**Self Confidence Spell**

In front of your bathroom mirror, every morning without fail, light a red candle and concentrate on the flame for 30 seconds or so before looking into your own eyes.

Tell yourself something along the lines of,

**"You are beautiful and special.**

**You are perfect and you can do anything you want."**

Take a minute to visualize yourself feeling happy and fulfilled. Afterwards, go into your room, or stay in the bathroom and burn some success incense.

Three parts wood aloe, two parts frankincense and one part nutmeg and continue to visualize for another minute or so. Leave the incense burning until it is finished.

If you find incense a bit strong, use an oil burner with some success oil.