

## 5-Minute Confidence Boost Before You Hit the Runway

by Roxanne Roche

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### Introduction

Before you step onto the runway, stage, or into the spotlight — your mindset matters just as much as your walk.

This **5-minute ritual** will help you center your spirit, release tension, and step forward with calm confidence and radiant presence.

Whether you are walking for fashion, competing in a pageant, or modeling for a major show — these moments before your entrance are the key to unlocking your best performance.

As a woman of faith, I begin every walk with **prayer as my foundation**. I invite you to do the same.

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### The Ritual Checklist

#### 1 Center With Prayer (1 minute)

Find a quiet moment backstage.

Close your eyes, take a deep breath, and pray:

*"Lord, thank You for this opportunity. May Your light shine through me. May I walk with grace, joy, and confidence. Let my presence uplift and inspire. In Jesus' name, Amen."*

#### 2 Ground Your Breath (1 minute)

Inhale deeply through your nose for 4 counts

Hold for 4 counts

Exhale slowly through your mouth for 6–8 counts

Repeat 3 times

**Focus:** As you breathe, envision calm and power filling your body

#### 3 Visualize Your Walk (1 minute)

Close your eyes and **mentally rehearse your runway walk** or pageant walk:

- Your strong posture
- Your smooth, graceful steps

- Your confident turns and poses
- Your radiant expression and eyes connecting with the audience
- Imagine **every judge, photographer, and audience member being captivated by your energy**

#### **4 Activate Posture & Presence (1 minute)**

Roll shoulders up, back, and down

Engage your core

Lengthen your neck and spine

Stand tall with chin slightly lifted

Smile softly and feel your inner radiance

#### **5 Speak Confidence Affirmations (1 minute)**

Speak these aloud or silently:

*I am poised, powerful, and radiant*

*I walk with purpose and grace*

*I inspire others with my presence*

*I am grounded in faith and gratitude*

*I own this moment — the runway is mine to shine on*

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### **Bonus Tips:**

Save this checklist on your phone or print it and keep it in your model bag.

Make this ritual part of your **pre-show routine** — consistency builds confidence.

Feel free to adapt the prayer and affirmations to your personal style and beliefs.

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### **Final Encouragement:**

**Faith first. Breath second. Confidence always.**

Step forward knowing that what shines through you comes from **within** and above.

I'm cheering for you — now go walk that runway with unstoppable grace and boldness.

**With love & light,**

*Roxanne Roche*

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