

DAY FOUR: TRUSTING YOURSELF



CONFIDENCE CHALLENGE

theCatalystCoach

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LEARNING HOW TO TRUST YOURSELF IS WHERE THE MAGIC HAPPENS

Confident people aren't necessarily GOOD at everything they do or try to do but they're certain that no matter what they're going to be okay. This is why so many confident people achieve their goals. It's not because they magically have something that others don't. It's simply because they aren't afraid to try, to try again, to fail, to fail again, and then to succeed. Most people don't that far. They might muster up the courage to try once but if they fail, whoa...Nelly. STOP. Do NOT do that again. That was embarrassing. That was terrible. I failed. I'm a failure.

If this is you or was once you, it's important that you understand what happened and WHY your brain put on the brakes. It's NOT because you're a failure, or that you're not good enough. It's certainly not because you're lacking or you just don't have what it takes.

The ONLY thing you were missing was the element of TRUST in yourself.

You have to TRUST that YOU will give yourself what you need. That's why day ONE and day TWO were so important. You can't TRUST yourself to give you what you NEED if you don't even know what that is.

This trust isn't that you'll be amazing on the first go - that's not what you NEED anyway. What you NEED is always, always, always going to be a FEELING. Feelings come from what you are THINKING.
THIS - only you can do for you.

FEELINGS COME FROM OUR THOUGHTS

TRUST

The reason CONFIDENT people can achieve their goals is because they trust that they'll take care of themselves no matter what. That they'll give themselves what they NEED.

Think about times you've felt insecure and the opposite of confident. What happened and why?

Ex: I went to a new area and didn't know anyone. I felt nervous and anxious.

What was the NEED?

Ex: to feel secure and certain - secure that I won't be rejected and certain that I'll feel included and liked.

How can you TRUST yourself to give you what you need?

Ex: Secure and certain are FEELINGS - they come from YOUR thoughts. What thoughts can you think that will create these feelings for you?

If you're able to give yourself what you need at all times - doubt disappears. There's no need to feel insecure because you've got you covered.

BONUS:

TO UNDERSTAND YOUR NEEDS ASK YOURSELF TWO QUESTIONS:

**WHAT DO I WANT?
HOW DO I THINK I'D FEEL IF I HAD THAT?**

Ex: to make x amount of money

If I made x amount of money, how do I think I'd feel? Secure that everything will be okay.

**THIS IS THE NEED - to feel SECURE. How do you feel secure without making the money?
It starts in your THINKING**

**TRUST yourself to know that you will give yourself what you need (you will give yourself the
FEELING you need).**

**What is another NEED you have on a regular basis? How can you TRUST yourself to give
that to you?**

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?

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