

Your Confidence Practice Cheat Sheet.

Use these steps to practice working through your general confidence barriers and revise for specific situations that bring any unwanted anxiety.

01 LET GO

Let go of EXPECTATION:

What is “expected” of you?



What would happen if you did not live up to this expectation?

Let go of COMPARISON:

Who are you comparing yourself against?

What do they have that you “don’t”?

How are you different?

Can you see the REAL DIFFERENCE?

It is simply that you are on a different journey. You are not behind, less or worse. You are everything your need to be (AND MORE) for YOUR JOURNEY!

02 KNOW YOUR JOURNEY

Where are you headed? What is the vision you hold for your life?

Your potential is your destiny, it awaits your call. Trust your heart and apply its love and wisdom to all you do.

In this way, all you create or do will be a true expression of your soul. It is through expressing your truth that you create things of lasting value. Be true to you.

**CELEBRATE
YOUR CHOSEN
JOURNEY. IT IS
ALL FOR YOU.**

03 FOLLOW THE LOVE

In all situations that stretch your abilities and your comfort zone you are faced with 2 options:

**SURRENDER TO FEAR &
INSECURITY AND STAY
WHERE YOU ARE NOW.**

OR

**FOLLOW YOUR JOY
WITH CONSCIOUS &
DELIBERATE ACTION.**

All you need to do is lean into the love and the joy and consciously grow closer to your dream.

In this way, every action keeps you focused on you and your journey. Your confidence will continue to grow; you will let go of all sense of expectation and comparison as it becomes irrelevant.