

10 Steps to ...

GET YOUR SELF CONFIDENCE BACK

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Power for
Success



**YOUR LIFE IS
DEPENDING
ON YOU.**

YOU ARE THE DRIVER

Of your life.

I know you know the quote from Henry Ford “whether you think you can or you think you can’t, you are right!”

You may have felt that during the pandemic your comfort zone shrinking. Where you work and dine are on the same table.

Where you socialise is on the same screen you work from.... Life has been physically minimised to one small zone. Then there’s the message from the governments that being outside with people is life threatening. So it’s completely understandable that your mind may have fear towards anything that is different to that.... Even though you used to find those things so easy and logically you know you are capable but unconsciously you feel blocked.

1. HEAL

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Bring into your awareness what you are feeling and experiencing.

Don't judge yourself Place the palm of your hand on your forehead (this relieves stress) as you think the thoughts that you are stressed or anxious about. Simply breathe deeply as you acknowledge what you truly feel and think. Once you are in your truth you can begin to heal.

You are talking to yourself all the time so I invite you to speak soothingly to yourself.

Ask yourself "what do I need from myself right now?" Listen to your thoughts. Ask yourself "How would you like to feel?". Keeping your palm on your forehead.

Awareness can be very healing.

2. BE PRESENT

When you stay in this moment you are in your power. Look around you and notice all the things you may normally take for granted... notice how much you value them eg... running water, lighting, warm jumper... socks, movement of your body.

Avoid replaying painful memories or forecasting worse case scenario outcomes.

Stay in the moment and breathe.

2. BE PRESENT IN THE MOMENT

3. DON'T COMPARE

3. DON'T COMPARE YOURSELF WITH ANYONE ELSE

When you look at someone else, either in person or social media always try to remind yourself that you are seeing a millimetre out of a million mile size picture. It is not the full picture.

Then we see them through our filter of beliefs, we see the best feature of them or their life and compare it against the feature or aspect of our life we are least happy with ??? True ?

Solution : STOP IT! Choose to stop it now.

4. REMIND YOURSELF OF WHO YOU ARE

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Take a moment to recall specific experiences where you were happy with your self belief and confidence and you had great outcomes.

Pick one memory at a time, close your eyes, quieten the external noise and then the mind.

Then imagine the experience in full colour and volume and replay it.... As though you are watching a movie of yourself, then step into the you in the movie.

It's important to know your confidence has not gone it's just been temporality covered and you are revealing it back to yourself.

5. SEE YOUR BEST FUTURE

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Some of us have become so well practised at planning for the worst case scenario (WCS) that your mind thinks that it's your goal.

So I invite you box that WCS off and immediately think about the best case scenario ... with the same vividness as you did in step 4 ... really bring that brilliant outcome to life ... visualise it until you feel the feeling that you remember as self confidence returning in your body and mind. Practice navigating your mind to align itself with what you want rather than what you fear. Remember your mind thinks you want everything you think about.

6. SPEAK AS THOUGH

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Speak to yourself as you feel being confident is already true.

Your internal dialogue is giving your mind directions ... do you want to manifest the outcomes you are saying to yourself.

Imagine you are the co-pilot and therefore the navigator and everything you say is a direct instruction to the driver.

Stop putting yourself down to yourself or to others.

With this in mind what would you change about you're saying to yourself?

7. NOTICE THE SIGNS

Notice even the most subtle of signs that you are strengthening ... start with the tiny ones, write them **down**, it is so important to track your successes so can see that what you're doing is working positively.

Writing them down will help your mind believe in you and a better way of feeling.

When we don't write them down it becomes easy for the mind to move the goal posts... so that you continue to give yourself the familiar hard time.

Keep believing even it's a millimetre a day progress is progress and before you know it you back to being you again.

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8. SET DAILY INTENTIONS

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Each day decide how you want to feel, think and be.

Decide what opportunities you want to attract.

Decide what results you want to achieve and how positive you want your relationships to be.

Do not allow your current knowledge of the “how” to block your commitment to the greater outcome/result.

Show your mind where to focus today.

9. ACT AS IF

From the work you did in step 4 recall your positive memory as though you are watching yourself in a movie theatre.

Take notice of how you are talking, walking, standing, being You can reactivate into your confident self by reminding the mind from your physical being.

Now walk, talk, stand and be this same way.

Act as though you are confident in yourself, leading from the body and then the mind believes.

9. ACT AS IF

10. WHEN YOU HELP SOMEONE ELSE

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It is such a healer to help someone else who is stuck or blocked with self doubt.

The best way is to help them is to remind them of who they truly are. It is important not to fix.

When you are offering your advice and solutions ... take a moment to reflect on just how perfect that advice is for you too?

Journal and reflect ...

JUST KNOW

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Everything is temporary and this too will pass. This is not your final destination ... this is the journey and you are growing and healing.

You will learn things from this period that no classroom or self help book could teach you in a way that will be resourceful for the rest of your lifetime.

You are stronger than you realise, you are brighter than you tell yourself, you are closer than you can see ... keep your hope alive, it's your torch. BELIEVE ... AND back yourself.

THIS IS JUST BITE SIZE

I hope this short 10 steps to ... "Get Your Confidence Back" was helpful.

I wrote this very short guide as so many people are coming to me because they just want themselves back.

Have a look around the website and if you feel I'm a fit for you and where you are in your life ...then please get in touch.

Regards,

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Return to the website www.powerforsuccess.co.uk



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