



WALK WITH CONFIDENCE:

5 EVERYDAY SAFETY HABITS

Your safety. Your strength. Your **SHEild**

CONFIDENCE STARTS LONG BEFORE SELF-DEFENSE

Feeling safe isn't about living in fear—it's about building everyday habits that help you move through the world with confidence.

Most personal safety has very little to do with fighting. It starts with awareness, preparation and trusting yourself.

These five habits take less than a minute to practice and can help you feel more confident wherever life takes you.

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WALK WITH PURPOSE

The way you carry yourself sets the tone for how you move through the world. Standing tall, staying present and walking with purpose can help you feel more aware and prepared throughout your day.

Practice:

- Keep your head up.
- Avoid staring at your phone.
- Walk with purpose.
- Make brief eye contact with people around you.



GIVE YOURSELF SPACE

Giving yourself space is a simple way to stay comfortable and aware in any environment.

- Choose well-lit paths.
- Walk where other people are nearby.
- Don't hesitate to change direction if it makes you more comfortable.
- Step into a café or store if you'd like a moment to regroup.



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STAY READY

Small habits make everyday moments easier.

- Keep your essentials easy to reach.
- Carry only what you need.
- Leave one hand free when possible.
- Know where your keys and phone are.



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TRUST YOURSELF

- You know yourself better than anyone.
- If something doesn't feel right, you don't owe anyone an explanation for changing your plans.
- Listening to yourself is a form of confidence.



GET FAMILIAR WITH YOUR SPACE

Taking a few seconds to notice your surroundings can help you feel more comfortable wherever you are.



Ask Yourself:

- Where are the exits?
- Where would I go if I needed help?
- What's around me?

Awareness creates confidence.

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