

“CAPTURING CONFIDENCE”

By Trish Blackwell



Confidence is a choice, and I invite you to choose it today. If you carry yourself confidently, you will appear confident. If you appear confident, you will be confident. All confidence starts with a small decision: it is a decision to *act as if*. Once you *act as if* you will find yourself living out a self-fulfilling prophecy.

It is important to remind yourself of all the reasons why you should be confident. By mentally rehearsing some of your favorite personal highlights in your life, you can train your mind to remember just how successful, talented, blessed and happy you really are.

DETOXIFY:

To cleanse your mind of old, self-limiting imagery, today you are going to replace any negative perception of yourself with a confident sense of self. Dig up your favorite photograph of yourself and put it in a frame in a prominent place in your home or office. Be sure to select a picture that aligns with a memory of feeling happy, carefree and confident. You might be laughing in the picture or it might be of you crossing the finish line of a race, whatever it is, put it in your vision line for the next two days. Every time you look at the photo, repeat out-loud: *“I am confident, I am happy and I can do anything.”*

DEFINE:

Make a list of all of the reasons why you deserve to walk in confidence. Let yourself brag. Be sure to include physical, emotional, relational and intellectual reasons that allow you to boast with confidence.

DARE:

Your dare for the day is to record a video of yourself. This video is for you, so there is no reason to be nervous. In your video, act as if, and speak loudly and intentionally with as much confidence that you can muster. In one or two minutes, share why you are confident in the skin you are in and also why you are confident in the possibility of your great potential.

Confidently yours,
Trish