

DAY THREE: EMBRACE YOURSELF



CONFIDENCE CHALLENGE

theCatalystCoach

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EMBRACING ISN'T **SETTLING**, IT'S GETTING YOU OUT OF RESISTANCE

Have you ever thought to yourself, "I shouldn't think this way: or "I know, but it's just so ridiculous!", "these thoughts are crazy but I can't stop thinking them", or something else of that kind? These thoughts quickly morph into thinking and believing that something is "wrong" with us, that we "shouldn't" be this way. We worry that maybe we're the only one and what if other people knew or found out? eek!

Thoughts like all these are what keep you in resistance. It's not accepting or embracing, it's shaming you for having thoughts and being human. What do you think this does to your ability to feel confident? - or even happy for that matter? Yeah, that outlook is rather bleak, right?

This is why learning to embrace ALL the parts of you is so important.

THERE IS NOTHING WRONG WITH YOU

But when you're in resistance to what is (resistance to all the parts of you), you teach yourself that there IS something wrong and it's not okay. We need to learn how to EMBRACE all the parts of us, to LOVE all of us while still wanting to grow, to become, and to evolve.

AND IT'S OKAY

This is an amazing phrases to add to the end of your sentences.

"I'm thinking _____right now, and it's okay"

I know a lot of you will want to argue, "wait, why is it okay?" Embracing isn't about ENDORSING the behavior or thoughts, it's about ACCEPTING that they're there and that they're there for a reason. There's an unmet need there but you'll never figure out what that is when you're too busy resisting.

What does EMBRACE mean to you?
What does that look like?

Repeat again, "this is where I'm at today, and it's OKAY"
Take all your work from getting to KNOW yourself and practice EMBRACING all the parts of you.

You can't guilt, shame, or hate yourself into lasting change. The only thing that works is LOVING yourself into lasting change.
Embracing is loving yourself enough
to know that you're human - and that it's OKAY to be.

Get to know yourself
Understand what you need
then EMBRACE that you're human and it's okay to be so

There is NOTHING wrong with you!

This is the start to lasting change
This is the start to CREATING CONFIDENCE!



BONUS:

WHAT OTHER PHRASES CAN YOU COME UP WITH TO HELP YOU EMBRACE ALL THE PARTS OF YOU?

...and it's okay.
Today is not forever.
Sometimes I think.... and it's okay.

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.

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