

ConfidentU

Life is full of ups and downs, obstacles, failures and opportunity. We all have our own story, and all of our stories matter. Happiness is about finding your happy place within.

We have a tendency to think things are happening TO us, but maybe they are happening FOR us! Perhaps they are happening to help us grow and become better people in the world we live in. No matter what is going on, if you work on these Diamonds daily, you will begin to feel a shift in how you think and feel,

Below are the 5 Diamonds that turned my life from broken and broke, to abundant and happy. They are my gift to you. I have included with these 5 Diamonds some worksheets to guide you.

ACKNOWLEDGMENT- Diamond #1

Be very truthful with yourself and remember no one needs to know but you. We cannot fix what we don't acknowledge. Open those bills if you are in debt. If you find yourself in judgement, be truthful with yourself.

FORGIVENESS- Diamond #2

In forgiving, you release the negative energy that has taken your power away, and that has stopped you from moving forward. I did say forgive, not forget, they are two different things, and I understand that. It is time to take YOUR power back. Your success and happiness are worth the courage forgiveness requires.

MINDSET- Diamond #3

Change your negative thoughts into positive thoughts. Here is your daily positive affirmation. "I am worthy. I am successful, I am happy.

ACCOUNTABILITY- Diamond #4

Be accountable for yourself, take baby steps into creating achievable daily goals. Pat yourself on the back when you reach them. You deserve it!

PERSEVERENCE- Diamond #5

Never give up, never surrender. If you fall down 7 times you pick yourself up 8.

Don't forget, read these 5 Diamonds every day. Make them a habit. You WILL see your mind, body, and soul start to smile more each day that passes.

I believe we are all just Diamonds in the rough waiting to have our brilliance shine.

CONFIDENCE

Confidence is not being brash; it truly can be a quiet confidence. Sometimes it is just that soft feeling that comes from within, that says "I got this." So, let's start by building on that!

What would I do if I had more confidence?

What activities do I do that make me feel confident?

When and where do I feel most comfortable in my own skin?

What are 3 things, starting today I could do to begin building my confidence?



RELEASE

The more you resist the more you attract that to you. Everything in your life that you resist just gets stronger. Resistance says “no” to life, acceptance says “yes” to life... but to receive you need to be willing to accept.

What do you find you are resisting in life?

Are you finding that more of what you don't want shows up? What are those things, that keep showing up?

When do you feel the most relaxed in regard to your life?

If you were to release the struggles, how would that feel?



Acknowledgment

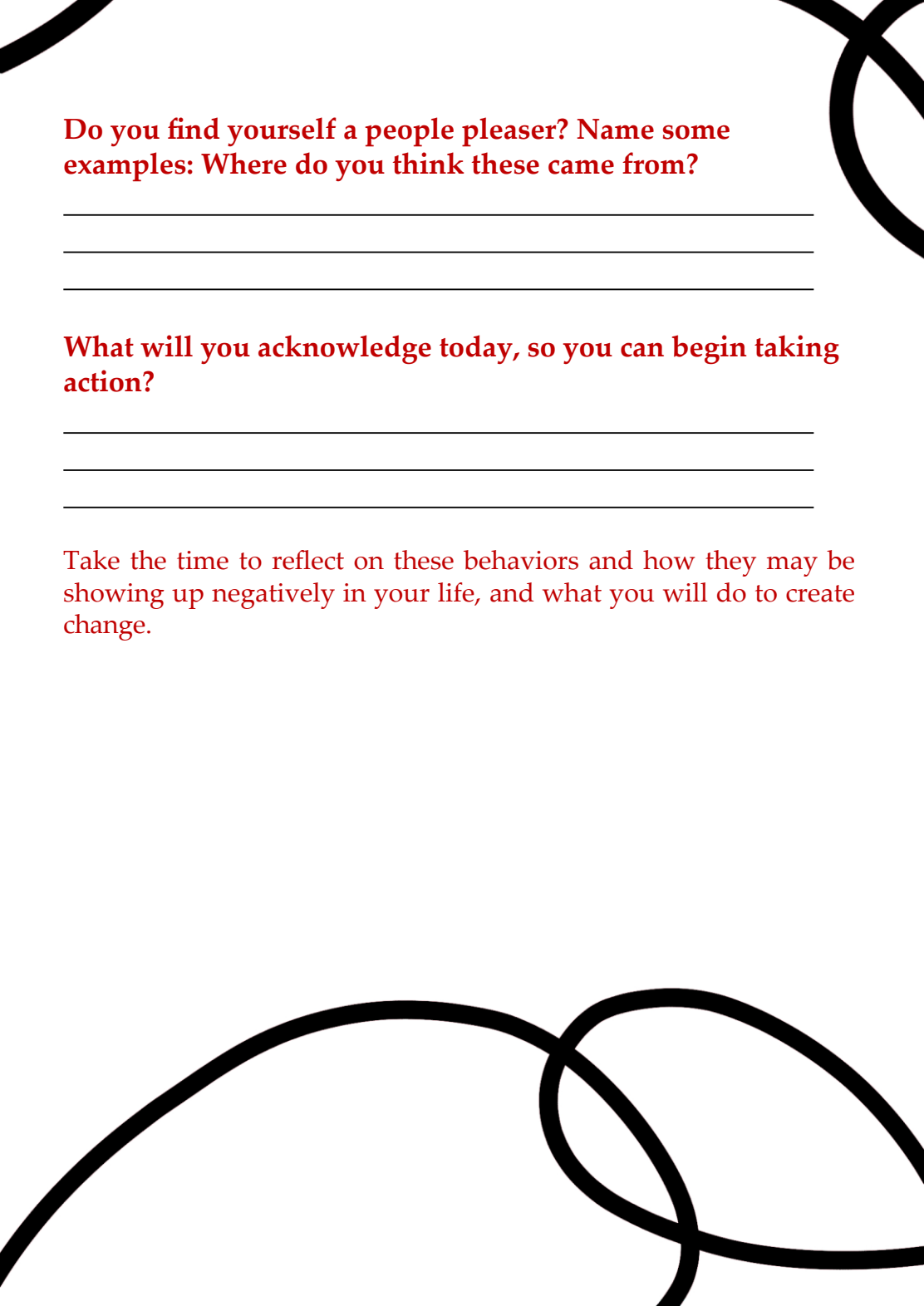
It is critical, yet difficult to acknowledge our own behaviors which become the source of our future path. When we choose to see clearly and acknowledge our negative behaviors, we can then take steps to change them, because as I have said before, if we don't acknowledge these negatives, we can't fix or transform them into positive behaviors...

Yet, it is even more critical, besides acknowledging and changing these behaviors, the need to get to the source of "where" and "why" those behaviors and thoughts have manifested in the first place...once we can recognize the source, then we can make changes that stick.

Here are some questions you can begin to ask yourself to get to the source. Write out your answers.

Name 3 negative behaviors, you feel could be holding you back from being the best YOU. Within your life, career, or relationships.

Do you tend to blame others for your problems? Where does this come from, and why do you believe you are blaming others?



Do you find yourself a people pleaser? Name some examples: Where do you think these came from?

What will you acknowledge today, so you can begin taking action?

Take the time to reflect on these behaviors and how they may be showing up negatively in your life, and what you will do to create change.

Forgiveness

What are the benefits of forgiving someone?

Letting go of grudges and bitterness can make way for happiness, health and peace.

Forgiveness can lead to:

- Healthier relationships
- Greater spiritual and psychological well-being
- Less anxiety, stress, and hostility
- Lower blood pressure
- Fewer symptoms of depression
- Stronger immune system
- Improved heart health
- Higher self-esteem

Why is it so easy to hold a grudge?

When you're hurt by someone you love and trust, you might become angry, sad or confused. If you dwell on hurtful events or situations, grudges filled with resentment, vengeance and hostility can take root. If you allow negative feelings to crowd out positive feelings, you might find yourself swallowed up by your own bitterness or sense of injustice.

What are the effects of holding a grudge?

If you're unforgiving, you might:

- Bring anger and bitterness into every relationship and new experience.
- Become so wrapped up in the wrong that you can't enjoy the present.
- Become depressed or anxious.
- Feel that your life lacks meaning or that you're at odds with your spiritual beliefs.
- Lose valuable and enriching connectedness with others.

How do I reach a state of forgiveness?

Forgiveness is a commitment to a process of change. To begin, you might:

- Consider the value of forgiveness and its importance in your life at a given time.
- Reflect on the facts of the situation, how you've reacted, and how this combination has affected your life, health and well-being.
- Actively choose to forgive the person who's offended you, when you're ready.
- Move away from your role as victim and release the control and power the offending person and situation have had in your life.

As you let go of grudges, you'll no longer define your life by how you've been hurt. You might even find compassion and understanding.

Who are the people you need to forgive? Write out who they are.

Mindset

Most of your fears place you in the future with a sense of lack. You may fear that you'll never have enough time, money, friends, support or love. You may fear you'll never live a bold life.

You may be afraid that you'll always be stuck in the same job, relationship or place.

Think about your top three fears.

Fill in the blanks:

I'm afraid of _____

I'm afraid of _____

I'm afraid of _____

What do they say about your personal beliefs? How do they keep you stuck?

1. Read through the following three fears and the possible negative beliefs behind them. See if you can relate.

1. Fear: I won't have enough money to support myself.

Negative beliefs:

I'm not smart or talented enough.

Nothing ever works out for me.

There aren't any good jobs left.

There's not enough to go around.

2. **Fear:** I'll always be alone.

Negative beliefs:

I'm unlovable.

I'm not thin enough.

Nobody cares about me.

I'm not pretty/handsome enough.

3. **Fear:** I don't measure up.

Negative beliefs:

I don't have enough.

I'm not good enough.

I'm damaged goods.

I'm not capable.

I'm going to be left behind.

Our fears create our reality. If you think you won't have enough, you never will. If you think that you're not lovable, others will support your belief. And if you think you don't measure up, you'll always feel inferior.

You have the power to invent and have a bold life.

You create the world that you see with your belief system. Choose to surrender your old beliefs and invent new ones.

2. **Decide what kind of life you want.**

Get an image of it in your mind. Write down affirmations to support your new vision. Hold your vision. Never let go.

3. **Map out a strategy.**

Decide what steps will take you to your dream. Give up what will get in the way. Take action.

4. Make new friends.

Reach out to the people who will support your new beliefs and challenge your limits. If you get rejected, try again. On the other side of rejection is a life-long friend.

5. Make a commitment.

Be willing to do what it takes. Every day, do your three most important tasks first. Track your time. Keep moving forward.

6. Prepare for the best.

Do what it takes. Wake up early. Focus. Do your best work. Ask for support. Surrender perfection. Plan to have a happy ending.

7. Challenge yourself.

Take a risk. Don't avoid what's difficult. Do something different. Put yourself out there. Walk on the edge.

8. You are OK.

Bring to mind your past successes. Remind yourself of your strengths. Bring up the "feelings" that came with your previous accomplishments. Sit in the "after-glow" in advance.

9. Be grateful in advance.

Write a letter in your journal and thank your friends and colleagues, in advance, for helping you accomplish your goal.

10. Manipulate your mind.

Learn to shift your perception when you catch yourself in doubt and fear. See your future through new lenses. Choose to believe that the best is yet to come. Look around and notice good things happening everywhere.

If you live in a world of fear and scarcity, you'll attract more fear and scarcity. Choose to invent a new reality. Make it one of possibility, miracles and love. I'll meet you there!



Take a few minutes and list out your own personal beliefs about yourself.

Accountability

Accountability allows you to be in control of your actions, not only in your personal life but your business life too. You will create your own opportunities rather than passively allowing life to happen around you. Accountability is contagious and empowers others to reach their own success...by the actions you show them. So let's DO THIS!

List out, how you will hold yourself accountable.



PERSEVERANCE

It's all fabulous to understand and learn new behaviors Right?... and I gave you some tools to help you persevere...but really... how do you keep persevering, so that you are constantly moving forward... you know that "Never EVA EVA...EVA Give Up feeling? Well, here is the #1 action you need to do!

Write out the reason you are doing this... why are you wanting to change, what is the reason behind it... not just "I want to change," a why that is "so, so deep" and cutting, that you will cry if you don't succeed. That will keep you moving forward.

Ex: "I never ever want to feel so hurt within, that I feel sick inside for days, or to be so broke again, that I can't feed my family, that I can't pay my bills, I never want my children to look at me with those sad eyes that I witness, with disappointment, because I didn't stop drinking, I never want to have that feeling (describe in depth) of aloneness, because I didn't take control of my own life. I never want that feeling (describe in depth) that I have to rely on someone else..."

Go deep, describe in detail how you would feel if you didn't succeed in the area you are wanting. I want you to feel the pain, every time to read your "why" SO YOU WILL NEVER GIVE UP! Your action today is to write out your "WHY" and put it somewhere you can see it daily or you can pull it out and read it easily.

Now Go!
