

get *killer* confidence!

by Hayden Panettiere

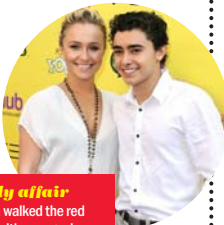
As an actress, Hayden changes with every role. But in real life, she *never* strays from her beliefs. Follow her lead to find *your* voice!



bowl 'em over
Hayden's not afraid to show her silly side—it's her quirks that make her real!

Never, ever let other people make you feel insecure. If someone is trying to make you feel bad, **she's the one with a problem!**

Before an important event, I remind myself that I am a very blessed person with family and friends who love me for me.



family affair
Hayden walked the red carpet with younger bro Jansen in L.A. last year.



My mantra is, "Live without regret." Every mistake teaches you a valuable lesson.



“I stick up for myself so people take me seriously.”



Hayden at 17

If I could tell my 17-year-old self one thing, it would be:

You ain't seen nothin' yet, Ms. "Know-It-All"!

My number one confidence trick is to remind myself that being comfortable with who you are is the most attractive quality you can have.

I'm proud to stand out from the crowd. I've run into a lot of negativity while doing environmental work. But in my heart, I know I'm doing the right thing.



action star
The Nashville actress has traveled to Japan and Fiji to protest whale and dolphin hunting.