

How To Have Confidence To Live With Purpose And Passion

Diving Living With Yani



Confidence is the realm of the known. Courage is the realm of the unknown. We develop confidence over time. It comes with our experiences. Our confidence is rooted in our expertise. What are you genuinely good at? I'm confident of.....?. I've earned that confidence over decades.

Courage, on the other hand, isn't related to experience. Courage is about taking risks, trying new things, being daring, pushing through fear. You need the courage to begin anything. Without courage, you will never gain confidence.

For this exercise I want you to prove to yourself you can be courageous. You can; I do not doubt this. For the next week, every day, I want you to do something bold. You don't have to do anything too scary. No need to go skydiving (unless you want to). However, even something as simple as changing your routine, or going outside of your comfort zone can be an act of courage. Take yourself out to eat at a restaurant you've never imagined trying...in a different part of town...by yourself.

For some of you, and this will be a little scary. Ask someone you don't know very well at work out for coffee. Ask your boss for that raise. There are so many big and small ways to be courageous every moreover, here's the good news: It's ok if you try and fail. It's ok if you ask and the answer is "no." The value of this exercise is in your action, not in the outcome. So, keep at it. Nothing will build inner strength and resilience more than working on your courage.

What's the story you have been telling yourself?

I want you to consider the words you use to talk to yourself, about yourself. It's so easy to say things like, "I forgot my keys, I'm such an idiot!", or, "I'll never have what it takes to succeed, I'm just not that talented." This may seem harmless, but it's not. If you're always telling yourself you're an idiot eventually you'll believe this about yourself. It becomes your narrative. So, why not make that narrative a positive one? Throughout the day notice the small, and not so small, ways you put yourself down with your words. Make a list of these words.

Once you have a good list going work on reversing the message. Every time you find yourself saying something negative, stop and tell yourself something positive instead.

Tell yourself you love yourself from time to time. It sounds funny, but believe me, this can be a very powerful exercise.

Remember, your words form your reality.

Be your own best friend, not your worst enemy.

RESILIENCE

You've identified your fears, the things that hold you back, now let's work on reframing.

Name some things that feel difficult in your life right now, anything you see as a barrier to becoming whom you want to be, then see if you can "flip the script."

For example:

Fear script: "Going out on my own is too terrifying. What if I fail?"

Flipped script: "This is a huge challenge. It will be much work, but I can do it, and when I do I will feel incredibly accomplished."

Now you try a few:

Fear script: _____

Flipped script: _____

Fear script: _____

Flipped script: _____

Fear script: _____

Flipped script: _____

FEAR

What is holding you back?

Now that you have taken some time to consider your purpose and whom you want to be let's consider what's getting in your way.

Fear is typically at the root of our setbacks. Here are some ways that fear presents itself, do any of these resonate with you?

Procrastination

Lying

Excuses

Denial

Rationalizing

Settling

Perfectionism

Anger

What else? Write it down.

1. _____
2. _____
3. _____
4. _____
5. _____

WHAT IS YOUR PURPOSE ?

Purpose is where our strengths and our passions intersect.

Take a minute to think about the lists you've made so far: Who are you? Who do you want to be? Can you draw on your sense of purpose from these lists?

Brainstorm a list from the following questions:

What gets you out of bed in the morning?

What can you stay up all night working on?

What motivates you?

Use this list to start thinking about how to define your sense of purpose.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

WHO DO YOU WANT TO BE?

Where do you need to work on yourself?

Now that you have a good list of who you are, pull out the 3 things you like most, and the 3 things you like least.

Take the 3 things about yourself that you're not so into and think about how you would like to be different. If you are someone that gets angry easily, maybe you'd like to learn to be more patient, a better listener. If you let people boss you around too much, perhaps you would like to work on your confidence and assertiveness.

1. _____
2. _____
3. _____

Now, the 3 things you like best about yourself, how can you continue to develop and cultivate these traits? If you're a compassionate person, great, how can you be even more compassionate? What is something you can do today to reiterate this to yourself?

1. _____
2. _____
3. _____

WHO ARE YOU?

Who are you at your core?

I'm not talking about your resume here or a list of your accomplishments. Dig deeper than that.

Are you stubborn, compassionate, hot-headed, too easy-going? Make a list of at least ten things.

The good, bad and the ugly.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____