

# **Session 5:**

# **Finding Your**

# **Confidence**



# THE CONFIDENCE FACTOR

**“Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.”**

**- Norman Vincent Peale**

It's often said that confidence is one of the most important qualities that we can possess. Not made up, superficial, look at me, I'm trying to overcompensate for my lack of confidence, confidence, but that deep inner knowing that you can do, be or have anything you want—the belief that you are worthy of all of your desires.

**“I need to increase my self-esteem”** is a statement I hear often from my students. Their belief is that once their self-confidence and self-esteem is higher, they'll be able to achieve more and become greater successes.

While it's true that a high self-esteem can assist you in creating the life you dream of, the mistake most people make is how they think about self-esteem. It's not a thing to be increased or decreased, although that is the common terminology. Instead, self-esteem is a verb; it's the process of esteeming yourself.

According to the Merriam-Webster dictionary, esteem means “to set a high value on: regard highly and prize accordingly.” In other words, the process of boosting your self-esteem starts with **deciding that you are valuable** and treating yourself as such.

In Module 5, we're address self-confidence, what get's in the way of it and some of the best ways to increase it.



# IDENTIFY AND REMOVE LIMITING BELIEFS

An area of my life where I feel stuck or blocked or I am having a hard time creating what I want: \_\_\_\_\_

\_\_\_\_\_

The feeling I feel when I focus on this is: \_\_\_\_\_

\_\_\_\_\_

Where and how that feeling manifests itself in my body is: \_\_\_\_\_

\_\_\_\_\_

The early experience I went back to is: \_\_\_\_\_

\_\_\_\_\_

The limiting belief I took on is: \_\_\_\_\_

\_\_\_\_\_

The coaching I gave to my younger self is: \_\_\_\_\_

\_\_\_\_\_

The new decision/belief I now have is: \_\_\_\_\_

\_\_\_\_\_

The coaching that my wise, enlightened 85-year-old self gave me is: \_\_\_\_\_

\_\_\_\_\_

I now feel: \_\_\_\_\_







# KEEP SCORE FOR SUCCESS

**“Self-confidence is the characteristic of someone who keeps promises they make to themselves. Consistently keep promises you make to yourself.”**

- Ed Mylett

For the next two weeks, fill in the habit tracker on the following page (or you can also access it via [this](#) link and make a copy to fill in digitally) with daily habits that will help you become the best version of yourself—the version that knows that you can be, do or have anything you’ve ever wanted.

You choose the habits and pick the value based on your own goals and priorities. Ideally, make the point values add to a total of 100 points. You can choose to focus on 3 habits or 10, it’s up to you. We also recommend writing down any negative habits you want to kick and assign a negative point value to those habits.

Daily Habit Tracker									
Week	Scoring Key	MON.	TUES.	WED.	THUR.	FRI.	SAT.	SUN.	TOTAL
Workout 5x for 1 hr. each time	5 pts. each/25 pts.								
Drink 100 oz. of water everyday	2 pts. each/14 pts.								
Write in gratitude journal everyday	3 pts. each/21pts.								
1 load of laundry	2 pts. each/14 pts.								
Take Vitamins everyday	1 pt. each/7 pts.								
Write a thank you card 4x this week	1 pt. each/4 pts.								
Stretch for 15 minutes 5x this week	3 pts./15 pts.								
(-)									
Drink alcohol	-5 points per day								
Sleep through alarm	-3 points per day								
Total Score	100								





# THE MIRROR EXERCISE

The mirror exercise is one of the simplest and most powerful self-esteem and self-confidence building exercises in the world. Its purpose is to replace the normal negative self-talk that dominates our thoughts with positive, self-affirming self-talk. It is an exercise that should be performed every night for a minimum of 40 days.

## Instructions

Starting tonight, before going to bed, stand in front of a mirror and appreciate yourself out loud for all that you accomplished during the day. Start with a few seconds of looking into the eyes of the person in the mirror — your mirror image of yourself, looking back at you. Then start by saying your name, followed by appreciating yourself (out loud) for the following things:

- Any achievements (business, financial, educational, personal, emotional)
- Any personal disciplines you kept (exercise, meditation, prayer, dietary)
- Any temptations that you did not give in to (eating dessert, lying, drinking too much, staying up too late playing video games or surfing the internet, etc.)

Maintain eye contact with yourself throughout the exercise. When you are done, end the exercise by continuing to look deeply into your own eyes and say, “I love you (your name).” Then stand there for another few seconds to really feel the impact of the experience — as if you were the one in the mirror who had just listened to all of this appreciation. The trick during this last part is to not just turn away from the mirror feeling embarrassed or thinking of yourself or the exercise as stupid.

**Here is an example of what it might sound like.**

**“Jack, I want to appreciate you for the following things today. First, I want to appreciate you for going to bed on time last night without staying up too late watching TV, so you got up bright and early this morning and you had a really good conversation with Inga. And then you meditated for 20 minutes before you took a shower. You helped**





**with getting the kids' lunches together, and you ate a healthy breakfast.**

**"You got to work on time and led a very good staff meeting with your support team. You did a great job of helping everyone listen to everybody's feelings and ideas. And you were great at drawing out the quiet ones.**

**"Let's see ... oh, and then you ate a really healthy lunch—soup and salad—and you didn't have the dessert that was offered. And you drank the 10 glasses of water that you committed to drinking every day. Congratulations on that one!**

**"You stayed in a good mood all day today. You didn't let other people's problems become your problems. It would have been easy to let Deborah's complaints get to you, but you didn't. You were able to not feel personally responsible for what happened to her. And you didn't take anything she said personally. Good job!**

**"Let's see, you finished editing the new staff orientation manual, and you got a really good start on scheduling the summer management training program. And then you filled in your Daily Positive Focus Form before you left work. Oh, and you appreciated your assistant for all of her contributions for the day. It was great to see how she just lit up. And when you got home, you spent quality time playing with the kids, especially Christopher, and then you read a book to all of the kids. That was really special. And now you're going to bed at a good time again and not staying up all night surfing the net. You were great today....**

**"And one more thing — Jack, I love you!"**

It is not unusual to have a number of reactions the first few times you do this. They include feeling silly, feeling embarrassed, feeling like crying (or actually crying), and generally feeling uncomfortable. Occasionally, people have even reported breaking out in hives, feeling hot and sweaty, or feeling a little light headed. These are natural and normal reactions, as this is a very unfamiliar thing to be doing. We are not trained to acknowledge ourselves. In fact, we are mostly trained to do the opposite: "Don't toot your own horn. Don't get a swelled head. Don't get a stuffed shirt. Pride is a sin."



As you begin to act in more positive and nurturing ways to yourself, it is natural to have physical and emotional reactions as you release the old negative self-judgments, unrealistic expectations, parental wounds and so forth. If you experience any of these things — and not all people do — don't let them stop you. They are only temporary and will pass after a few days of doing the exercise.

If you find yourself lying in bed, and you realize you haven't done the exercise, get out of bed and do it. The part of looking at yourself in the mirror is a very important part of the exercise. Remember, you will only get as much out of this exercise as you put into it.

One last bit of advice: If you live with someone (spouse, children, roommate, parents), let them know in advance that you will be doing this exercise each evening for a month or so. You do not want them to walk in on you while you are doing it and think you have lost it!

Do this exercise for a minimum of 40 days. For the best results, do it every day for a whole year.

## **Procedure**

### **While standing in front of a mirror and making eye contact with yourself...**

1. Say your name.
2. Appreciate yourself for: 1) Achievements 2) Disciplines kept 3) Temptations overcome
3. Say, "I love you," to yourself.
4. Take it in (receive it) and breathe

