

Practicing Confidence & Certainty

You may, like most people, feel uncertain about what is to come and/or not feel confident that you can handle the impending changes or difficulties. You might believe that you “just aren’t good at dealing with change” or feel “afraid of what could happen.” But, there are 2 key truths that help lead to confidence and certainty:

Truth #1: It is OKAY to be uncertain. In fact, if you knew how everything was going to unfold in your life ahead of time, life would lose its variety, its excitement. It would be like waiting to make your cross country trip until all of the lights turn green at once. It can’t happen and it wouldn’t make the trip better.

Truth #2: Not only CAN you successfully face any possible future situation and WILL you to turn it into a beneficial outcome, you already HAVE. Your own life history provides plenty of evidence that you’ve got this!

The following 3 activities will help you:

- Believe in yourself
- Focus on what you ARE certain about
- Remind yourself of times when you’ve dealt with uncertainty, difficulty or change; when all of the resources you needed at the time came together and you came out on the other side THRIVING

Make a list of your top 10 best traits.

You have SO many reasons to believe in yourself, be proud of yourself, and appreciate yourself. Answer the following questions to brainstorm your best qualities and then narrow them down into short, powerful words or phrases. You can use these words with your affirmations and incantations.

What are your talents?

What do others say about your good qualities?

What are your favorite parts of your personality?

In what ways have you made a positive difference in people’s lives?

What are you proud of?

Summarize your favorite traits and qualities from above in short phrases (or even better—single words).

Then, put it somewhere you can see it every day. Even better, affirm yourself in the mirror by telling yourself “I am (favorite trait).” *FUN TIP: use a thesaurus to look up even better words that express your favorite traits*

What I Know For Sure

There may be uncertainty in life, but at your core you know there are some things that you have faith in 100%. Ask yourself, what do you want that you are 100% certain you will experience in your life because:

- a) You already have it
- b) You can see it on the horizon—it’s almost here
- c) You absolutely will not settle for less
- d) You are committed to it
- e) You dream of it and want it so much that you can feel it—it’s REAL and you simply know it’s inevitable

You Confidence Resume

Your life experience provides plenty of evidence that you will not only make it through any uncertain times, any challenges, or any changes, you will THRIVE through it. Whether it's difficult decisions you made that turned out well, changes you initiated, changes you dealt with, or difficulties you overcame, these experiences can be a source of inspiration. Plus, many of these past experiences also prove that good things often come from experiences you may have labeled as "bad". And, so looking at these and writing yourself a "resume" of evidence can help you feel confident that you WILL survive and thrive!

What challenges or changes "happened" to you as a child (relating to education, family, where you lived, friendships)?	Did you "make it through"? How?	Were there any positive outcomes that came as a result?
What challenges or changes "happened" to you as an adult (relationships, career, economics, accidents)?	Did you "make it through"? How?	Were there any positive outcomes that came as a result?
What decisions and/or changes have you made in your life that sent you in a new direction?	How did you come to make the decision and/or choose to change? What drew you in the new direction?	What positive outcomes came of these changes that wouldn't have come otherwise? ("If I hadn't _____ I would never have _____.")
In what ways have you helped others through challenges, changes or uncertainty?	What strategies or resources did you use in order to help others through this?	What did you learn from the experience that you could apply to yourself?
Any other challenges, changes or uncertainty you experienced you feel is meaningful?	How did you make it through?	What were the positive outcomes? What did you learn?

