




THE KEYS
TO
CONFIDENCE

5 Steps to
Develop Your Courage
So You Can
Get Your Message Out into the World!



You have a message and a mission but the thought of putting yourself out there into the world to deliver that message scares you to death!

Facebook posts? What if no one “likes” you?
Instagram? What if your pictures aren’t pretty enough or your words aren’t inspiring? Webinars, Facebook Live or Interviews?
Just the thought of it makes you tongue- tied!

Eventually you’re going to have to face the fact that if your mission is that important to you (and it should be!) you’re going to have to develop the courage to move past these blocks. And unlike the Cowardly Lion in the Wizard of Oz, you don’t need a medal.

You do, however, need to work on your mindset!



Seeing your dream or vision come into reality is a manifestation. And just like any manifestation, when you fully align with your dream, it pops right into place.

What does it mean to be in full alignment? You are aligned in Mind (your thoughts), Spirit (your emotions) and Body (your actions):



Are you ready to get into alignment? Grab a pen, get a cup of tea and let's get started!



STEP 1: STEP INTO THE FUTURE

Close your eyes and imagine that it's 6 months in the future and your dream has come to fruition.

What does your life look like? What's different?

Who are you interacting with? What are people saying to you and how are they reacting to your messages?

What are the primary vehicles that you used to deliver your message? If you're doing videos what are you wearing? Hear your voice--the confident, clear tone!

How do you feel? What does that confidence feel like? Do you get excited when the webinars start or before you go on stage?

Are there certain colors, tastes or smells that you associate with this version of you? A favorite perfume or oil? Maybe it's the smell or taste of coffee as you meet with your clients!

Engage as many senses as you can in this process: visual, auditory, kinesthetic and heart!





STEP 1:
STEP INTO THE FUTURE

What are the details in your dream?





STEP 2: CAPTURE THE MINDSET

While the dream is still fresh capture your mindset--

What are the thoughts that are going through your head? How are other people describing you? How are you feeling? Turn those into affirmations!

I AM...

I AM...

I AM...

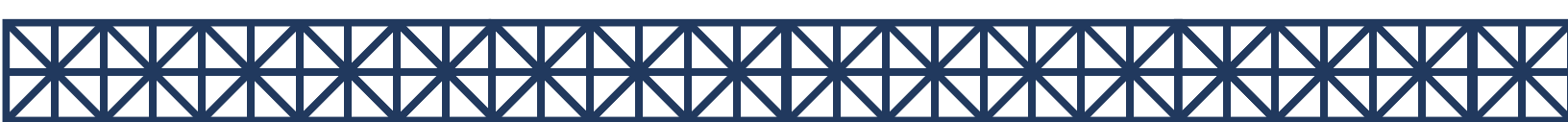
I AM...

I AM...

I AM...

I AM...

I AM...





STEP 3:

LOOK BACK AT YOUR JOURNEY

Take a moment and put yourself back into your dream.

Look down at your hands and see yourself picking up your pen to write in your journal. You're writing a post marveling about your success and reflecting on your journey. How did you get here? What were 3 steps that you took that were outside of your comfort zone?

1.

2.

3.



STEP FOUR: CREATE YOUR DAILY RITUALS

Once you've "experienced" your future and determined the steps you took to get there, you want to re-create and reinforce it consistently!

Create your daily ritual--Spend at least 5 minutes every morning:

- Embody the emotions and take the stance--strike a "power pose" as you confidently state your affirmations!
- Gaze at your vision board or mind movie
- Use a fragrance or scent to help you lock in the experience--essential oils are great for this!
- Reinforce with a taste--that tea or coffee that you were drinking!
- Ask yourself the following questions:
 - ? What do I need to do today?
 - ? Who do I need to speak to or reach out to?
 - ? What (or who) do I need to let go of?

STEP FIVE:

CELEBRATE EVERY STEP OF THE JOURNEY

This is probably the most important "KEY" to developing your courage! Most people wait until they've achieved the actual goal and miss the beauty of all the major accomplishments along the way.

Shifting the way you look at your challenges and obstacles, helps build confidence quickly.

- Celebrate the first post that you write--even if no one responds!
- Celebrate the first "like" you get.
- Celebrate the first unsubscribe you get from your email list (they opened up space for someone else!)
- Celebrate the first webinar, periscope or fb live--even if no one sees it!
- Celebrate your first goof!

CELEBRATE EVERY STEP OF YOUR JOURNEY AND
RECORD EVERY SINGLE "WIN" IN YOUR JOURNAL
EACH NIGHT BEFORE YOU GO TO BED!



BUILD YOUR MUSCLES

Building your confidence and courage is no different than building your physical muscles.

With consistency and commitment you'll get stronger and stronger every day!

Enjoy the Journey!

