-doubt, but the key is to acknowledge those thoughts and shift your focus. Instead of letting negative self-talk dictate your actions, remind yourself of your strengths and achievements. Celebrate the small wins and keep pushing forward.

Throughout this book, I will provide you with tools, exercises, and real-life strategies to cultivate lasting confidence. I will also share with you some of the mentors who impacted my life. You have everything you need within you to become the most radiant, powerful version of yourself. Let's unlock that potential together.



Chapter 2:

Set Healthy Boundaries



I need to be real with you—there was a time when I felt completely broken. I was in an abusive relationship that shattered me. The words, the actions, the isolation, the physical pain—it all made me feel like I was nothing.

When I finally walked away, I thought the hardest part was over, but then I had to face myself. The damage was deep. But I refused to let that be my story. I dug deep, I healed, and I rebuilt my confidence brick by brick. No matter what you've been through that took away your confidence, if I can do it, so can you.

You can reignite your power and step into your true, powerful self, no matter what. The thing about self-doubt is that it doesn't go away overnight. After leaving that relationship, I struggled to recognize myself.

My self-esteem had been chipped away, and I had internalized all the painful words thrown at me. I couldn't even look at people in the eyes. I felt small, invisible, unworthy. But deep inside, I knew there was more to me than the person I had been reduced to. I knew I could rise again.



I started with small steps. First, I sought healing through therapy and self-help books. I even watched funny cat videos on YouTube to make myself smile. Then, I surrounded myself with supportive people who reminded me of my worth.

One of the most significant turning points in my journey was attending a Tony Robbins event, where I walked across burning hot coals. That experience transformed the way I saw myself. If I could walk across fire, what else could I do? What other fears could I conquer? This event taught me that confidence is about action—it's about proving to yourself, moment by moment, that you are stronger and more capable than your fears and negative self-talk.

I also realized that healing my mind was just as important as healing my body. I worked on changing my inner dialogue. Instead of telling myself I wasn't good enough, I started practicing affirmations like, "I am strong. I am worthy. I am powerful." These words, spoken repeatedly, began to take root in my mind. I stopped being a victim of my past and, brick by brick, built a new identity.

If you are struggling with low self-esteem, I want you to know this: you are not alone, and you are not broken. You have the power to rewrite your story. You can rise from the ashes and become stronger than ever before. It won't happen all at once, but with each small step you take—whether it's standing taller or looking at yourself in the mirror and saying "I love you"—you will begin to see the light again.



Chapter 3:

Prayer, Connection & Spirituality



Confidence starts with faith—not just in yourself, but in something greater than yourself. When I was at my lowest, I turned to God, to the Universe, to something beyond myself. I prayed. I visualized. And little by little, I felt my strength return. True confidence is deeply connected to our spiritual well-being, and when we align with a Higher Power, we unlock inner strength we never knew we had.

Key Practices for Spiritual Confidence



Prayer & Connection to Faith

Whether you believe in God, the Universe, or the quantum field, connecting with something beyond yourself provides a foundation of strength. Prayer is not just about asking—it's about aligning yourself with divine wisdom, finding inner peace, and trusting the path ahead. When you feel lost or doubtful, turn inward and speak from your heart.

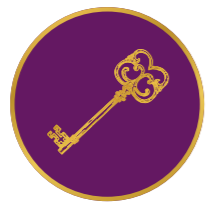


Quantum Energy & Science

Science has shown us that everything in the universe is energy—

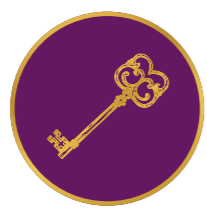


including our thoughts. When you shift your mindset and raise your energy, you attract higher vibrational experiences. Quantum physics teaches us that we can influence our reality by changing our inner world (i.e. the “observer effect”). When you focus on positive, confident thoughts, you align yourself with opportunities, people, and events that reinforce that confidence.



Meditation & Connecting with Source

Spend time in stillness and connect with the infinite energy field around you. Close your eyes, take deep breaths, and allow yourself to be filled with divine light and love. Imagine this energy surrounding and protecting you, strengthening your confidence, and aligning you with your highest self. Feel the warmth of universal support flowing through you, washing away fear and self-doubt. When you immerse yourself in this energy, you awaken a sense of unshakable peace and clarity, reinforcing your connection to the Divine and your inner strength. Spend time in stillness and visualize yourself embodying confidence. Close your eyes, breathe deeply, and imagine yourself walking through life with strength, certainty, and radiance.



Trust in Divine Timing

Sometimes, we want things to happen right away, but confidence comes when we surrender and trust that everything is unfolding as it should. Learn to let go, have faith, and know that you are always being guided toward your highest good.

You can check out my “Trust the Universe” episode here:

 **Trust the Universe**
OrionsMethod.com/303



Spiritual confidence is developing a “knowingness” that you are supported by a greater force and that you are never alone. Tap into faith—through prayer, meditation, or breathwork. Imagine walking through life with ease and certainty that you are guided and cared for!



Chapter 4:

Mindset Mastery

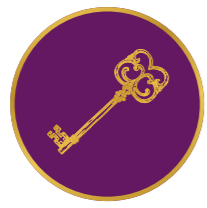


I used to let my thoughts hold me hostage—telling me I wasn't good enough, smart enough, beautiful enough. But then I realized something powerful: my thoughts weren't facts. They were just old stories. And I had the power to change them. Confidence begins in the mind. If your mind is filled with doubt, fear, and negative self-talk, it will be impossible to feel strong and empowered.

The good news is that you can train your mind just like you train a muscle. Every time you challenge a limiting belief or replace a negative thought with a positive one, you are strengthening your confidence. The more you do it, the easier it gets.

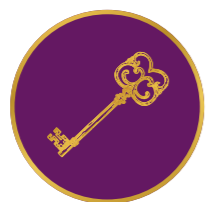


Strategies for Mental Confidence



The Power of Intention

Before stepping into a social setting, remind yourself, "I belong here." You can set an intention for how you want to be or act. You can also choose to be of service and make someone feel seen or heard in that event. When you consciously choose to be confident, your brain starts to align with that belief, and when you help others, you feel good about yourself.

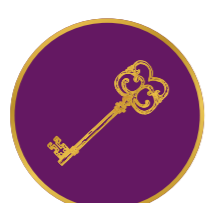


Eliminating Negative Self-Talk

Speak to yourself like you would your best friend. If you wouldn't say it to her, don't say it to yourself. Recognize that the voice in your head is often just conditioning from past experiences—it is not the truth. When a negative thought arises, pause and ask yourself, "Would I say this to someone I love?" If not, replace it with something kind and uplifting.

Discover more practical techniques in this fantastic conversation with my phenomenal mentor, Marisa Peer, on developing powerful self-talk:

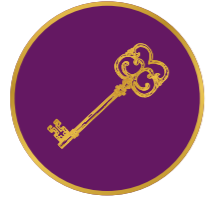
 **Tell Yourself a Better Lie**
OrionsMethod.com/280



Choosing the Right Environment

You are the average of the five people you spend the most time with—so choose wisely. If you're constantly surrounded by people who doubt themselves, criticize you, or don't support your growth, their mindset will rub off on you.

Instead, seek out people who uplift and inspire you. When you spend time with confident, motivated individuals, their mindset will start influencing yours positively.



Hypnotherapy for Confidence

The subconscious mind plays a crucial role in shaping our confidence. Often, deep-seated fears, insecurities, and beliefs from our childhood are stored in our subconscious, influencing how we show up in the world.

Hypnotherapy is a powerful tool to eradicate limiting beliefs at the root level and accelerate your confidence journey. I have helped many clients through hypnotherapy, helping them break free from old patterns and step into their full power.

If you're curious about how hypnotherapy can support you, I'd love to help you explore this transformative tool.



Hypnotherapy

OrionsMethod.com/000



Mastering your mindset is one of the most powerful things you can do for your confidence. Your thoughts create your reality, so take charge of them and watch how your confidence flourishes.



Chapter 5:

Emotional Confidence, Healing & Self-love and Acceptance



Emotions are powerful. If left unchecked, they can create self-doubt and insecurity. But when managed well, they can become a source of strength and resilience. Healing emotional wounds is crucial for lasting confidence.

Emotional confidence is about learning to trust yourself again, embrace every part of who you are, and stop letting past experiences dictate your present or future.

Many women struggle with confidence because they carry emotional baggage from past traumas, failed relationships, or negative self-perceptions built over time.

The antidote is healing, self-acceptance, and learning to love yourself fully.



Ways to Build Emotional Confidence

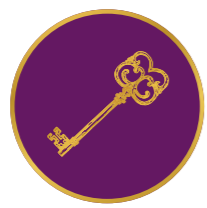


Forgiveness

Release past hurts that hold you back. Forgiving doesn't mean forgetting—it means freeing yourself from the burden. Holding onto anger or resentment drains your emotional energy and keeps you stuck.

Sally Anderson went through the most horrific thing imaginable; my interview of her will move you to tears and give you a new perspective on forgiveness and leadership:

 **Healing, Love, & Leadership**
OrionsMethod.com/48



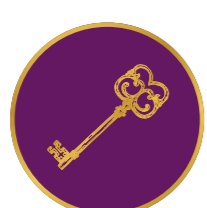
Self-love and Acceptance

Embrace who you are, imperfections and all. Self-love begins when you stop comparing yourself to others and celebrate your unique journey.

It's about being kind to yourself, even on your worst days.

You can explore more about self-love in this episode:

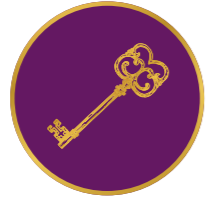
 **The Gift of Self-Love**
OrionsMethod.com/107



Daily Affirmations

Affirmations like “I am worthy,” “I am loved,” and “I trust myself” can rewire negative thought patterns and reinforce emotional confidence. Check out this blog post I wrote about it:

 **“Affirmations Are B.S.” and Other Things You Shouldn't Believe**
OrionsMethod.com/myths



Emotional Boundaries

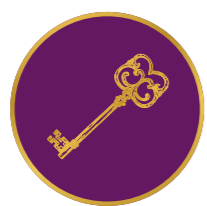
Protect your energy and say “no” when needed. It’s okay to step away from toxic relationships and situations.

Learning to say “no” is one of the most powerful ways to honor yourself and your well-being.

Here’s an episode I did on boundary setting:



How to Set Healthy Boundaries
OrionsMethod.com/307



Processing Emotions

Instead of bottling up emotions or having your negative feelings run your life, find healthy ways to release and transmute them.

This can be through movement, journaling, or creative outlets like painting or music.

Emotional confidence isn’t about being happy all the time—it’s about knowing that no matter what emotions arise, you have the strength and the tools to navigate them with grace.



Chapter 6:

Physical Confidence - Embodying Your Strength



Your body holds energy, and how you move affects how you feel.

Another pivotal part of my healing journey was physical movement. I remember when I first started martial arts training—it wasn't about fighting, it was about taking my power back. Through MMA (mixed martial arts), I turned my pain into anger and released it in practice, and through Aikido, I learned how to redirect energy instead of resisting it.

Martial arts taught me fluidity and resilience. Through physical strength, I began to rebuild my inner strength. With every punch, kick, and controlled movement, I felt myself reclaiming my power. Exercise, movement, and posture became key elements in my self-confidence recovery. I also used Yoga and Dance to release pain, find pleasure, and connect to joy.

If you are struggling with self-doubt, I encourage you to move! Motion changes emotion. Physical confidence is not just about looking strong; it's about feeling strong. It's about knowing that your body is capable and powerful.



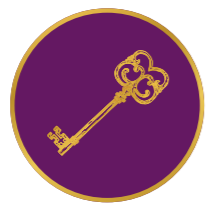
When you move your body, you reinforce to yourself that you are alive, in control, and can push through limits you once thought were impossible.

Exercise releases endorphins, the feel-good hormones that improve mood and self-esteem. But beyond the science, when you challenge yourself physically—whether through a new workout or a long hike—you reinforce the belief that you can do hard things. Strength isn't just physical; it affects your mindset and how you approach life.

Another key element of physical confidence is how you carry yourself. Posture plays a huge role in how we feel and how others perceive us. You project confidence and authority when you stand tall, with your shoulders back and your chest open.

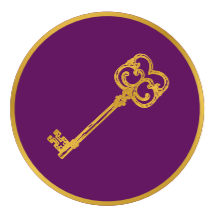
This isn't just about appearances—research has shown that body language affects our brain chemistry, increasing feelings of power and reducing stress.

Ways to Build Physical Confidence



Posture & Body Language

Stand tall, take up space, and own your presence. When you walk into a room, lift your chin, roll your shoulders back, and exude confidence through your stance.



Fitness & Movement

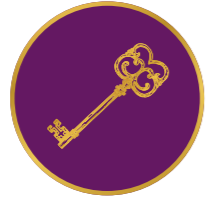
Exercise to release stress and boost endorphins. Whether it's lifting weights, running, or pole dancing, movement helps you feel strong and in control.

Check out my interview with Fitness Champion Whitney Jones, who will inspire you to get into a champion mindset:



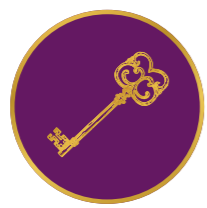
A Champion Mindset
OrionsMethod.com/390





Dressing for Confidence

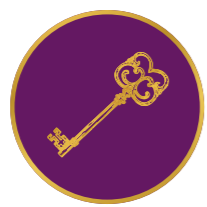
Did you ever wear something that made you want to do a little dance or affected how you walk or stand? Your external appearance is intertwined with your identity. If you want to create a new identity of a strong, powerful woman—whatever that image means to you—consider trying on an outfit that fits that new identity and see how it makes you feel.



Breath

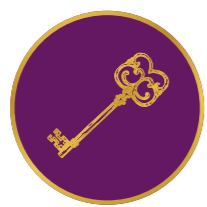
Deep, intentional breathing can shift your state instantly. When stress or self-doubt creeps in, pause and take slow, deep breaths. Techniques like box breathing (inhaling for four counts, holding for four, exhaling for four, holding for four) calm the nervous system and promote a sense of grounded confidence.

Other powerful breathwork methods include alternate nostril breathing, which balances energy, and diaphragmatic breathing, which enhances relaxation and focus. Breathwork is a simple yet powerful tool to reset your energy and refocus your mind.



The Food You Eat

How's your diet lately? Are you feeling sluggish and foggy or vibrant and energetic? Your nutrition plays a huge role in how you feel. If this area needs improvement, start with small changes like drinking more water, increasing protein intake, or eating less sweets. Commit to one thing that works for you, and take the first step today.



Challenging Yourself Physically

Try something new that pushes your physical boundaries, like training for a race, rock climbing, or even walking a bit further than usual. Each challenge you overcome strengthens your belief in yourself.

Take care of your body. Your physical strength reflects your inner strength. The more you nurture both, the more unstoppable you become.



Chapter 7:

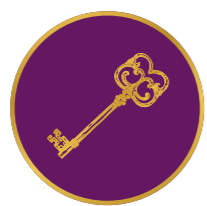
Quantum Manifestation - Aligning with Your Highest Reality



Manifestation is more than just wishful thinking—it is about aligning yourself energetically, mentally, and emotionally with the reality you desire. The universe operates on vibrational energy, and when you match your inner state with the frequency of your dreams, you naturally attract them into your life.

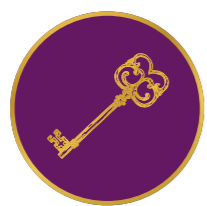
This is the foundation of quantum manifestation and an essential key to cultivating unshakable confidence. When you send a clear message, the quantum field organizes around your desire to assist you in becoming who you want to be.

Key Practices for Quantum Manifestation



Embodied Visualization

Instead of simply picturing your goals, feel them in every cell of your body. How does it feel to already have the confidence, love, or success you desire? Engage your senses—hear, see, and touch this reality in your mind until it feels real. When your subconscious believes you are already confident, your actions will follow.



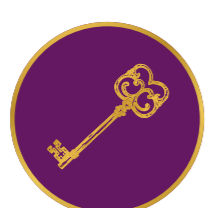
Energetic Alignment

Your emotions are powerful frequency generators. If you constantly dwell in doubt, you attract more of it. Instead, elevate your energy by practicing gratitude, joy, and certainty. Confidence flourishes when you operate from a state of abundance rather than lack.



New Identity

Confidence is an identity, not just a feeling. The quantum field contains infinite versions of you—including the one who doubts herself and the one who stands in her power. By aligning your thoughts, emotions, and actions with the empowered version of yourself, you will quantum jump into that reality.



Vision Boards

By making a vision board, you begin activating the manifestation of your dream reality. If you want to know exactly how to do this, check out these two articles:



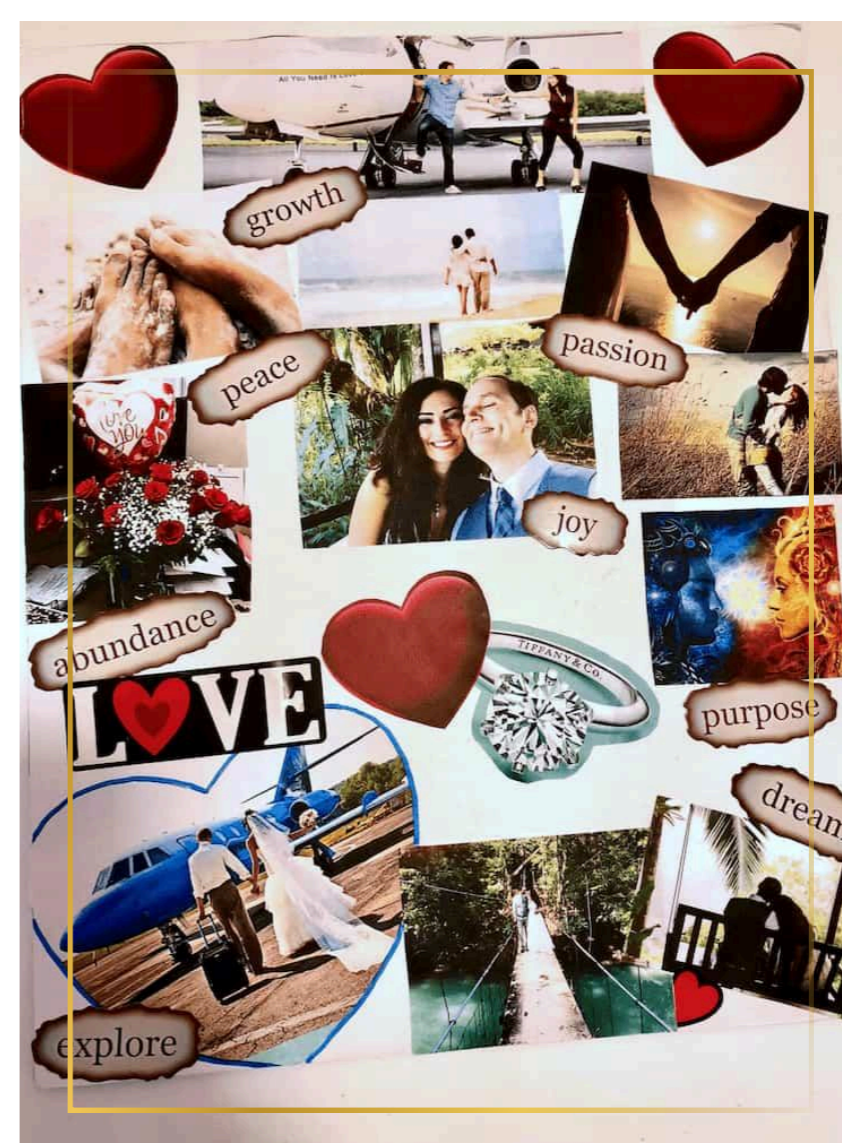
How to Make a Vision Board that Works

OrionsMethod.com/vision-1



Vision Boards: Magically Manifest Your Dreams & Goals

OrionsMethod.com/vision-2



Manifestation is a powerful process that combines a positive mindset, self-belief, and intentional action. Orion Talmay shares how gratitude, visualization, and inspired steps can help turn dreams into reality.

If you want to learn more about manifestation and how it works, listen to my episode manifestation; it's powerful!



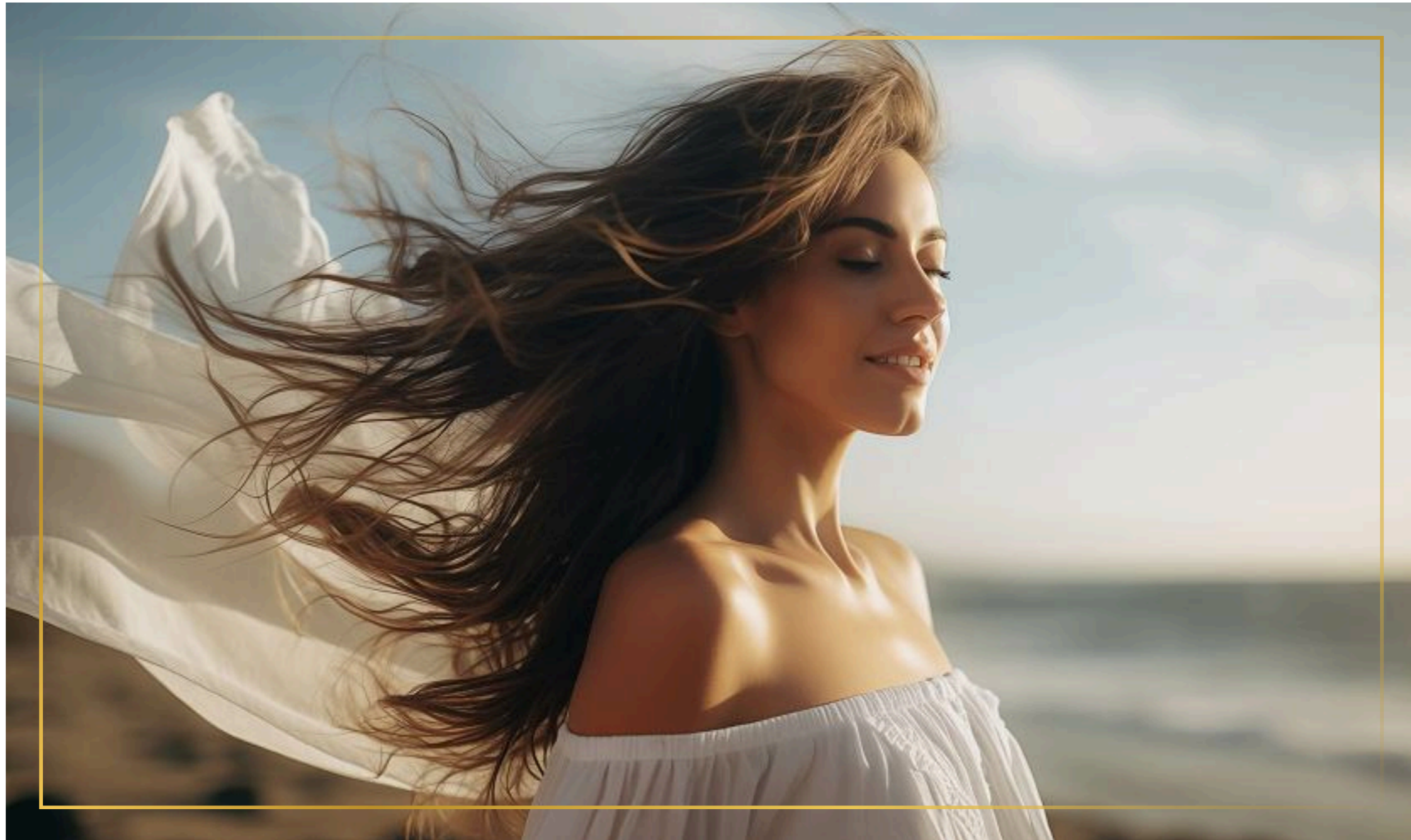
How to Manifest Your Dreams

OrionsMethod.com/how-to



Chapter 8:

Your Sacred Feminine Power



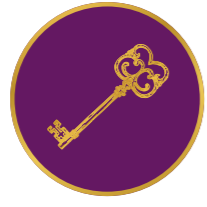
We have both masculine and feminine energies inside of us. Both are powerful in different ways. Many women have been conditioned to suppress their feminine energy to fit into a world that values masculine traits such as assertiveness and control.

Your power as a woman comes from honoring your intuition, emotional depth, softness, flow, and ability to create and nurture. Balancing feminine and masculine energies inside you allows for a bigger expansion and self-fulfillment.

I teach a lot about this because learning to find power in my femininity played a massive part in who I am today as a woman and leader.

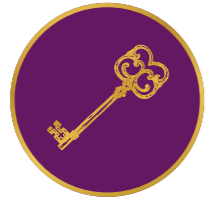


Ways to Connect to Your Feminine Power



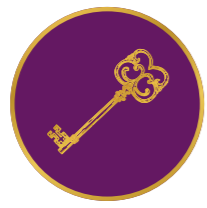
Embrace Intuition

Your intuition is your inner guidance system. It speaks to you in whispers, nudges, and gut feelings. Trusting your intuition gives you confidence in making decisions without overanalyzing or second-guessing yourself. Spend time in stillness, journaling, or meditating to connect to that powerful soft voice inside you.



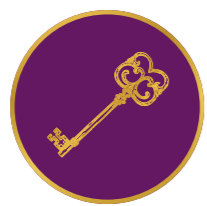
Move with Flow

Feminine energy thrives in movement. Put on a song and dance for yourself. Let go of the issues that are stored in your tissues and allow yourself to release stuck emotions. It's your birthright to feel attractive and to have fun.



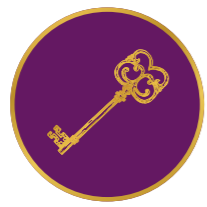
Honor Your Emotions

Instead of suppressing emotions, embrace them as messages from your soul. Cry when you need to, laugh freely, and express yourself unapologetically. Feel your feelings and give them space, but don't get stuck in a rut—let it go like a cloud on a sunny day.



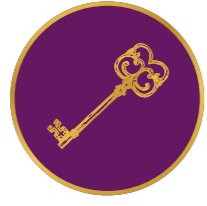
Create & Nurture

Feminine energy is profoundly creative and nurturing. Whether it's through art, writing, gardening, or cooking, engaging in creative expression strengthens your connection to yourself.



Connect to Your Sensuality

Sensuality isn't just about sexuality—it's about fully experiencing the world through your senses. Indulge in beautiful scents, wear fabrics that feel luxurious, eat food that delights you, and take time to enjoy pleasure in its many forms. Babies and kids naturally look for pleasure in play, tickles, and laughter. How does your inner child want to express pleasure and joy? Let her.



Balance Your Masculine & Feminine Energies

True confidence comes from balancing both energies. There are times to be strong, assertive, and driven. There are also times to be soft, receptive, and in flow.


Sometimes, leading from a feminine, soft, and loving place gives you better results and an easier way to accomplish your goals. Learning how to dance well between those energies will help you navigate life with ease and grace.

I highly recommend you listen to these two episodes with my beloved mentor on everything femininity, Sheila Kelly:



 **Reclaiming Your Power, Pleasure, & Primal Feminine**
OrionsMethod.com/376



 **The Movement of the Feminine**
OrionsMethod.com/73

Your feminine power is your strength. The more you embrace it, the more you will radiate confidence effortlessly.

You don't have to be loud/hard/mean/cold/uptight to be influential; the most magnetic confidence can come from quiet self-assurance and deep inner knowing.



Chapter 9:

The Power of Action



Confidence is also built through action and stepping outside your comfort zone. Say yes to new opportunities, dare to fail, and keep moving forward.

Confidence is not something you wait for—it's something you cultivate by consistently taking bold steps, feeling the fear, and doing it anyway.

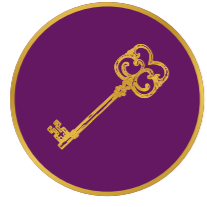
Too often, we hesitate, waiting for the perfect moment to act. But the truth is, the perfect moment rarely comes. Every small step you take today paves the way for greater strength tomorrow.

Action is the antidote to fear. You don't have to feel confident before you take action—you build confidence by taking action. Trust yourself, take that leap, and watch as you grow stronger with every step forward.

Remember, you are worthy, powerful, and meant to shine. You belong! The world needs your light—so step into your power and own it.

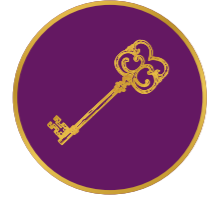


Your Action Steps



Say it

Even if your voice shakes, say what's on your mind. Over time, this will feel more natural.



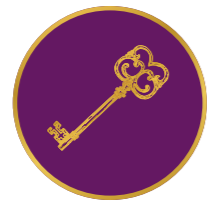
Speak like a professional

Public speaking isn't just a natural talent, it's a skill you can develop with practice, guidance, and the right techniques. With the right mindset, you can captivate any audience and deliver your message confidently.

Want to feel more self-assured on stage? Check out these speaking tips from my brilliant mentor, Michael Port:



Heroic Public Speaking
OrionsMethod.com/186



Develop your voice

Your voice is a powerful instrument that can transform your life. In my interview with vocal coach Roger Love, we explore how mastering it improves communication, boosts confidence, and heals wounds.

Listen to my mentor and celebrity voice coach, Roger Love, teach how to unleash the power of your voice:



Unlocking in the Power of Your Voice
OrionsMethod.com/366

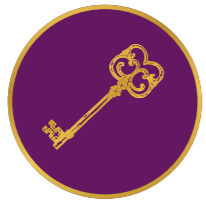


Take action before you feel ready

You don't need all the answers before you begin. Often, clarity and confidence come through action. The more you do, the more you'll realize how capable you truly are.

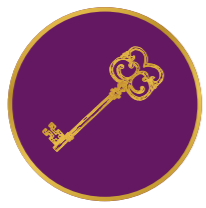


Start small—speak up in a group, ask for what you need, or take a bold step toward a goal. Each time you do, you prove to yourself that you are capable, which builds momentum and trust in yourself over time.



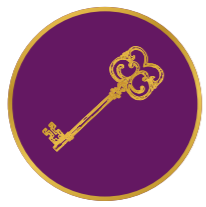
Make a list of things you're procrastinating

Identify one small step you can take today to move each item forward. Momentum builds upon itself; once you take that first step, it's easier to keep going.



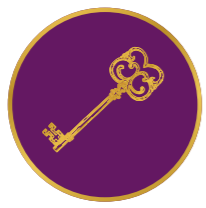
Surround yourself with action-takers

Energy is contagious. When you spend time with people who take risks, dream big, and follow through, you'll feel inspired to do the same.



Celebrate your achievements

Acknowledge your progress no matter how small the action. Celebrating rewards your brain and trains it to achieve more.



Seeking Guidance from a Mentor

Sometimes, we can't see what's holding us back because we're too close to our own story. It's like the old adage: "I don't know who discovered water, but it wasn't a fish!" Similarly, when you're stuck in self-doubt, you might not recognize the patterns keeping you from stepping into your full confidence. This is where working with a mentor comes in. I've worked with many mentors throughout my life and attended hundreds of seminars and workshops. Having an outside perspective can illuminate what we cannot see for ourselves.

A great mentor can challenge your limiting beliefs, provide guidance, and inspire you to take action in ways you never thought possible. If you want to accelerate your confidence journey, consider seeking out a mentor, coach, or mastermind group that aligns with your goals. I would love to be that mentor for you if you feel called to work together. No pressure—just an open invitation. If my journey, experience, and guidance resonate with you, I'd be honored to support you in stepping into your most confident, radiant self.



Contact me here:
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Special Invitation Just for My Readers

Because you've read this book, you're eligible for a special Inner Power Session with me. During this powerful 60-minute call, we'll:

- ✓ Uncover what's really holding your confidence back
- ✓ Identify your quickest path to authentic confidence
- ✓ Create your personalized confidence breakthrough plan

Ready to reach your full potential?

Investment:	regular price	new price
Special Book Reader Rate	\$400	\$180

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Remember, lovely:

You deserve to shine your light.
Let's make it happen together. ✨

— Love, *Orion*





Orion Talmay

Transformational Coach, Hypnotherapist, Speaker & Podcaster

Let's Connect

