

UNSHAKEN BUILDING GODLY CONFIDENCE COURSE

Understanding Who You Are

So let's begin with the first part of the course...

==> Part 1 - Who Are You?

Quick Inside-Out Perspective...

Who are you? You're not who you think you are, that's who. You're not the labels you give yourself, or the labels others give you. One such label is 'not self-confident'. This is NOT who you are, I promise, but it is someone you think you are!

Now back to the self-help perspective...

Whether you've always struggled with a lack of confidence or you've recently experienced some setbacks that have shaken your confidence, this course is going to walk you through a simple process for understanding exactly what low self-confidence is, and provide you with plenty of self-confidence tips and tools to help you build it up to a healthy level.

And this process begins with a little introspection or looking inside yourself.

One problem with low self-confidence is that you often lose sight of who you are. Not who others have said you are, or who you hope to be, but who you are authentically. Being confident means that you know exactly who you are and what you stand for!

In order to figure this out (if you don't already have an idea), you need to consider your strengths, assets, values, dreams and aspirations. What do you have going for you? What is important to you? What do you want to do with your life?

ACTION STEP #01:

Please take a few minutes right now to jot down a few ideas in the following categories:

STRENGTHS AND ASSETS:

- What strengths and talents do you have?
- What can you do well?
- What experience have you gained?
- What do you have going for you as far as personality traits?

Examples:

I'm a good communicator.
I'm very compassionate.
I've got a great sense of humor.
I love to help others.
I'm good at expressing ideas and concepts in easy-to-understand ways.

VALUES:

What things are very important to you?

Examples:

Honesty
Trust
Family
Integrity
Growth

DREAMS AND ASPIRATIONS:

What vision can you see for your life in the future?

What are some of the things you want to accomplish?

Examples:

I want to get a degree in communications.
I want to start my own business.
I want to get married and have a family.
I want to feel good about myself again.

It may take some time to get a strong idea of who you are and who you want to become, but the effort is well worth it. Only by understanding these things will you be able to gain the confidence to make it happen.

Believe it or not, confidence is most often a simple perspective: how you choose to see yourself. Perhaps you are in the habit of thinking about yourself in limited ways, but you can easily begin to think of yourself in more empowering ways too!

Of course, too much confidence can quickly thrust you into another negative situation - cockiness and arrogance. You don't want that either. (Neither do your friends, colleagues and partner or spouse!)

Instead, throughout this course we're going to strive for a healthy level of self-confidence - enough so that you are empowered to take charge of your life, but not so much that you lose your sensitivity and consideration for others.