

10 point checklist for Building Confidence

~ *Accept* you aren't as confident as you would like to be right now - because true acceptance neutralises the negative feeling around the problem, dissolves the inner resistance and feels much lighter! It also gives us the space to change things.

~ *Reframe*: What is it you *do* want? How would confidence show up for you? What difference would it make? Shift your focus into what everything *would* be like if you were more confident. Use your imagination to fill in the detail and imagine, if that was all real for you *now*, how you would *be*, what would you be doing, what would you be having - and what would you be feeling? How would this change things? Who else would benefit?

~ Now ask "What's in my way; what's stopping me feeling confident?" (Even if the truth feels scary, or too big a hurdle, or too huge as it hits you, allow yourself to go with it. You are safe. It's only thoughts). Is it really because:

"I don't feel good enough"

"I don't know how"

"I'm afraid I'd mess up"

"I can't see it happening"

"I'm always made to feel wrong"

"I'm afraid people wouldn't like me"

"I'm bad/lonely/different/powerless"

"I'm not worthy/not wanted/not important/not safe"

"I don't belong"

"I don't matter"

What is it for you?

~ Gently reflect on where this came from; is it your nature, is it what you learnt in childhood, or through your life experiences? Know that you have the power to change this - starting now!

~ Choose Confident Self Talk: Understand the power and impact of what you tell yourself! What you believe will come true for you. Say 10 times - preferably out loud - "I allow myself to feel more confident" or "I am *willing* to allow myself to feel more confident" if it feels better. You can count the 10 times on your fingers if you like; just really buy into the *feeling* of what you're saying because your brain will then believe what you tell it. Do this as many times a day as possible - even if it's just morning and evening when you clean your teeth or even better every time you have a cup of tea, coffee or whatever you drink. I guarantee if you do this with commitment and integrity, it really does work - and really quickly through your whole system!

~ Tell yourself a different story! Just because you took things on board from childhood - or once upon a time noticed you didn't feel confident and kept that focus - you have been telling yourself that story ever since. It *is* only a story. That's what's grown because you've inadvertently bought into it. If you want to change that you need to start telling a different story - the story of what you *do* want. If you say what you want from the 'lack of it in your life' you are not telling the new story - you're still feeling and perpetuating the old one. Instead, you need to tell the story of what you do want from the space of possibility! "I am feeling more confident" will feel bad if said wondering when it will happen - but feel very good if you but into all the possibility of this and all the good it will bring you. Your feelings are your 24/7 guide!

~ Look for ways your confidence is showing up - even little things count! What we focus grows, so the more you focus on how your confidence is growing , the quicker you will get results!

~ Go back to videos 5 and 6 to get back in command over fear

~ Help take your power back with the 'Memo to Self' free gift for Day 7 video

~ Watch the upcoming videos about feeling good about yourself and grab the free gifts that support you achieving this! Not only will you feel more self confidence, you will also feel more self approval, self acceptance, self belief, self regard - and self-love!

Every baby born is innately whole and perfect as a miracle of life; worthy and deserving of good things happening; perfectly good enough as they are; loving and lovable .
.. You were a baby too.

How dare anyone make us believe anything less about the awesomeness we are here to be!

Choose to reclaim your birthright and rediscover all the confidence and other self feelings that are still there inside you.
It feels good!

