

Top ten keys for massive self confidence



Greta Jaeger, Confidence Coach and LPC

I remember as a child I couldn't wait to grow up, it seemed like adults had everything figured out. Adults made the decisions for me, my younger self couldn't wait to be the decision maker. Then we grow up and the responsibility is ours and we discover it is not the fun we thought it would be at all. We make mistakes and then have real life consequences. Over time we can start to feel like a failure at work and at life. We lose confidence and self-esteem, and life starts to become drudgery and stress producing with none of the perks we thought came with being an adult.

Does your life and business suffer because you feel weighed down by your stresses, overwhelmed with negative self-talk? Do you spend more time doing distracting behaviors instead of productive ones? Is it hard to get in gear to accomplish what you want? Are you tired of feeling heavy and incapable of accomplishing your goals? I know what this is like I have been frozen in fear and overwhelmed by stress. I have lacked the belief that I could accomplish my goals before. Below I share the techniques that got me through those challenging times. These are my top ten that I still use today many of them on a regular bases. Remember to Work, Play and Breathe.



Breathe

Breathing seems like no big deal to most of us but it is responsible for good and bad things in your life. It is one of the ways we keep on living. It can calm you down when you need it. It can help with pain management (i.e. Labor). It can help with singing, talking, running, and a multiple other activities as well. It is also one of the culprits in anxiety and stress. Knowing how to breathe right is a foundational skill.

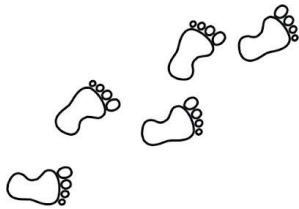
SET GOALS

- 1.
- 2.
- 3.



Set Goals

Goal setting is more important than most of us give it credit for in our lives. We will plan to go out with friends, plan a vacation, plan a wedding, plan on getting a dog but we won't do any life planning at all. Goal setting is not just for business or career. Take the time to think about what you want out of life. I do some form of goal setting for my life weekly.



Focus on the next step and only the next step

Whenever you are stuck or frustrated about your progress bring your mind back to what is the next step. Often times my clients will focus five or six steps in and then they freeze up because they can't get there from here. The fastest fix I know is the next step. A good example is when you want to write a newsletter for your clients but you have not spent time deciding on topics for your clients but you sit down to write and you are blocked.



Face your Fears Daily

Face your fears daily. I learned this one in my thirties, well specifically my mid-thirties and I wish I had figured it out sooner. This little trick has saved me over and over again. When you feel yourself getting scared and uncomfortable you stop and look at it, instead of using distraction to move out of your feelings. If you look long enough it stops being scary. This is why my business coach wanted me to look at my numbers so I could stop being nervous about them. It forced me to look daily at the main thing in my business that brought lots of discomfort. It did multiply things for me first I found out I was doing I lot better than I thought and two over time I lost my discomfort about looking.



Keep it Simple

Keeping it simple goes along well with the concept of only focusing in the next step. The more complicated the next step is the less likely we are to do it. The next step is always easy or it is not the next step- I learned this little tidbit in my Doctors office she had it on a poster and it stuck in my mind. This particular technique has helped me through many stuck moments i.e. getting started on this list.



Self-Care/Self Love

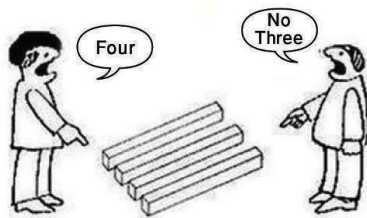
I probably should have listed this one first or second since you might think it is less important. Without self-care burn out becomes very real and comes very fast. A dramatic example is a friend of mine who was working with children as a therapist. Her self-care was mediocre at best, even though she is a therapist, after only four years she was considering giving up therapy as her profession. I almost burned out when my mother got sick and I had to take over her care. I did not increase my self-care enough to help me handle the increase in stress. So examples of self-care, showering, bathing, massages, hanging with friends, reading, meditation, mindfulness, slowing down, breathing, being kind to yourself, fresh sheets and anything that brings you back into your body and the moment.



Healthy Living

Healthy living Includes, exercise, eating healthy, friends, and family. Exercise does not need to be in a gym, on the court, in a competition. I want you to think about it more like moving, anything that gets you moving is good. It could be a walk, dancing, stretching or being playful to name a few. Eating healthy is not dieting. Look at more like eating more real food and less processed but there are experts for thing, I listen to Cathryn Marshal and her simple Fat burn information. Yes for healthy living contact with friends is essential. If you don't have a family make a family with your friendships.

It is really confusing!!!



Change your Perception

Change your thoughts and you change your world I can't state this enough. Even a bad day can be made better by how we perceive it. If you don't believe me try it out. Here is an example you tire blows out you can choose to think about it as though your day has been ruined or your day has a temporary glitch in it. Which thought will make you feel less annoyed.



Change your Thinking

Perception goes hand in hand with changing your thoughts. When we learn to perceive the world as working against us we look for things in our environment that confirm this perception of life. When we perceive the world as accepting us we find things in our environment that confirm this world view. I have a FB friend that only puts out negative things about her life and she gets some sympathy and a lot of push back from her FB friends. She takes the push back as confirmation that the world is out to get her and proceeds accordingly. She also gets mad when people challenge her to change her perspective this also lends itself to confirming all the negatives in her life because of course nobody understands her or her pain. Please understand I know her life is hard and unquestioningly challenging and her perspective only makes it mentally and psychologically harder for her to feel "ok" about herself and life. It is best to take small steps to change your thinking for the person in the story I would guide her to slowly change her thoughts around her life. Instead of nobody understands me or supports me I would suggest. Some people understand me and support me, this is not a big change. This small change can move you from hopeless to hopeful.



Forgiveness

Forgiveness is one of the hardest skills to learn and it is often an onion with many layers. Most important is that you want to forgive those that have hurt you, I believe it was the Dali Lama that said something like staying angry at someone is like stabbing yourself and expecting the other person to hurt. This is the best argument I know for letting go of anger. Letting go of anger starts with noticing you are still angry and acknowledging that you want to let go. Please notice I am talking about the emotion you can act on to let go which is anger or sadness (insert feeling). Once we acknowledge what we are feeling the fastest way to let go is to focus our attention on the feeling without judgment allowing ourselves to feel. It may take a while and you might have to sit in your discomfort multiply times before it eases and goes away. Once the feeling is out of the way forgiveness it easier and simpler. It is more an experience than an action.

The Next Step

You now have my favorite keys/skills for massive confidence. Every one of these keys have helped me have confidence in my business and life. If you are like me you may need support and coaching to institute the skills I listed. I have a three month and six month program that will teach what you need to know to gain confidence, self-esteem and break

through blocks/self-sabotage. For those of you ready to make fear and self-sabotage history in your life please email greta@coachingyoudreams.com or call 4040-259-1335 for a 20 minute call to see if the program is a fit for you.



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