

DAY TWO: GETTING TO KNOW YOU



CONFIDENCE CHALLENGE

theCatalystCoach

HANNAH COLES - LDS LIFE COACH



WE THINK WE KNOW OURSELVES BUT WE DON'T.

In today's challenge we're going to start getting REAL with ourselves. We think confidence comes from external accomplishments because if we accomplish or do all the things OTHER PEOPLE will validate us and then we'll feel confident. But that's simply not true.

You have to LIKE yourself FIRST and then because of this self-like, you're more likely to do the things, to achieve accomplishments, and have more fun in the process.

You need to get to KNOW yourself. And I hear you, you're with you all day, you're pretty sure you KNOW yourself by now. But I'm telling you, there's more to learn.

WHAT DO YOU NEED?

All the things you WANT from others you need to learn how to give that to yourself first. We think we need more friends, we need to be heard, seen, appreciated, valued, respected, loved, etc.

But why?

Why do you NEED those things from others? If you had that, if everything worked out as you wanted it to, if you had more friends - how do you think you'd feel?

Really think about that one.

This feeling is what you REALLY want. It's not the external we seek but the feeling. THIS you can give to yourself. Let me teach you how



GET TO KNOW YOUR NEEDS

Pick ONE area you want to create confidence in

Write out everything you think you NEED to feel confident in this area

Ex: Socially, I would need a better job, more pay, skinnier body, more friends, etc. Then write out how you think you would FEEL if you had that

WHAT I THINK I NEED	HOW I THINK I'D FEEL

BONUS:

GET TO KNOW YOURSELF EVEN MORE

Take some time and answer these questions:

What 3 words describe me?

What is something I like to do that makes me lose track of time?

What 3 words do I think OTHER people think of me?

If money were no object I would...

If time were no object I would....

What am I good at?

What do I distract myself with when I don't like how I'm feeling?

I'm Hannah Coles

I WORK WITH WOMEN FROM ALL OVER THE GLOBE HELPING THEM LEARN HOW TO OVERCOME THEIR DOUBTS, THEIR INSECURITIES, AND TO BE ABLE TO CREATE AND CULTIVATE LONG-LASTING, GENUINE CONFIDENCE.

WANT TO KNOW MORE?

JOIN THE CATALYST MEMBERSHIP AND COME WORK WITH ME. ARE YOU READY TO EXPERIENCE HOW GOOD CONFIDENCE FEELS?



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