

DAY FIVE: BRING IT ALL TOGETHER



# CONFIDENCE CHALLENGE

*theCatalystCoach*

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# HOW TO CREATE CONFIDENCE NO MATTER WHAT THE CIRCUMSTANCES ARE

The only reason you're insecure or feeling the opposite of confident is because you're missing one or more of these three elements:

**KNOW** all the parts of you  
**EMBRACE** all of it  
and to **TRUST** in yourself and in your abilities

What is ONE area you're currently struggle to feel confident with?

Why do you think you're struggling?

Start applying the three key elements: KNOW, EMBRACE, and TRUST

Let's do an example together.  
Suppose you have to give a public presentation or speech of some kind to a large group. Only, you're terrified of public speaking.  
You're not **CONFIDENT**.  
You're nervous and full of anxiety instead.  
How can you **CREATE CONFIDENCE** here?

**KNOW**  
**EMBRACE**  
**TRUST**

**Know yourself - know WHY you're nervous:**

*people might judge me  
they might not like my message  
I might stumble on my words and look like an idiot  
People will think I don't know what I'm talking about*

**Now... EMBRACE all of you:**

*People might judge me - AND THAT'S OKAY.*

**Why is it okay?**

*Because they have their agency to choose what they want to think about me or my message.*

**What do I need here?**

*To know that I did a good job, that other's liked it.*

**If you did a good job and other's liked it, how do you think you would feel?**

*I'd feel validated and proud*

**TRUST**

The feelings that wanted, in this case, **VALIDATION** and **PROUD** - can only come from your thoughts. We often try to delegate this to others - *if THEY approve that must mean I did a good job*

But notice that **THEY** didn't make you feel validated - it was still **YOU** - you're thoughts. You finally gave yourself permission to agree that you did a good job only because they said something. This breeds insecurity because you don't **KNOW** if they'll approve. Instead cut out the middle man. You don't have to hope or wait for them to do anything, you can **TRUST** yourself to give you what you need.

Trust that you will give yourself the **VALIDATION** and encouragement that you need here. **THEY** don't need to like it if **YOU** like it.

If you can give yourself what you need **AHEAD** of time or that you can **TRUST** yourself that you **WILL** give yourself what you need - you can walk into **A-N-Y-T-H-I-N-G** feeling confident.

*the catalyst coach*

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YOUR TURN:  
How can you CREATE CONFIDENCE in your life?  
Start with ONE area and apply these three:

**KNOW  
EMBRACE  
TRUST**

**Know yourself - know WHY you're** \_\_\_\_\_ :

Now...**EMBRACE all of you:**

**Why is it okay?**

**What do I need here?**

**If** \_\_\_\_\_ , **how do you think you would feel?**

**TRUST**

The feelings that you want can only come from your thoughts.

What thoughts can you offer yourself that will create the feelings you need?

Don't force the thoughts - the only way they work is if they're believable!

Write out several thoughts that will help you create the feelings you need.

When you've taken care of everything (KNOW, EMBRACE, TRUST) there's no room for doubts or insecurity. You're secure! You can feel CONFIDENT in yourself and be able to go after new things. You can try and fail, and try again, and fail, and eventually succeed because you're confident it's going to happen. You're confident that you're going to be okay. You're confident that you've got your own back. This is power! This is freedom. This is CONFIDENCE!

# BONUS:

## EXPERIMENT WITH THIS:

Give yourself a dare. What is one thing that you've always wanted to do but you've been too scared to do it? Use this method to **CREATE** confidence and then go **DO IT**. See how amazing this confidence feels!

Write your experience here:

## 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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