

The Confidence Factor

Monday Call 02/23/09

Mannafest: “Be there or be _____”?

Where are you on Costa Rica? What a crazy finish to BP2!!

Two webinars tonight:

8:30 PM CST – “Economic Stimulus” – to register:

www2.gotomeeting.com/register/675877520

9:00 p.m. CST -“Reshape yourself physically and financially in

2009” to register: www2.gotomeeting.com/register/795080616

from Canfield, et al "The Power of Focus"

1. Confidence: A vital component of your everyday quest to enjoy continuous success.

In the absence of confidence, fear and worry take control.

Confidence is a habit that can be honed and strengthened everyday.

2. Two foundational steps to take:

A. Resolve Unfinished Business:

What messes are you not dealing with in life?

legal, financial, relationship, organizational, health, family, career, just to name a few...

Why are you avoiding these? Fear is #1 reason

fear breeds doubt, and doubt breeds lack of confidence

Unchecked and life is out of control

Three ways to deal with this:

1) You can play the denial game

Result: ignore and it never goes away

2) You can go into limbo

Result: Life stops and you tread water; keeps you stuck

3) You can confront the issue dead on

Why is it we do not choose this alternative every time?

a) dislike of confrontation

b) a certain amount of risk is involved

c) sometimes it is painful and may not work out the way you want

Just look at the price you pay...the price the world is paying
(Read Mandela's words on the attached document)

Forgive and Forget: We all must learn to forgive

Unforgiveness is sinful

1) forgive those in your past who hurt you in some way

How? Write a letter, call, face to face, whatever means you have available and do it NOW!

Resentment and resistance destroy you not the other person.

Why do we choose not to forgive? A major reason is we can be right. Are we wrong if we forgive??? No!

2) Forgive yourself

Silence forever those thoughts of guilt...they paralyze you!

Note the word GIVE in forgive...the greatest gift you have is love, and you have limited capacity to love others if you fail to love yourself.

Too many people never let the real person within come alive. Consequently, they live a dormant and unfulfilled existence.

B. Identify your deepest fears; Step into your Fear

FEAR: False Expectations Appearing Real

It is amazing the amount of energy we put into fear when we live in fear...what a waste! (Read attached quote)

To overcome fear you must have faith in the outcome.

1) Must schedule quiet time to clarify your fears

Here is a list:

Poor health, Loneliness, Losing your job

Uncertainty about the future, Dying

Failure, Making a major decision

Rejection, Conflict, Ignorance

Losing your family, Public Speaking

Poverty, Success, Looking Good

So, which ones of these are you fearful of?

A good exercise is to do it with a friend who becomes the recorder as you talk to yourself...just keep asking what am I afraid of? What do I fear today? in the future?

You will learn why you self-sabotage.

2) Once you identify the fears, then develop a strategic plan to overcome them one at a time

Example:

In "The Power of Focus," strategies are listed out for each of the fears

3. Six confidence building strategies outlined in the book as Action Steps:

1. Everyday remind yourself you did some things well.

Instead of dwelling on what did not work out, or the tasks you did not finish, focus on what you did accomplish.
(Classic is the glass half empty or half full?)

2. Read inspiring biographies and autobiographies

Build a file of stories that inspire you.
Life without challenge is an illusion.

3. Be thankful

No matter how bad things are for you, there is probably someone worse off.

Attitude of gratitude is what it is all about.

Most of your problems will pale in comparison to the benefits you enjoy everyday.

4. Build excellent support all around you...friends, mentors, etc.

Kalensch, "Being the Best You Can Be in Network Marketing"

4 Fuels in Your Business: #1 is environment you create

5. Push yourself to accomplish short term goals

No greater way to build confidence than to get things done.

Take one small step at a time.

Like right now, plan to win the Luggage Incentive...this is quite easy if you just set your intent and put together a plan.
Make sure the goals are realistic. Self-rejection shatters your confidence.

6. Do something for yourself every week.

Self-honoring practices are what give you balance as well as

acknowledgement of accomplishments.
The road to confidence is paved with weekly victories.

**REMEMBER: YOUR CAPACITY FAR EXCEEDS YOUR
CURRENT LEVEL OF PERFORMANCE IN LIFE.**

Our deepest fear is not that we are inadequate.

*Our deepest fear is that we are powerful beyond measure. It
is our light, not our darkness that frightens us.*

*We ask ourselves, who am I to be brilliant, gorgeous, talented
and fabulous?*

Actually, who are we not to be?

You are a child of God.

Your playing small doesn't serve the world.

*There's nothing enlightened about shrinking so that other
people won't feel insecure around you.*

*We were born to make manifest the glory of God that is
within us.*

It's not just in some of us, it's in everyone.

*And as we let our own light shine, we unconsciously give
other people permission to do the same.*

*As we are liberated from our own fears, our presence
automatically liberates others.*

**Source: "A Return to Love" by Marianne Williamson
(as quoted by Nelson Mandela in his inaugural speech,
1994)**