

A ballerina in a peach-colored dress is captured in a graceful ballet pose, balancing on one leg with the other extended. Her arms are elegantly positioned, and she wears white ballet slippers. The background is a soft, light gray, creating a clean and minimalist aesthetic. Overlaid on the image is the main title in a bold, red, sans-serif font.

HOW TO GET OVER INSECURITIES & BUILD A CAREER THAT YOU ASPIRE

*The 7 Keys-Foundation From Real-Life Events
That Every Creative Soul Should Know*

BY MIRA MOUFARREJ.

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INTRODUCTION

Hi I'm **Mira**,

I am a multi-passionate artist "Professional world music singer & Actor", Creative & social Entrepreneur, Career Confidence & Mindset Coach, Visibility Mentor, Artists, Startups & Digital Entrepreneur's Consultant, Theta Healing Practitioner, Speaker & Thought Leader.

I am the founder of the "**Make It Happen Method**" and several online courses & programs such as "Rewire Your Brain For Success", "Thrive Again" and "Make It Happen - Get confident to be visible and sell your work" as well as the group coaching program "Take That Leap".

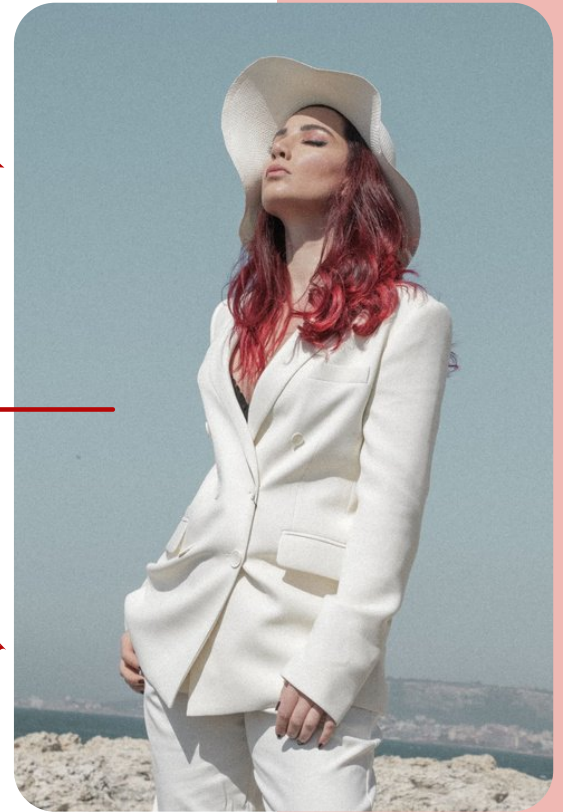
"I help female artists & service-based entrepreneurs get over the fear of visibility by teaching them how to turn self-doubts and insecurities into bold actions, using their limitless potential and bringing to light their unique gifts so they become confident to show up with an authentic voice, expose & sell their work courageously and shine!"

As an ambitious and multifaceted soul, who dared to dream big, who stood on stages under the spotlights, who courageously performed her heart out, shared her truth, energy, love for music and life... I know very well how it feels to be rejected, not to be seen or heard, not to be rewarded for your efforts, to feel doubtful, scared, insecure, hesitant, fearful, to face obstacles, and setbacks, to work hard on your own, and to be judged for using your authentic voice...

And I also know that if it weren't for my perseverance and assertiveness to show up for my dreams every day, "even when I am at my worst" if it weren't for my faith and belief in who I am and my vision if it weren't for "try this one more time", I wouldn't be here sharing with you how standing up for yourself, for your dreams, and being determined to "Make Things Happen", creates the magic and the success that you desire.

Today, I am on a mission to inspire, empower, and help you find your confident voice, reclaim your inner strength and courage to become visible and make it happen, so you can rock your own stage, create the life that you aspire for, that you deserve and thrive.

Because you simply can, "Make It Happen"



THE 7 KEYS FOUNDATION FROM MY OWN JOURNEY

Today, I'll share with you **7 mini-stories** from my own journey, from different chapters in my life, where I was able to turn challenges, setbacks, and disappointments into a source of power to feed my perseverance, determination, and courage. So, I made my dreams come true and created the life & career that I aspire to, no matter what!

I am sharing these **7 mini-stories** to inspire you with how powerful it is when you start believing in yourself and accepting every part of it; it's your magic trick to make things happen and keep on moving towards your dreams.

P.S. Take what serves you and leave the rest.

The word "Gloria" is written in a bold, cursive, handwritten style in black ink. The letters are connected, with a large 'G' and a long, flowing 'y' at the end. The background is white.

THE SINCE EVER DREAM

"Whenever I'm on stage, holding the mic and singing, I feel like I own the whole world."

Since my childhood, I had one big dream and 'passion': to be a **"successful mega singer"**.

This dream made me who I am today, it filled me up with enthusiasm and fed my perseverance & determination.

It's the secret for how I kept my faith, for how I never stopped trying and moving towards my dream career and what I believe in.



Key 1- Have a dream!

Having a dream keeps you alive!
Without a dream you'd be living a dull and
empty life, besides, you'll have no goal,
target, or purpose.

I AM NOT A SEX OBJECT NEITHER AN EMPTY JAR! I AM A SOULFUL ARTIST!

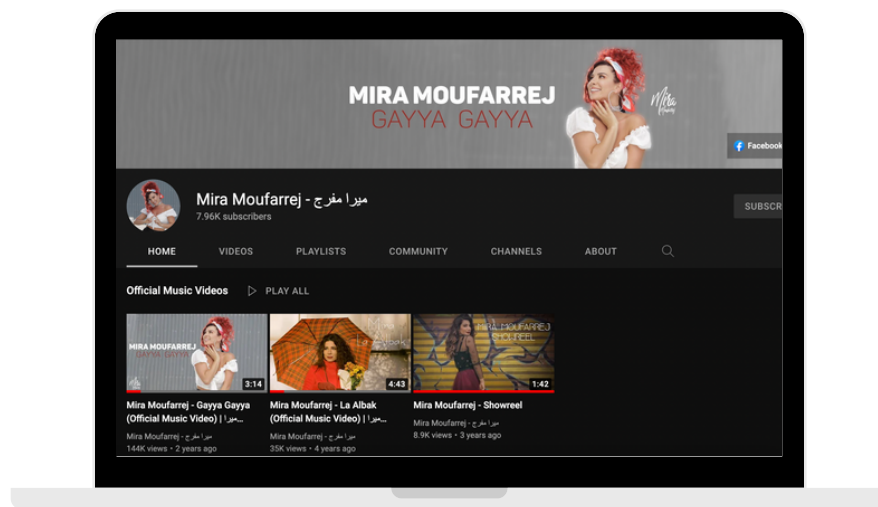
*In my world, artists are judged and considered as not having a real career, vain, **and sex objects**, 'especially women'. I was born in Lebanon, a distinguished country where our oriental roots, values, and standards meet the openness of the west.*

When I started my singing journey, I was literally on my own, I had no mentor, no support, nor did I have a producer. And being who I am, my authentic self, a soulful artist who is introverted, idealist, unique with her values, standards, and vision, a heartfelt doer that looks for meaning and fulfillment in every step I do, created an internal conflict, making me face challenges, disappointments, setbacks, the market, the society... Because as far as I was and am concerned, conforming with the reality of the field and the conventional society that labels and assumes what an artist is or should be, is not an option to me.

Due to this, I started doubting myself, my capabilities, and my talent which made me push harder to prove my worthiness, my values, and what I can really give. It also created insecurities, lack of confidence and made me feel like a burden every time I had to share what I do with my surroundings, friends, and family.

*Explaining myself, waiting for validation and approval was draining, but my dream fueled me, and that's why **I never stopped expanding** and growing until I created my own music, my biggest success.*

WATCH MY OWN PROJECTS HERE



Key 2- Embrace Your Uniqueness!

You Neither Need Permission nor Approval! Society doesn't define your strength nor your potential, as you are a limitless soul, and with practice and perseverance, you build your confidence.

Every human being on this planet is unique, so embrace your uniqueness as this is your superpower, and never ever live on others' terms and conditions as people can be invasive, harmful, and toxic... And only by setting strong boundaries can you protect your energy and dreams.

Give yourself the permission to live your life the way you want, feel and like, and remember, the day you believe in yourself and what you are capable of, is the day you create miracles. So don't try to fit into someone else's world in order to get a life or to feel confident and worthy.

I SIMPLY WANT TO ACHIEVE BEING A SIGNIFICANT ROLE MODEL ARTIST

I remember, between the years 2010 and 2013, how down and empty I used to feel. I was living on autopilot mode, feeling that my own truth and nature didn't conceive its complete shape.

Being a deep person, I was always in a search for what would fulfill my soul and complement me. Looking for "what would be that one thing I could add to my bucket of expertise, that could complete my journey and that would run alongside my musical career?"

My 1st attempt

As I love and connect with kids in a very special way, I opened "Les Kiwis", an edutainment center for kids (after school & daycare) in 2012. I worked hard on the details, colors, meaning... I wanted this center to feel lively and dynamic, and serve as a safe space for self-discovery, expansion, and learning.

Back then, I didn't know how to establish and run a business, and being a creative soul, a dreamer, an idea generator, an action taker... Wasn't enough for such a step. As a result, this project did not excel, especially after the opening day, and instead of putting my focus and effort on sales, marketing, networking... I turned my back and traveled again in pursuit of my musical career.

With time, I understood my sabotaging behavior. I took this step out of proving my worth and value to those who underestimated me as an artist. Yet, to build a successful life & career I had to create from my own truth, aligned with a clear vision, a purpose, and a mission...

Eureka!

Since I was a child, I've had that nature of giving, supporting, and helping others, and thus my friends call me "Mama". So after a long period of research, diving more and more into my potential, learning and investing in my skills... I chose to pursue life coaching, through which I am able to help my clients build their confidence, transform their mindset and lives, hand in hand with discovering how limitless they are!

Key 3- Have a vision

No vision means No clarity, and No clarity means Living on autopilot!

A vision leads you to a purpose and a purpose builds your why and your why gives you a meaning which feeds your drive, what creates fulfillment and fires up your perseverance.

If you're in survival mode, living on autopilot, that means you don't have a clear purpose and a vision! And to create that exciting fulfilling life and career that you aspire towards, you need to set a clear vision!

Trust yourself and believe that all you need to make things happen in your life is within you, only you!

MY WORST NIGHTMARE

In 2017, I had the worst nightmare that affected my voice and confidence as a singer. That year, I produced my first music video “**La Albak**”. This huge step was a totally new experience for me, in which I had zero knowledge about where to start and how to excel.

I was on my own, managing everything related to the musical project, from creation to production, to marketing, to PR... And that created ongoing anxiety and stress that shook my self-confidence, creating self-doubts about my worthiness and my capabilities.

"Who am I to take this huge step? Can't you see that others are better than you?"

Yes, my lizard brain attacked my sanity, I was terrified, lost, and disappointed and that's when that MTD monster (muscle tension dysphonia) took control of my world. It was so frustrating to me, especially that no physician or specialist could help me with this, as no one understood my case, but I didn't give up and kept on researching until I found the right help.

Music is my passion, a “Heart” thing, and my “Voice” is my main element, I use it to sing, express and share. During my artistic career and due to all the requirements, obligations of the musical field and market, I ended up acting out of my “Head”, overthinking and doubting every action, decision and step.

As I reflect on this today, I realize that my voice trauma is the result of accumulated suppressed emotions, hurt and unspoken truth.

Key 4- Your own thoughts create your reality!

We all have that lizard brain (inner critic) and shadows. They play a big role in our life; they affect our confidence, courage, and worthiness. We either let our thoughts limit and control us, or we courageously jump into the land of possibilities, playing, experimenting, having fun... Leaving your comfort zone behind.

The decision is yours! Take that leap of faith.

To help you fire up your inner critic join my 10-day mini online course [“Re-wire your brain for success” here](#)

MY 4-YEAR SECRET PROJECT...

September 22nd, 2019 "Le Jour J " finally came!

On that day, I released my ever awaited second single and musical video, "Gayya"

It's a project that took me 4 years of perseverance, consistency, and determination to bring to life. I worked on every aspect of it: the musical arrangement, the lyrics, the music video, the marketing campaign... However, straight after the release date, the revolution started in Lebanon and brought the whole country into a phase of uncertainty.

That event (the revolution) was crucial for making a real change in the country. Yet on a personal level, I got into a freeze mode; into shock, sadness and denial for almost a month, because everything I was working for had collapsed in a matter of seconds.

One night, my anxiety attacked, I was blaming myself and feeling as if I was standing in the middle of nowhere. But one question crossed my mind, *"What if I accept what has happened as part of my life?"* That brought me inner peace and relief! Then I asked myself: *"So what's the best I can do out of what I have today?"*

I don't want to be limited geographically anymore

So **after a month of freeze mode**, and after getting my lucidity back, I decided to focus on what's within my control, and thus moving my offline business in development, coaching & mentoring online.

Consequently, I made my own self revolution. I took a lot of courageous actions; ending toxic relationships with narrow-minded people and changing what was no longer serving my growth.

Back then, my fellow Lebanese were trapped in their fears of loss of money and jobs as well as the ambiguous and uncertain future. So when everyone was in complete chaos, acting out of insecurity, I based my actions on courage, faith and made my biggest investment.

MY 4-YEAR SECRET PROJECT...

Proactive, fast action taker and productivity...

COVID-19 outbreak occurred, and I was so blessed that I could make my turnaround and be proactive in my business and way of life before this historical "Global Shutdown". I started learning, expanding my research, executing, investing, creating, and delivering.

And voilà, in one year, I have run several workshops and masterclasses, created 3 online courses, and one group-coaching program.



**MAKE IT
HAPPEN**



THRIVE AGAIN



TAKE THAT LEAP

Creating, taking fast actions, being proactive and productive were my secret sauce to get out of overthinking, doubts, and fears, and step into novelty and success!

Shock, pain, and trauma

The Beirut Blast! This explosion shook my world.

At that time, I was delivering my second online course, "Thrive Again", when the whole country entered into shock, pain and trauma. As a dedicated person, I didn't give up on my course so I decided to continue what I started and deliver what I promised to my course participants.

It wasn't easy on me as I was also processing my emotions turmoil, sadness, anger, and withdrawal... But my commitment was greater!

Key 5- The secret of Success is Investment

If you decide to discover yourself, miracles happen! There is no limit to what you can do or create. Your potential is infinite and you are limitless. So never ever rely on one source of income, as there is nothing like “I can’t, I don’t know how...” find your turn around! And don’t overthink your actions: if you don’t act, you’ll never find answers and if you don’t do the work, things won’t work. If you truly want something, you’ll find a way.

Commitment creates perseverance, so be responsible for your life and don’t let victimhood, blaming others, and excuses take the reins of your life. Commit to your dreams! Keep on investing in yourself, in your skills, in your business! Act fast and never stop expanding, moving forward, and developing yourself! It’s the only way for you to get out of stagnation and get into thrivingness, expansion, and success!

I NEVER STOP, I ALWAYS FIND A WAY! THE RED LINE

End of 2020 was transformative for me, it was only then when I could clearly see my never-ending cycle: "The Self-Sabotage Pattern". It's when I understood the reason why I get sick after every achievement, the reason why I am always in the overdoing and over-delivering mode, why I raise my guard and cover up my vulnerability, why I am rigid, in control, and always in my head repressing myself from being connected to my core energy, which is the *"Feminine Energy"*.

My career is all about creating, showing up, proving myself, being my own manager, and my own producer. Yet, being a workaholic was just a way to prove my worth, especially that at that time, success meant to me: *"Being and feeling rewarded and appreciated"*. Something that I was never going to fulfill as it's based on how others evaluate my achievements and efforts.

I thought that my life story is the only truth that I'll ever live, know and see... So, I ended up creating more of it, having no red line for when I should stop! *"Work hard -> face challenges/obstacles -> achieve -> get no reward or desired success -> repeat!"*.

Underneath all that was my subconscious belief and pattern, *"I should work harder to prove my worth. I am not allowed to achieve the success that I aspire for because I am not special..."* This belief comes from my childhood, it's what I've always experienced, and it goes back to how being an artist was neither appreciated nor encouraged...

Being an advocate for *"Make It Happen, Be Assertive, Persevere No Matter What..."* I decided to draw a "Red Line" and move slowly and compassionately whenever I need that, to be in my core energy and act from the heart not from the head, playing and exploring, respecting my own journey and process, my own time, pace, emotions, flaws, and rhythm, believing that things can be easy for me.

The mindset work is a never-ending work, every day I uncover a new layer. That's the "Awareness Journey", and the key here is how I am going to proceed, respond and act every time I unfold a new truth.

Key 6- It's Possible!

If you constantly find yourself on a learning curve, taking actions, persevering... but feeling like you're not where you really deserve or wish to be, pay attention to what your mind is creating for you! All the repeated cycles in your life are your self-sabotage patterns that create a reality that isn't yours. So, stop there, unfold all the layers, as you might be sabotaging yourself, your life and your own success without you noticing.

Yes, things can be easy for you, and it's possible for you to hit success like every soul on this planet, because "Success is your birthright". There is no reason for you not to create what you dream about and aspire.

Today my new definition of success is: "Being my own boss, having a lucrative career, and creating the life I've always aspired towards because I simply can, I simply deserve it and it's absolutely possible!" So, what's yours?

LIFE COURSE CHANGES...

Your job title isn't Your Identity!

The end of 2019 shifted the course of my life! Radical changes put me into a freeze mode, denial and fear. Though, it fueled my determination for thrivingness!

All these events pushed me to create my online business, a step that was so scary for me. I was afraid of losing my identity as a singer, and this fear created more limitations and obstacles, so I ended up sabotaging my potential and what I am capable of creating.

If you're considering shifting your career or maybe starting up a new one that goes alongside your main career, or exploring other facets of yourself, don't be afraid of losing your identity knowing that your identity isn't your job title or career.

Your identity is your whole YOU and every single aspect of YOU.

"I promise myself that today's reality won't and doesn't cancel any future opportunities in singing and acting. Knowing in my heart that all that I am living is part of my journey, and I am in love with what I am doing regarding my new facet as a mentor. Helping, supporting and empowering others brings me joy and happiness. I believe in my journey".

I wrote this sentence the day I understood that all my facets complete and complement my truth, and that I should never be afraid to be labeled into a 1 thing.

Again, who am I?

I am all the above, I am a multi passionate, multifaceted, soulful artist, and one of my top values is significance and support, and I really want to deliver my expertise and experience to each and every soul in need.

So whenever you're in doubt remember,

By taking command of your life and discovering how infinite you are and allowing yourself to explore what you can do beyond any limitations, you create a life that means something to you, a life that you desire.

How to reconnect once off-track?

Go back to your drive, your why, your vision and purpose, that's all you need to get your motivation and assertiveness again!

Key 7 - Take command of your life!

Go find your way out of that box you're living in! And don't wait for things to happen for you. In moments of doubts, in moments where you feel off track, or down, faith, patience, and perseverance are your best allies. Never give up on your goals, letting your own expectations create resistance. As it's in the darkest hours that you find your strength!

Live the process till the end and once you're ready, accept what life has brought you, and that what's happened is part of your journey. Don't forget to process what you feel: your emotions (anger, sadness, and resistance...)...and don't ignore them.

Acceptance heals, creates openness and brings new opportunities.

AND REMEMBER...

You're the artist of your life, and you are more than what
you think you are

Believe in yourself, in your free courageous limitless
soul, today and everyday

Speak your truth with confidence & persevere to make
your dreams come true

Choose the mindset, attitude and beliefs that serve you,
your ambition & dreams

Show up for the life that you aspire, and dream off with
your authentic voice, and Make it happen

Because you simply can, you simply deserve it

It's possible!

Keep On Thriving!

Mira Moutfarrej

JOIN OUR INNER CIRCLE

Join our inner circle group where we share free training and support here:

<https://www.facebook.com/groups/thriveyourlifebymira>

If you wish to overcome your fears, doubts and inner limitations, then request your free exploration call by checking the link below:

<https://forms.gle/mDFq8hMRc6V46xxy8>

or just email me at: info@miramoufarrej.com