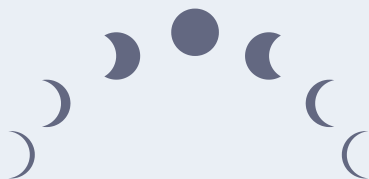


4 STEPS To Build Confidence AND Overcome Anxiety



Your Go-To Guide
By Aaliyah Rubio

INTRODUCTION



Life is an ever-changing journey filled with highs, lows, and unexpected detours. There are times when it can feel like we are walking on an unclear path, trying to navigate our way forward but unable to see where we are going, creating unnecessary stress and anxiety for ourselves, and learning to fear the unknown future. In these moments of uncertainty, it's important to cultivate a mindset of trust and embrace the process unfolding before us. Trusting the process of life means acknowledging that despite not having all the answers or a clear roadmap, there is wisdom in surrendering to the unknown and allowing ourselves to grow through the experience.

Trusting the process requires us to relinquish our need for control and certainty and, instead, lean into the ebb and flow of life's currents. It means understanding that uncertainties and challenges are not roadblocks but rather opportunities for personal growth, resilience, and self-discovery.

Here are four ways you can start building your confidence and eliminate anxiety during times of uncertainty.

AWARENESS

Awareness serves as the foundation for personal growth by fostering: self-reflection, self-awareness, identification of growth areas, mindset shifts, accountability, and adaptability.

It serves as a powerful tool for self-discovery and continuous improvement, enabling us to cultivate a more fulfilling, authentic, and purposeful life.

EXERCISE

Journaling is a great tool for this exercise. Set aside some time and find a quiet place where you can reflect without any distractions.

- **Determine the reason: WHY are you finding letting go so difficult?**
- **Identify the reason/reasons that are causing you to fear times of uncertainty.**

Prompts that may help with your reflection:

- Do you lack confidence in your ability to adapt to new situations?
- Do you feel you have not found a greater purpose for yourself so you have put your time and energy onto something external (person, job, goals etc.)?
- Are you someone who gets highly anxious in unknown environments?
- Do you feel unworthy or undervalued so you have sought out your worthiness and value from your external environment (partner, financial status, success etc.)?

Note: Speaking with a therapist is one of the most effective ways to help you identify the root cause of any behaviours or self-limiting beliefs.

EMBRACING SELF-LOVE



Low self-worth and a diminished sense of value can significantly impact various aspects of our lives. When we don't value ourselves, it becomes difficult to recognize our own strengths and unique qualities. It can lead to a negative self-perception, causing us to doubt our abilities, hesitate to pursue opportunities, and can hinder personal growth. When stuck in this mindset, we become susceptible to placing our worth and value on an external factor, which means when our external environment has changed or this 'thing' has been taken away, then our sense of worth and value goes with it.

Building a strong sense of self is crucial for personal fulfillment, resilience, and navigating life with confidence.

EXERCISES

SELF-LOVE AND WORTHINESS MEDITATIONS.

Setting aside 5-10 minutes of your day to practice a guided meditation on self-love and worthiness will help build your sense of self-worth and value.

The more you practice, the more your subconscious will absorb a new belief system and replace self-limiting beliefs.

EXERCISES

CONNECT WITH YOUR INNER CHILD.

Our inner child refers to the part of ourselves that retains the memories, emotions, and experiences from our early childhood. It represents our innocence, curiosity, creativity, and vulnerability. Our inner child carries our unmet needs, desires, and unresolved emotions from childhood.

There are plenty of great meditations for connecting with your inner child, and this is **highly recommended** if this is the first time you have done this practice.

Alternatively, you can sit in silence, eyes closed, focus on your breath, connect with your heart center, and then connect with your inner child.

Ask your inner child what it wants and needs for the day.

This is the very first thing that comes to mind – you may think you want ice cream or to go for a run outdoors, whatever pops to mind is what your inner child wants and what you should follow through with.

MEDITATION RECOMMENDATIONS.

- **InsightTimer App**
- **Calm App**
- **Inner child meditation** (There are plenty of free ones on YouTube)

IDENTIFY YOUR STRENGTHS AND RESOURCES

Recognizing our strengths enables us to focus on areas where we excel, leading to increased confidence, productivity, and success. Understanding our strengths also helps us make informed decisions about paths and goals that align with our innate abilities, resulting in greater satisfaction and fulfillment. Identifying resources, such as supportive networks, mentors, or tools, provides us with valuable support and guidance, enhancing our problem-solving capabilities and expanding our opportunities for growth. By tapping into our strengths and utilizing available resources, we can unlock our full potential and navigate life's challenges with greater resilience and achievement.

EXERCISE

Again, journaling is a great tool for this exercise. Set aside some time and find a quiet place where you can reflect without any distractions.

Having useful resources makes a big difference in our ability to cope and willingness to keep going during the most difficult of times.

Identify your resources by using the prompts below.

PERSONAL.

These are your strengths.

Make a list of all the qualities you possess that help you cope with life's challenges.

- Do you have patience?
- Do you easily find solutions when faced with a problem?
- Are you persistent?
- Are you independent?
- Do you have confidence when it comes to seeking support?
- Do you allow others to support you?

SOCIAL.

This is your support system.

Make a list of all the people who support you, and you know you can count on them.

- Family
- Partner
- Friends
- Colleagues
- Professional support

ENVIRONMENT.

These are the places that make you feel good and provide you with a sense of safety.

Make a list of all the places you enjoy going to, especially during stressful times.

- Do you like nature?
- Do you enjoy working out at the gym?
- Are you someone who prefers going to cafes to socialize with friends?

LEARN FROM PAST EXPERIENCES.

When we reflect back on the past, we become aware of all the things that we worried about, we desperately wanted and tried so hard to control. At the time, we thought that was exactly what we needed, but when we bring ourselves back to this present moment, we then realize that everything worked out exactly how it was supposed to.

Having this mindset is essential to allow yourself to let go of control and surrender to what life brings you.

EXERCISE

Reflect on a significant event or experience when you found yourself desperate to control what was happening around you so you would get the outcome you wanted, but in the end, it resulted in a completely different outcome.

- How do you feel about it now?
- Did you learn something from that experience?
- Did you receive something much better? – A bigger opportunity?
Maybe you met someone much more loving and compatible with you?

Note this down or record it on a voice memo so you can see or listen to this every time you feel the need to control what is happening around you.

Most of the time, you have created a story about a situation or a person that you have attached yourself to. When you are attached to the story and the environment that supports that story, you will feel the need to control everything around you, so it aligns with making that story come true.

Once you realize that this is all a creation of your mind, you will find more ease with letting that story go.

The way to do this is by reminding yourself of your past experience and how everything worked out in the end.

WANT TO ELIMINATE ANXIETY FOR GOOD?

Find out how:



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