

Greater Confidence Workbook:

Five Essential Steps To Achieve Your Dreams



Hello Friend!

*Thank you for downloading my free guide!
Your courage is growing.*

Up until this point, self-doubt and a lack of confidence have been paralyzing your movement forward in some way. And now, you're ready for change. Whether it's your career, personal life, weight, self-care, finances or other, you haven't been able to take a step forward because **fear** has stopped you.

Maybe you're afraid you'll make a wrong decision, especially if you feel like you have in the past. Or, maybe you're afraid you'll make things worse. Maybe you just don't believe that you can make good things happen in your life, or in a specific area of your life.

My goal is to provide solutions to defeat nagging self-doubt and increase your confidence.

Instead of sitting on the sidelines, it's time to go after the dreams that you've neglected and pushed into the back of a storage unit.

Let's unpack what's holding you back. Take your dreams out of boxes and closets. Prioritize yourself so you'll take action.

You'll discover that it's possible for you to begin taking steps. These small beginnings will build momentum toward your desired results. I'm not saying it will happen overnight. I am saying it is possible. When you drop the first two letters of the word impossible, it's possible.

Step by step, you can make one choice after another that will lead you to fulfillment.

I want to acknowledge that you've just taken an important step choosing to download this workbook. You're ready to begin with new hope for your dreams, for your health, your relationships, your career— for any area where your life feels stagnant or unfulfilling. You're ready to risk winning at the game of life.

But, building confidence requires taking action. It also requires that you adapt to healthier ways of tolerating the discomfort of taking risks and experiencing change.

You've encountered fear -probably even some anxiety- that has been holding you back. In order to keep taking the steps that will lead you to more peace, fulfillment and success, I've outlined 5 key steps to help you diminish self-doubt, gain confidence and keep taking the risk to take action and get unstuck.

Step 1: Recognize the voice within.

Begin by taking a few seconds at least 3 times each day to notice what you're telling yourself, especially when you're feeling bad.

Sometimes we don't even hear the limiting voice inside ourselves. You can't distinguish this voice of doubt from your

true self because it's become automatic. Your default is to second guess.

You probably aren't aware how pervasive this doubting, critical voice is. When you become aware of the comments you say to yourself every day, it allows you to take pause and listen. This is a crucial step. Make it conscious. Once it is, you have new choices available.

Step 2: Recognize that the negative self-talk and doubt is actually a protective mechanism.



We're designed to survive and thrive – anything that seems like a danger, the brain kicks into gear and does what it needs to do to stop you from getting hurt.

When you see it in that light, it allows you to see how maybe your negative talk has actually served you up until now. When you understand that we are biologically designed to seek safety, you can view things differently.

Instead of buying into that voice, you can watch negative self-talk and doubt as if it were a re-run of a bad movie you've seen before and begin to tune in to a different channel or take it less seriously.

Step 3: When you hear the self-doubt, criticism or negative self-talk, stop and tell it to "sit down."



You are in charge. It's not that you're going to stuff this fear down and ignore it, but instead recognize what it is attempting to do for you.

Say "Thank you," and acknowledge that you no longer need it to protect you. By acknowledging the value of the self-protective voice, you can shift out of limiting patterns and elevate your sense of worthiness.

Step 4: Be compassionate with yourself.

Recognize that you don't have to tackle all of your challenges and problems in a day.

Understand that you are a work in progress and be more accepting of where you are today. When you are able to accept where you are, it becomes easier to release the voice that tells you that you should be 5 steps farther in life.

Where you are is perfect for what you need for your own personal evolution and journey. Opening up to being loving and kind to your human short-comings is the key to finding a higher level of self-esteem and relief from perfectionism and self-criticism.

Step 5: Take one step.



Take one step forward (even if you take 2 steps back). This is the key to gaining confidence. It doesn't matter whether it was perfect, pretty or even that you retreated – the key is that you take that step.

Learning how to take that first step helps you let go of the doubt. Even if you fall, the best reminder is that you survived – that you were able to get back up and you're still here.

When you can see that, the voice within will begin to quiet. You'll notice more of your victories and more easily let go of your mistakes.

Acknowledge and thank yourself for taking time to practice self-confidence. When you release the habit of doubt, you can move one step at a time, steadily grow trust in your choices and make them work toward your success and growth. Congratulations for taking a big step!



I invite you to take these 5 Steps and apply them over the course of a week. You'll gain confidence DAY BY DAY by practicing (day-by-day) these steps to help you let go of self-doubt while you strengthen and build your confidence muscle.

If you're ready to kindly commit to yourself and boldly realize a dream you have or a goal you desire to reach, I am available to support your success.

Schedule a Complimentary Discovery Coaching phone call with me to learn about Breakthrough Shadow Coaching and how you can confidently move forward to fulfill your dreams.

I'm confident you'll be pleased you did!

May you become more than you ever thought possible by prioritizing and trusting yourself.

Blessings to you,

Shari