

# 51 WAYS TO GET TO KNOW YOU

10X YOUR  
CONFIDENCE

KARIN NELSON  
COACHING



# ABOUT KARIN NELSON AND 10X YOUR CONFIDENCE

---

Karin created 10X Your Confidence after her divorce 4 years ago. She knows exactly what it feels like to put yourself on the back burner and give so much of yourself to your ex-partner's life and your children's lives, all while losing sight of who you are and what makes you special.

Karin is a certified confidence life coach who has created an extraordinary life after divorce along with an extraordinary divorce where she and her ex are able to co-parent happily with a thriving nuclear family.

Karin brings her experience and training as a confidence coach of divorced women, along with her own personal experience of getting to know herself again to the table when coaching on everything that more confidence will bring, including loving yourself, dealing with your ex, speaking up for yourself, creating boundaries, dating again, being the parent you want to be and so much more.



**KARIN NELSON**

Post-Divorce Confidence Coach

# HOW TO USE THIS GUIDE

---

The purpose of this guide is not to give you a long list of to-dos, and create overwhelm, but instead to give you ideas of how you can start to get to know who you are by sparking your imagination about the many, many ways you can create a relationship with yourself.

Pick 1-2 things on the list and start with those really giving yourself permission to enjoy and have fun.



# 51 WAYS TO GET TO KNOW YOU

- Spend 5 minutes a day looking at yourself in the mirror and really take in every part of you without judgement.
- Listen to a variety of podcasts and see which ones really interest you.
- Go for a walk without headphones and ask yourself questions (almost like you're on a first date).
- Go to a restaurant by yourself and order something you've never ordered before. Do this once a week.
- Go shopping and try on a few things that you would never have tried on before.
- Buy something nice for yourself that you've been wanting.
- Take a cooking class from a local restaurant.
- Take a cake decorating class from a local bakery.
- Take guitar or piano lessons (or any other instrument that interests you).
- Take singing lessons.
- Create a YouTube channel and start making videos.
- Get silly and creative and make Tik Tok videos.
- Start a blog.
- Write a book.
- Take a dance class.

# 51 WAYS TO GET TO KNOW YOU

- Go back to school.
- Learn to code.
- Take skiing lessons.
- Take a pole dancing class or an aerial class.
- Get boudoir photos of yourself that are just for you.
- Get a meaningful tattoo.
- Go for a bike ride (or learn to road or mountain bike).
- Sign up for a 10K and train for it.
- Start a podcast.
- Take drawing lessons.
- Learn to craft (or do it more often if it's already something you like).
- Write in your journal.
- Every day write down 5 things that you love, like and appreciate about yourself.
- Redecorate your home little by little.
- Get a pet.
- Learn to fix something in your home (YouTube is a great resource for this).
- Organize your home in the Marie Kondo way.
- Take a trip by yourself.
- Book a spa day.

# 51 WAYS TO GET TO KNOW YOU

- Rent an RV for a week and go somewhere by yourself.
- Go to a bar alone and buy yourself a drink.
- Visit a museum.
- Learn to write calligraphy.
- Start writing letters to people you love and send them.
- Apply for/get a new job.
- Start a home business.
- Take a seminar about something that seems interesting.
- Spend time processing your emotions and allowing them whatever they are.
- Keep an emotions journal and write down how each emotion feels inside your body.
- Read a new book.
- Listen to a new book.
- Make a wildly outlandish list of things you want and come up with ways to get a few on your list.
- Talk to your brain more than you listen so your brain doesn't ruminate on the past.
- Begin a practice of daily generous kind words about yourself.
- Make a list of 10 things that are unique about you that most people don't know.
- Allow yourself to laugh and have fun!

# THIS LIST ISN'T COMPREHENSIVE

---

There are hundreds of more ways to get to know you and create a lasting relationship with yourself. Get creative, give yourself permission, and most important have fun!



**KARIN NELSON**

Post-Divorce Confidence Coach

## 10X YOUR CONFIDENCE AFTER DIVORCE

Want more guided help? Click the button to set up your free 30 minute discovery coaching call with Karin and get started on loving yourself again.

**FREE CALL**