

Good morning and happy Monday team!

I hope you all had a wonderful weekend. This week we will start by tackling the demons of self-doubt. At times, you are going to feel discouraged or scared, but that just means you are really trying, which is infinitely better than allowing low self-confidence to keep you on the sidelines of life.

What would you do if you had all the confidence in the world?

Confidence is a mysterious quality. We typically associate confidence with calm, ease, and assurance. When we feel confident, we anticipate being successful.

This book uses this definition of self-confidence: the willingness to take steps toward valued goals, even if you are anxious and the outcome is unknown.

Actions come before feelings. Actions are guided by values – the things you care about. Process is more important than outcome.

Benefits of Improving Confidence

1. Less fear and anxiety
2. Greater motivation
3. More resilience
4. Improved relationships
5. Stronger sense of your authentic self

Consider your strengths

- Think back on compliments from other people
- Remember past accomplishments
- Think about the qualities you try to cultivate

Action Plan

- Write down a favorite confidence quote and put it somewhere you see daily
- Watch a YouTube video of someone you admire who exudes confidence
- Hang up a photo of a time you felt confident and successful

“If you hear a voice within you saying, ‘you cannot paint’ then by all means paint and that voice will be silenced.”

- Vincent Van Gogh

Peace,
Maggie