

FROM THE HOST OF THE FREEDOM JUNKIE PODCAST

UNSHAKEABLE CONFIDENCE



5

WAYS TO TRAIN YOUR BRAIN TO WORK FOR YOU INSTEAD OF AGAINST YOU

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5 WAYS TO TRAIN YOUR BRAIN TO WORK FOR YOU INSTEAD OF AGAINST YOU

If you're anything like me or most of my clients, you want to create more freedom in your life. This can be freedom on the outside, with being able to travel, have adventures, and do the things that really matter to you more of the time. It can also be freedom on the inside, where you aren't a slave to your emotions or limiting beliefs and letting them control your life so much - you want your brain and emotions to work FOR you instead of against you.

You are in the right place.

Use this companion worksheet to help you complete the activities in the **training video**, where the details for creating unshakeable confidence are found. Don't let this be another "shelf-help" thing you've signed up for but don't do. Show up for yourself and be sure to do these 5 steps. You deserve it, and having your own back is a key part of self-confidence!

WHAT ARE YOU TOLERATING?

Write a list of things that you're tolerating in your life right now: a toxic relationship, boring job, weight that you want to shed, plane tickets you haven't bought for the adventure you want to take, anxiety or insecurity that you struggle with, crappy shag carpet...(you get the idea).



WHAT WOULD YOUR LIFE BE LIKE IF NOTHING CHANGED?

Now ask yourself - what would your life be like if nothing changed? What if, 5 years from now, your life was still like this?

YOUR IDEAL DAY

Next, take a moment to reflect on the type of life you want to create. Not your perfect epic day where you're flying around in your private jet adventuring with your friends in 5 different countries. Even though that's awesome (and please invite me). But for this, I want you to focus on what is your most perfect "regular" day.

Ask yourself: What would be a day that you'd love to experience over and over as a part of your everyday experience? What time do you wake up? What is your bedroom like? Is anyone next to you? What happens next? Do you meditate? Do some yoga? go for a morning hike.

Go for a morning hike? Go into detail, all the way up until bedtime, and most importantly, **notice how you're feeling** through this whole, ideal day. Do you feel excited? Relaxed? Free? Joyful? Proud?

Now, take a look at this ideal day and ask yourself, "Why don't I have this yet? Why aren't I feeling this way yet?"

You may want to blame outside things like not enough money, or parents who suck, or being too busy, or not having the right degree or certification, yada yada...

But for most of my clients, it's because **self-doubt and the fear of failure keep them from doing whatever it takes** to make that ideal day happen.

It's from a lack of self-confidence.

This lack of self-confidence keeps so many of us from actively creating our dreams.

WHAT IS CONFIDENCE?

So what is confidence anyway?

I like to use the word *ziji*.

Ziji is tibetan word that means **true, radiant, inner confidence**.

It's an **unshakeable confidence**, because it doesn't rely on anything on the outside that we have no control of - other people's opinions or what kinds of things we have or what we've accomplished. Rather, it comes from within us, from a place no one can touch and take it away from us.

NOTHING IS WRONG WITH YOU if you're anxious, insecure, or doubtful of what you're capable of.

We are WIRED that way. Add to that messages from society, advertising and social media that tell us we are not enough as we are and that we need to improve ourselves or have more stuff, and top it off with a dollop of critical parenting or toxic relationships and you have the perfect storm for lacking self-confidence.

The good news is you can learn how to undo these limiting beliefs.

1

THE SECRET TO THE UNIVERSE ABOUT SELF-CONFIDENCE: CONFIDENCE COMES FROM YOUR THINKING

Wait...whaaat?????

This is because confidence is a FEELING, and it's our thoughts about any given circumstance that create our feelings.

Our feelings create our actions (even though we'd all like to think our actions come from rational thought).

And our actions subsequently create the results we have in our life.



THE CONCEPT THAT CONFIDENCE IS FROM YOUR OWN MIND IS VERY IMPORTANT.

It's not reliant on other people's opinions. Or your achievements. Or what you've accumulated. Confidence is also not something you're born with. While recent research suggests that some genes seem mildly associated with optimism and self-esteem (which is different than confidence since it's about how you feel about yourself overall vs how you feel about your ability to do things), environmental, social, and cognitive factors have a much stronger influence. The mind and its thoughts play the largest role in feeling confident or not.

Confidence comes from what's going on inside your BRAIN. Something internal - not external.

***Confidence does not come from your actions and results.
It produces your actions and results.***

MANAGING YOUR LIMITING BELIEFS

Doing the thought-work that will help you create more self-confidence starts with managing your thoughts and limiting beliefs.

If you're having a hard time being confident, ask yourself "If I had all of the experience I wanted, what would I be thinking? If I had all the practice I wanted, what would I be thinking?" and then start practicing that new thought now.

Confidence is a skillset made up of how you think and how you direct your mind. When you're able to direct your mind to think, "I'm going to have no problem doing this" - like you do with the thing you already feel confident in - then you can practice applying that same skill to something you might not be so good at.

How do you direct your mind? Here are 3 tips:

AWARENESS

Pay attention and be conscious of self-doubt. Do you have it in your life? Where? When? How? Bring it to the forefront and acknowledge that it's a choice to have those thoughts.

MENTAL HYGIENE

You need to regularly clean out negative thoughts and mentally rehearse positive ones.

What are some of the negative thoughts and limiting beliefs that you have about your life or situation right now? "I'm not smart enough." "I've tried before and failed." "I don't have enough money." "I am never going to lose this weight." "I will never be able to stop at just 2 drinks."

Now, think about a more more positive way to say those things - or at least a more neutral way to say it. "I have a college degree." "I only tried twice." "I've always had enough money." "I've lost weight before." "I've never tried it like THIS." "I have gone weeks without drinking before."

Write your more neutral or positive thought next to the negative one.

Your thoughts are *choices* - so **intentionally choose more neutral or positive thoughts**. Be sure these are ones you can actually believe (that's when the neutral thoughts can come in handy). This is directing your mind towards thoughts that actually serve you.

PAY ATTENTION TO THOUGHT TRIGGERS

Some things trigger positive thoughts and some negative thoughts. It's wise to avoid negative thought triggers and cultivate positive thought triggers.

What can you do - or NOT do - to avoid negative thought triggers?

What can you do to trigger positive thoughts?

2 LET PEOPLE BE WRONG ABOUT YOU

Authenticity is so important to me - and it's key to confidence.

Caring about what other people think of you is exhausting. When you aren't being authentic, it's exhausting.

Caring about what other people think holds you back from what you really want to do in the world, and what is possible for you in the world.

What other people think of you has nothing to do with you. It has everything to do with THEM.

When people have great things to say about you, that's really about them. And when they have these very critical or judgmental opinions of you, that's still about them. It goes both ways.

If you don't have to be any different than you are, all you have to do is show up and just be yourself. This is effortless. Being yourself is easy.

Who are the people whose opinions have kept you from doing - or being - what you want to in life? What have you not done as a result?



What would your life be like if you didn't care what these people thought about you? How would you show up differently in the world? What would be possible?



3 BE WILLING TO FEEL ANY EMOTION

Clients have often asked me what I think is the #1 factor involved in confidence. I've thought a lot about what I think creates *ziji* for me. What is it that generates the emotion of true radiant inner confidence?

I think it's the **willingness to feel any emotion**. I know that the worst that can happen is an emotion, and I'm genuinely unafraid of feeling it.

When you're willing to feel any emotion, you're willing to take action that you wouldn't otherwise be willing to do. And that's a huge part of self-confidence!

What are the top emotions you're afraid of feeling?



What have you avoided doing or accomplishing in this life because you're afraid of feeling those emotions?



4 INTEGRITY

When our values on the inside match our actions on the outside, we feel confident, proud, and relaxed in who we are.

There's two elements to this: making sure your life on the outside is in alignment with your values on the inside, and not having any secrets that you'd be ashamed about.

Integrity is showing up for yourself and having your own back by honoring your values and standing behind your actions.

WHAT ARE YOUR TOP VALUES?

How much time do you spend honoring them?



5 ACKNOWLEDGE YOUR ACHIEVEMENTS

It's important to know what you've bounced back from and what you've achieved so that you know you've done it before. That means you're capable of bouncing back - and achieving - again!

BOUNCE BACK

Write down 10 experiences you've had when you went through something hard and you bounced back from it.



ACKNOWLEDGE YOUR ACHIEVEMENTS

If you're heavy in self-doubt and low in self-confidence, this might be one of the places you want to emphasize the most at the start. Beginning around kindergarten or first grade, list 100 achievements - anything from the easiest achievements to the biggest achievements that you've had (this is a Jack Canfield exercise from *The Success Principles*). The way you see yourself will shift.

***Remember: The accomplishments won't give you self confidence,
but THINK about them will.***



WHY DOES SELF-CONFIDENCE EVEN MATTER?

Why is *ziji* something that we should strive for and create in our lives?



On the other hand, dreams + self doubt = resentment, regret, and wondering “what if..”
This is why I think it’s essential that all of us generate as much self-confidence as we possibly can.

Remember:

There is only ONE YOU with your unique gifts that will ever exist in all of time.
There is only ONE PRECIOUS LIFE that you’ll have in this body, at this time.
There is only ONE MOMENT that matters: NOW

DON'T WASTE IT.

You’ve just seen that it’s totally possible to start creating the life you were meant to live. There’s nothing “wrong” with you. You just need to learn some new skills. Begin now.

If you’d like to learn more about how to create self-confidence and true freedom in your life, I’ve got just the thing. Check out the revolutionary coaching community at www.ZijiUp.com



FREE YOUR MIND. FREE YOUR LIFE.