



CONFIDENT  
VISION  
LIVING

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# Self~Doubt Smackdown!

Break Free of Doubt  
&  
Reset Your  
Confidence Button

GINETTE W. KING, MA, CEC, CPT

SELF-DOUBT SMACKDOWN.

Ginette King

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First Edition

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# Contents

<b>Welcome.....</b>	<b>5</b>
<b>Living with Doubt .....</b>	<b>7</b>
<b>Decide to Feel Happy .....</b>	<b>11</b>
<b>Powerful Language .....</b>	<b>12</b>
<b>Visualize Your Success .....</b>	<b>13</b>
<b>I Love You, Me.....</b>	<b>14</b>
<b>Choose Your Power Symbols.....</b>	<b>15</b>
<b>Acknowledge and Give Yourself Credit.....</b>	<b>18</b>
<b>Thoughts Drive Emotions.....</b>	<b>20</b>
<b>Get Confident and Believe.....</b>	<b>22</b>
<b>Take Action.....</b>	<b>24</b>
<b>Scrutinize Doubts .....</b>	<b>26</b>
<b>Making Excuses.....</b>	<b>28</b>
<b>Create Space .....</b>	<b>30</b>
<b>Leaving Overwhelm.....</b>	<b>32</b>
<b>Which Fears Hold You Back?.....</b>	<b>34</b>
<b>Embrace a Playful Attitude.....</b>	<b>37</b>
<b>Recognize Your Power.....</b>	<b>39</b>
<b>Break the Procrastination Code .....</b>	<b>41</b>
<b>Nix Roadblocks, Slumps, and Pity Parties.....</b>	<b>43</b>

<b>Pity Parties and the Blues</b> .....	<b>46</b>
<b>Attitude</b> .....	<b>48</b>
<b>Snap Out of It and Get Over Yourself (aka Tough Love)</b> .....	<b>50</b>
<b>About the Author</b> .....	<b>53</b>

Welcome

***Congratulations!*** You've taken step forward to breaking free from the insecurities and lack of confidence that robs (or seriously delays) us from living our dreams.

I'm so glad you're here and hope you enjoy getting to know yourself and empowering yourself to more confidence and joyful living. You absolutely can do whatever you set your mind to as long as you keep an open mind, a willing heart, a clear head, and a playful spirit.

My focus, in keeping with the Confident-Vision-Living philosophy, is to help you recognize your inner strength and to identify and break lose from what's holding you back so you can begin to see your greatness, power, and magic.

**You. Are. Powerful.**

In growing your awareness of your patterns and motivations, you liberate yourself to go for your dreams and to greatly enrich your health, personal power, and joy. Believing you can create the life you desire is the underpinning of it actually happening.

It's often our belief system – our assumptions about the world and ourselves – that holds us back, as well as the way we interpret things and give them meaning.

Second to that, it's often the fear of the unknown that keeps us from believing we can do it – usually because we haven't really tried!

When we start taking action, our views begin to shift and open up to an enormously more powerful way of thinking, experiencing, and living. **Create a vision of a Thriving and Happier you and bring it to life!**

Once you glimpse into this dazzling abundant liberating anything-is-possible world you have the power to break free from what binds you.

You CAN overcome self-doubt and learn to live a more confident and peaceful existence as you move forward and manifest your most incredible dreams.

To your confident living!

Much Love and Success,

A handwritten signature in a cursive script that reads "Ginette".

P.S. For additional self-confidence, motivation, wellness, and life dream articles and to sign up for our *Confident Best!* newsletter, visit [www.confident-vision-living.com](http://www.confident-vision-living.com).

# Living with Doubt

Doubt sucks. It really, really does.

It's painful.

Ugly.

Crippling.

Shameful.

Destructive.

Insidious.

Often tortuous.

And it has been my near-constant companion for as long as I can remember.

I used to be riddled with doubt. I mean the racing mind, worrywart, scared of my own shadow kind of self-doubt every minute of the day. I worried about looking “perfect,” what I said, being alone, being around people, getting lost, getting attacked, losing control, making the wrong choice, about everything. Trusting myself to handle many normal daily activities was close to zero (I even went through a brief phase in high school where I refused to go into a store that required me to interact with anyone or of riding in the front seat).

I was *wound tight*. But I thought that was just because I “a thinker.” I was just paying attention and more aware than others. (Hypervigilant and tied in knots was more like it.) It was all I knew. I couldn’t shut it down.

Oh I seemed “normal” enough for outside appearances (calm, cool and collected), but fear/anxiety was stabbing at me most hours of the day, and relaxation was as foreign to me as inner peace. My only times of reprieve were when I danced in my room, escaped into a book or movie, or slept.

Looking back at my childhood and early twenties, it’s no wonder I had an irritable bowel, stomach upsets, allergies, and plenty of stress. My poor nervous system was running on high alert 24/7. Tiring? You betcha. In fact, I’m amazed I was functional enough to complete college and that I wasn’t sick most of the time (only my youth saved me).

My self-esteem fluctuated from “I guess I’m so-so” to “I am totally lost and everyone is smarter than me and knows the secrets of the Universe.”

**Until I was twenty-five, I actually believed that everyone else knew what they were doing and that I was missing something. I felt flawed and weak.**

It was the only thing that explained why I felt so lost and confused and scared and everyone else seemed so confident and playful with life – in their work, in relationships, in making decisions.

In time, whether due to life experiences, my worries not really coming to life, or just plain getting “over myself,” I’ve gradually shifted from doubt paralysis to one of learning to believe in myself. I still wrestle with insecurities now and then, but they don’t cripple me or run my life. I usually recognize them immediately but don’t engage with them for long and soon they flit away again in search of someone else who’s more willing to chat.

One HUGE life experience that accelerated this leap was leaving my first marriage. **There’s nothing like hitting rock bottom in your life to wake you up from your numbed-out day-to-day stupor to make you choose to be powerful.** You have no choice. The pain gets so bad that you are forced to make different decisions. (Thank goodness for hitting bottom so I could get a life and be forced to FEEL again!)

I finally decided I was ready to take responsibility for my life, no matter how scary that idea was. *Who ME be responsible for myself? What if I make a mistake? I don't want that burden.* That's what my self-doubt said (as it huddled in the corner shivering like a scared puppy). Luckily, the other strong, sure part of me that had been sleeping awoke and spoke in a clear steady voice, "Take the reins and start running this show! This is your LIFE. There is no one you should trust with your life more than yourself. You are far more powerful than you know."

And so I did.

To my surprise, it was a lot easier than I thought.

Taking care of myself, believing in myself felt *so good*. I was finally alive, awake, and powerful.

**But most of all I was FREE.**

No longer living by the tightrope of fear, I was free to make mistakes, take a wrong turn, not look perfect, to mess up and have it be no big deal, essentially I was free to live with acceptance instead of judgement, love instead of fear. I learned that I was a pretty smart cookie and that I could find my way out of San Francisco if I got lost, figure out what to do when a problem happened at work, or to do something foolish and not sweat it. *My self-worth was up to ME, not something outside of myself.*

I went to grad school in Australia not knowing a soul and started taking risks, lived on my own, traveled by myself in foreign countries, and embraced adventuring in life. It was a thrill to trust myself, love myself, and to feel fully present in my own life.

No one has it all figured out. Fear and doubt will visit us from time to time on this life journey and old patterns can reappear at moments of stress. We're all learning as we go and refining what works for us and what doesn't. But it sure helps to learn from others on the same road and to get support.

You deserve to live your dreams and to break free from what's repeatedly getting in your way – your fear. Limiting beliefs. Obstacles we can't see but we continually bump up against. Reoccurring patterns of self-sabotage that drive us batty.

It comes down to the decision to make a change and to become aware of what's going on inside us. Only then can we build our confidence and take action.

It's time to eat away at our doubt before it eats away at us.

## Decide to Feel Happy

If you catch yourself slipping into that “*I’ll be happy when...*” thinking, snap out of it.

Do not choose a goal only because you think that in achieving the goal that you will make yourself “happy.” Making your happiness dependent on anything is a recipe for misery.

If you haven’t made the decision to be happy and enjoy life AS you are reaching for your dreams, achieving those dreams won’t do the trick. Happiness will remain just out of reach again, and you’ll find yourself falling under the delusion that your completing your *next* goal will be the thing to make you happy.

Happiness is a way of living, thinking, being. ***It’s not the same as being content or complacent.*** It doesn’t mean feeling chipper every second but overall you’re enjoying your life. (That said, if you are definitely *unhappy* in your life or life’s direction, change it. You must. Don’t rationalize about it, make excuses, or put others’ needs before yours.)

For example, I certainly want a lot more things (adventure, experiences, accomplishments) in my life yet I feel generally happy most days. I’m enjoying the journey (even the challenges, perhaps *especially* the challenges as those can be when I feel the most alive).

Successful people often realize that it was in the getting there that they most enjoyed themselves. In the striving for something, there is joy.

## Powerful Language

What if your best friend only said critical things to you and whispered in your ear how you don't deserve it, you can't make it, and you should have done better? Not much of a best friend, eh?

But that's what voice that lives in so many of our heads every single day! (With friends like that, who needs enemies?) Be KIND to yourself in your thoughts and pay attention to your language.

I know it sounds cheesy, but I am a firm believer in the "be your own best friend" concept and it radically helped me.

Whenever I thought something critical about myself, I would ask, "Would I say that to a good friend?" If not, then I reworked it until I got used to treating myself with love. Get the hang of supporting yourself and focusing on things that actually help you keep moving forward with your goals in a positive and loving way.

***Be as kind to yourself in thought and deed as  
you would the person you love the most.***

# Visualize Your Success

*A vivid image compels the whole body to follow. ~ Aristotle*

Creative visualization is a powerful tool you can use to give your subconscious (and conscious) mind a targeted focus so they know what you want to do. Spend a few minutes a few times a day closing your eyes and “seeing” yourself in your mind’s eye in a particular scene as if you were really there.

Feel what that would be like, imagine being in your body fully in that moment – the sun on your face, the gentle breeze on your legs, the smiles of the faces on the people around you. Make it as real as possible. The more you do this, the more you set your intention and give yourself added abilities to create this in reality. To work best, it must be more than just looking at a scene. Make sure to FEEL what it’s like – emotionally and physically and mentally to really put yourself in that moment as if it were really happening.

Focus on it until you believe you can do it! Know what it looks like, get clear. Expect yourself to succeed. Getting a taste of your dreams puts you in a powerful and focused mindset to start your day and reminds you of what you’re creating in your life.

# I Love You, Me

The time you take to build love in your heart for yourself is a foundation for love and joy for everything else in life – the world, our families, our friends, our dreams.

Look yourself in the eye in the mirror and say out loud, “*I love you, [your name].*”

This powerful Louise Hay affirmation sounds easy, right? Corny, even. For many of us, it’s *one of the most difficult things* we can do. But also one of the MOST important things..

**Until you can do this and not feel overwhelmed with discomfort, you cannot fully love another nor truly accept that another person can fully love you.**

Repeat this at least once a day (more is better) and watch your self-confidence begin to grow from a deep, solid place in the core of your being.

(If you feel yourself resisting this, ask yourself why. Face yourself in the mirror and get an answer. If the negative voice in your head is not yours, whose is it? What do YOU want to believe instead?)

For tips on getting to know your best you, see [www.confident-vision-living.com/Best-self-2.html](http://www.confident-vision-living.com/Best-self-2.html).

# Choose Your Power Symbols

## Power Slogan

Kathy Bates' character in the movie *Fried Green Tomatoes* had her defiant "Towanda!" battle cry that summoned her internal fortitude when she needed it and put her in touch with her power.

But a slogan can also be something more direct about your purpose and focus such as, "I am here to have fun, help others, be fully present in my body and engage with the world through my art and music."

or

"I am a beautiful, powerful woman, who loves her body and moves with freedom, grace, and joy."

Like any good superhero, you can choose your power slogan. It should feel like "you" and be easy to remember.

My power slogan is

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## Power Quote

Find quotes that speak to you and reflect your mission, purpose, or that simply inspire you.

My power quote is

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## Power Color

What colors give you energy? Which ones make you feel the most confident, optimistic, or energetic when you look at them? Those are your power colors.

They might not be your favorite colors or a color you would necessarily even wear. I used to loathe the color orange but now I realize it's one of my favorites, like pure energetic happiness.

Use the feelings those colors give you to your advantage. Put items with that color in the environments where you could use an energy boost, where you'll see them during your workouts, and look at the color when you're getting fired up to go exercise or do anything that requires extra motivation or inspiration or simply to remind you that you are a powerful being and that YOU determine how you want to feel.

Looking at your power colors is a great way to boost your energy or feel more focused.

My power colors are \_\_\_\_\_ and \_\_\_\_\_.

## Theme Music/Song

Remember the characters' theme songs on the TV show Ally McBeal?

What music fires you up? Makes you feel strong? Powerful? Alive? (Bonus if it fits with your mission statement somehow or uses any of your power words or keywords.) Pick a song that represents you, your mission, your inspiration, or makes you feel confident.

Select a power ballad, an upbeat ditty, or a song whose lyrics inspire you to be your best, bravest, most confident self.

My theme song is \_\_\_\_\_.

### **Power Symbols and Touchstones**

Identify a symbol or other item that helps you feel confident and strong. A literal, physical touchstone can even be helpful, something you keep in your pocket or purse that helps keep you grounded and clear on your purpose, power, or staying true to yourself.

Anything that feels deeply right to you in your gut or that's meaningful/special to you can work well to remind you of your goals or intention.

A power symbol could be a star, pyramid, bulls-eye, star, heart, or any graphic image or shape that feels right for you.

Touchstones examples:

- ♥ An heirloom piece of jewelry
- ♥ A shell that reminds you of a good memory
- ♥ Crystals with nice properties that feel good in your hand
- ♥ A photo of your child, hero, or other inspiring person

Your power symbol(s):

\_\_\_\_\_.

Touchstones:

♥ \_\_\_\_\_

♥ \_\_\_\_\_

♥ \_\_\_\_\_

# Acknowledge and Give Yourself Credit

You are awesome. AWESOME.

Did you know that?

I hope so.

But maybe you forgot. We all forget how wonderful and deserving we are of loving and liking ourselves, so a reminder is a good idea. (You did do the I Love You affirmation that we talked about earlier, right?)

Not only are you amazing and special, you've done plenty of wonderful things.

Perhaps it's time to think of those so you remember how much you are capable of and what you've already accomplished and experienced.

Make a list of past successes so you acknowledge what you've achieved and tried. These could be from sports, work, childhood, a challenge you overcame, standing up for yourself with someone, fighting for a cause, or any life experience that comes to mind.

What did you try that you were scared of but did anyway?

What did you surprise yourself (and perhaps others) by doing that you didn't think you could?

Regardless of the outcome, what are you proud of yourself for undertaking?

What do you regret not trying? How could you undertake something similar or what else do you want to experience?

You can learn a lot about yourself by giving yourself credit for what you've done before. Pat yourself on the back and believe in yourself! You'll never know what you are made of until you are tested, so give yourself some new challenges and find out how truly strong you are!

For more thoughts on learning from the past, see [www.confident-vision-living.com/exercise-motivation.html](http://www.confident-vision-living.com/exercise-motivation.html)

# Thoughts Drive Emotions

Emotions are NOT facts.

**Want to change your feelings? Change your thoughts.**

1. Stop what you're doing. Take a minute to regroup and pay attention to what's going on within.
2. Breathe. Take a deep breath or two and focus on being present in your body.
3. Recognize what you are feeling.  
*I feel hurt and rejected.*
4. Notice your thoughts.  
*They abandoned me and are out having fun without me.*
5. Decide if you really agree with the thoughts that relate to how you are feeling.  
*Well, they knew I had to get some work done. And I did say I couldn't go because of my deadline.*

6. If you don't agree with your thoughts/logic, replace them with a thought that feels more true and makes you feel better.

*I guess they didn't really reject me, I kind of rejected them. I wish I could go out with them but I have to finish my project. After I finish the project, I will reach out and see if I can meet up with some of them and do something fun.*

Feel better? Usually we do. If there is a valid reason you're feeling bummed out, identify what you can do to feel better and take action.

We can feel bad and sad or mad or we can choose to feel differently, to see things differently. There is always another possibility, another way to look at things.

Other times we need to take action to fix the situation.

Talk to someone about what's bugging you, change how you interact with someone, stand up for yourself, get out of a dreary environment, DO whatever you need to do to take charge of the situation and make your life more fun!

# Get Confident and Believe

*You are always connected to spirit and infinite love, power, and wisdom.*

*You are always loved.*

*Any decision you make and take action on is always the right decision  
for your unique journey.*

*You are always safe.*

Believing you can do it is extremely helpful for your long-term success in reaching your goals and creating a happier life for yourself. In fact, it's the core foundation of making any change.

The more action you take toward your goal, the more you will believe you can do it.

**Action breeds confidence.**

When you're just starting out, you might not feel 100% sure you can do it. That's OK, normal even. As long as you believe it IS possible, you are on your way!

When you believe it's possible, your confidence grows, and it's easier to get out of your own way.

What will you do to make yourself believe it is possible?

What's it going to take to make it seem "doable" to you?

Taking it a step further, what's it going to take to make it actually seem kind of *fun* to you?

Left to run wild, doubt corrodes our confidence, eating away at our dreams, and our belief in ourselves.

When we don't think it's possible or think we can't do it, our inner "gremlin" starts to feed our doubt a steady diet of "*what's the point anyway*" or "*you're too lazy to get lean and fit*" or "*it's never gonna happen for you, just give up.*"

Turn your back on that gremlin and prove that little beastie wrong. Use your own voice to drown out those negative thoughts.

*"Oh yeah? Well, just watch me do it."*

And off you go!

See [www.confident-vision-living.com/feeling-worthy.html](http://www.confident-vision-living.com/feeling-worthy.html) for more ideas about feeling worthy of your dreams.

## Take Action

When doubts start to creep in, taking action is the BEST thing you can do.

Taking a positive step not only reminds us of how powerful we are to create change, it shifts you into your body, in a more positive state. Getting out of your head and out of future “what if” scenarios and other negative thoughts is critical to letting go of obsessive self-doubt and to increasing your self-worth.

Self-doubt, wicked little monster that it is, LOVES when we sit around and think about it.

Remember this:

**The more we think about things, the more we talk ourselves OUT of doing them.**

The longer you listen to those fearful thoughts, the more they can drag you down. Say “enough!” And go do something instead. Give yourself a “thinking” deadline, get your thinking done, then start taking action. Don’t get stuck trying to anticipate every possibility before you begin. Trust yourself to make adjustments as you move forward.

**Make your dreaming and planning time a *No Overthinking Zone!*** Nothing makes you more miserable, breeds more doubt, or wastes more of your precious time and energy than getting mired down in analyzing. (They don’t call it *analysis paralysis* for nothing!)

**What is one positive thing you can do to make you feel better about yourself  
RIGHT NOW in this moment?**

- ♥ Exercise for 10 minutes?
- ♥ Make that phone call or email you've been putting off?
- ♥ Listen to some funky energetic music that feels positive and fun?
- ♥ Decide one small thing you are going to commit to doing today to improve your life?
- ♥ Acknowledge three wonderful things about yourself and why you CAN do it?
- ♥ Close your eyes for three minutes and visualize yourself having already completed a life goal?

Focus on one step at a time. You can do it!

## Scrutinize Doubts

You are stronger than your doubts and fears.

And you are WAY more capable than you're giving yourself credit for.

Sometimes, though, it is helpful to take a closer look at our doubts to see if we can tell where they're coming from. Getting closer to the source can make it easier to cut them off at the heels when they pop up.

Think of a particular issue, part of your life, or situation you struggle with.

What, or who, are you really doubting?

What makes you think you can't improve your life or accomplish your goal?

What's in your way from treating yourself well and changing your activities and choices?

What makes you think you can't learn new ways to move through life's challenges and succeed with your goals? (Whose voice is in your head telling you that?)

What other questions do you need to ask yourself to get real and get clear?

Some of your doubts might have a grain of truth to them. That's OK. Figure out what you can say to counteract their negativity and you give yourself more focus, better self-perception, and more empowerment to effect the changes you want in your life.

The more aware you are of your doubts, the less power they have. And the less often they can catch you off guard and take the wind out of your sails.

(But don't give those doubts *too* much attention. They LOVE attention! A lot of your inner critic's/gremlin's worries and fears are just hot air and the random flapping of gums. Brush it off and don't let it dissuade you from getting what you want.)

Give yourself a pep talk whenever you need it. Look at your vision board for inspiration. Look back at all of the things you've accomplished and overcome in your life.

**You're changed forever once you lift the veil of perceived limits and realize you can do *whatever* you want.**

Once you taste that possibility, your whole world – and sense of yourself – shifts to a more open, fun, free, and exciting vision for your life.

For information about creating vision boards, see [www.confident-vision-living.com/vision-boards.html](http://www.confident-vision-living.com/vision-boards.html) and [www.confident-vision-living.com/vision-boards-how-to.html](http://www.confident-vision-living.com/vision-boards-how-to.html)

For regularly encouraging messages, check out [www.tut.com](http://www.tut.com) and sign up for the free weekday *Notes from the Universe*. The loving and humorous emails remind us of life's fun and how powerful and loved we truly are.

## Making Excuses

When we see or hear about someone who is successful whom we admire or envy, pay attention to what pops in our brains when we think about our dreams and personal goals.

Often when we think of a successful person we immediately think:

*Well I can't do what they did because...*

- ♥ They're different from me
- ♥ They have more connections
- ♥ They're prettier
- ♥ They're more talented
- ♥ They don't have three kids
- ♥ They have more money
- ♥ They have famous family
- ♥ They have better education
- ♥ They got lucky
- ♥ They're naturally more confident
- ♥ They're *blah blah blah blah blah blah blah...*

While there may be truth to some of that, can you see when it's all listed out that they're all just excuses?

They are ALL excuses. Excuses as to why WE have a free pass to not succeed, not try, not be brilliant, not be powerful, not take risks, not to step into our greatness, not to create the lives we dream of.

That's not fair to US and it's also not fair to those other people.

Most successful people have had obstacles to overcome, often significant ones, like bankruptcy, addictions, public humiliation or scandal, lack of education, abuse, bad reputations, embarrassing mistakes, career flops, lack of privacy, illnesses, getting fired, learning disabilities, or any number of problems the rest of us folks have to contend with.

The difference with most of them? They persevered. They kept trying. Kept making mistakes, kept taking risks, kept striving for their dream. You might know their behind-the-scenes real story, but people who are successful work at it. (Remember not to compare their OUTSIDE with your INSIDE – it's not a fair comparison! See [www.confident-vision-living.com/compare-yourself.html](http://www.confident-vision-living.com/compare-yourself.html) for more.)

*I have had all of the disadvantages required for success. - Larry Ellison*

Everybody has challenges during their journey that are unique to them, but the successful people don't let those stop them. They persevere anyway. **And YOU can be that successful person, IF you decide to be.**

Don't let yourself cop-out with a lame reason as to why you can't do something.

Break that bad habit by creating a better one:

**Every time you catch yourself thinking “*I can't because...*” replace that thought instantly with 5 reasons why you CAN.**

Make it fun and soon you'll shift your thinking into the positive mode. (And with your focus on the “*yes I can*” reasons, watch your self-doubt shift to the side and confidence take over!)

## Create Space

Create more breathing room in your life. Decluttering is a rapidly effective way to quickly empower yourself and shift from “stuck” to “fresh start!”

You are powerful. Need a reminder? Here’s a quick way. **Give yourself 10 minutes to change your environment by organizing, removing, or tidying up even one room.**

I bet you can find at least 5 items you no longer need or that can be put out of sight in any given room in your house or office. Avoid overwhelm by choosing one small area in one room to focus on, even just one tabletop, one shelf, or one counter.

Try it!

You’ll instantly feel more in control and create literal space in your physical world AND space in your mental world. (A less cluttered room feels more peaceful.)

Just like extra fat on our bodies and mental chatter that keep us stuck, excess clutter in our lives is stagnant energy.

**Set a timer and away you go! Instant life empowerment and dream jumpstart.**

Repeat as necessary, but don't let "cleaning the house" become a way to procrastinate on your dreams. Alternate your decluttering tasks with taking real steps toward your goal. Both will build your confidence (more than you might imagine).

For more info about making choices with your time that get you what you want, see [www.confident-vision-living.com/making-good-choices.html](http://www.confident-vision-living.com/making-good-choices.html).

Shocked at the amount of stuff that accumulates in your home or office? For a simultaneously fun and sobering look at American consumerism, see [www.storyofstuff.com](http://www.storyofstuff.com).

# Leaving Overwhelm

If overwhelm is as familiar to you as that old sweater that chokes you around the neck, here are two quick ways to send it packing. Incorporate these exercises into your daily routine for maximum impact.

## **Bring your mind back to your body.**

Whenever you start feeling that *panicked OMG Everything At Once* (aka flooded) feeling, take a deep breath.

Slowly look at your right arm. Breathe.

Then study each finger. Take another deep slow breath.

Look at your left hand fingers, then thumb. Breathe.

Now your left arm. Another full breath. Stomp your feet to really pull yourself back into your body.

You are Safe. You're OK. Everything is OK.

When your mind starts to run off, slowly reel it back in to this very moment, your body, your breath. In time, you'll train it to stay at home by your side in the here and now.

### **Think headlights.**

Like a car on the highway at night, you don't need to see the entire journey and destination in sight at all times. All you can see is what the headlights show on the road directly in front of you. All you need to know is the next turn, the next exit. When you take that action, then you take the next one. Step by step, quarter-mile by quarter-mile you get there. We're not meant to see everything at once. Be in the moment and focus on the next step.

**You only need to know your next step.**

Not sure? It doesn't matter. Just choose one and do it. Continuing to take action is the single best thing you do can to make progress and keep your confidence growing.

For help with calming anxiety, see [www.confident-vision-living.com/anxious-mind.html](http://www.confident-vision-living.com/anxious-mind.html).

## Which Fears Hold You Back?

Identify your fears by sitting down and having a chat with yourself. You can do this on paper, into a tape recorder, or using a word processor online, but it is essential that you record it for clarity later. Recording it is best as you allow yourself to be totally in the moment with the dialogue and not a note taker.

Ask yourself “why?” and “so what happens then?” and “so what?” questions until you get to the heart of what is *really* paralyzing you and making you hesitant to take action.

Keep talking out what’s going on until you hit the point of absurdity.

Chat with yourself, talk out loud. (This sounds so simple but it’s shocking how little we do this considering how helpful it can be!)

For example:

*I’m afraid to change jobs.*

Why?

*Because I might get a job that's worse.*

And then what would happen?

*I'd have to change jobs again.*

So what?

*Yeah, that's true. It wouldn't be that different from where I am now.... But what if I can't find another job?*

Then you stay where you are now.

*What if I lose my job?*

Then you either find another job or you get some kind of loan or assistance.

*What if I can't and end up on the street?*

Then you would deal with that. Why worry about that now? You will cross that bridge if you ever need to. How does that relate to you maybe changing jobs now?

*It doesn't directly, I guess.*

Better question is, what happens if you stay in your current job?

*I would continue to feel frustrated, unhappy, and stuck.*

Is there any way you could become interested again in your current job? Are there other jobs within your company, any way to change your current project, or to improve working conditions or your schedule?

*Maybe. I could look into that at least before I look elsewhere.*

Why not do both? Find out all of your options.

*True. Thanks. I feel less stuck now. I have more options than I thought.*

Talk it out until you reach some conclusions, feel better, know your next steps, and get more perspective on the situation. Have a conversation with yourself like you would with a friend.

Talking out loud to ourselves sounds silly, but it helps illuminate where we get stuck, what we're making assumptions about, or what we're overlooking as possibilities.

### **When in doubt, ASK WHY.**

And keep asking *Why?* Until you get your answers. (Toyota uses this powerful technique.) Give it a try and keep asking until you get to the heart of the issue.

## Embrace a Playful Attitude

When self-doubt starts to lock you up with the *What if I make the wrong decision?* straightjacket, here's a shift in thinking that can often undo the locks and set you free again.

### **Embrace a spirit of experimentation.**

There is no wrong decision, you're just experimenting. After all, what else is there? We try things and see what happens. We usually learn best by experiencing and we experience by trying things out.

Cut yourself some slack and conduct an experiment.

Have fun with it. **Play.**

When we make it fun the self-doubt ebbs away – there's no pressure, no pre-determined outcome, no all-or-nothing thinking, no commitment, we're just trying something out to see what happens. No big deal.

The best case scenario is you find something that really works well for you and you learned something new.

The worst case scenario is that you can cross that thing off your list! And you still learned something. *(Bonus if you get a funny story out of it. That attitude alone got me through online dating! And yes, I did get some funny stories along the way.)*

Either way you didn't spend forever agonizing over the decision and you didn't get stuck. You took action, you know more than before you tried, and your confidence grows.

# RECOGNIZE YOUR POWER

*When you doubt your power, you give power to your doubt. ~ Anonymous*

It's easy to step into narrow thinking, worries, what if? scenarios and other fear-based modes of operating – often without even realizing it.

Sometimes we let ourselves feel like victims. We take a passive attitude as if things are happening “to” us. Or we give in to a massive pity party held just for us.

We're human. None of those things are crimes. And as long as we're just visiting it's all good – just the normal ups and downs of human emotion, thoughts, habits, and cultural and family patterns.

It's when we start pouring concrete for the foundation and establishing permanent roots to stay in those modes forever that we're in trouble.

When that happens those modes become linked with our identities – we begin to think that “*I am just that way.*” Or “*I am \_\_\_\_\_ [insert undesirable or unflattering characteristic or quality].*”

*I'm just lazy I guess.*

*I'm really stubborn.*

*I'm weak.*

*I'm meant to be fat.*

No. That's not who you are. That might be how you felt, acted, or *thought* you were, but that's not the real you.

### **You have infinite choices.**

You can be who you want to be, act how you want to act, think how you want to think, and feel how you want to feel. *And whatever you choose is good.*

You are an infinitely powerful being of the Universe, this world, of a source and higher being that is vaster, deeper, wider, and more magically powerful than we can ever comprehend. You are a part of that.

Choose to step into your power and be the person you want to be. Make different choices. Think different thoughts. And you will feel different feelings.

It's up to you. Step into your power and live with more joy, passion, abundance, fun, and love than you ever imagined.



***What do you want to do with all of your power?***

# Break the Procrastination Code

Procrastination can be a complex topic but I like to summarize it down usually to a negative emotion with a payoff. There's something you fear, dislike doing, someone you resent, etc. and there is a reward for putting it off as long as possible. If there wasn't, we wouldn't do it.

Otherwise we'd get out of doing it, tell the person off, confront our fear, or find some other more direct workaround instead of playing the back-and-forth dance of putting something off repeatedly until it's too late to delay again.

Explore the possibilities for yourself. Then decide if you are ready to attack it head-on and free yourself from the energy-sucking, confidence eroding pattern that is procrastination.

What do you tend to procrastinate about?

What is the upside of procrastinating (besides not having to do the task)? Does it make you feel more in control? Is there pleasure in defying someone's request or in leaving the task hanging out there?

What (or who) are you really resisting?

Why are you resisting it?

Are you resisting the task or the person who wants you to complete the task?

How much energy is spent on the procrastination vs. in doing the actual task you're avoiding?

How is the procrastination robbing you of precious time and energy?

What are some ideas about how you can break (or shorten) the procrastination cycle?

If you find yourself procrastinating with even the smallest baby steps for your goals, perhaps there's an unrecognized fear or other block. Pay special attention to the possibility that fear of failure is causing your procrastination as this is a common reason for many people. *(If I don't have time to do it well there's no pressure to do a good job.)*

Be painfully honest with yourself and set yourself free. For tips on asking yourself the tough questions see [www.confident-vision-living.com/thought-provoking-questions.html](http://www.confident-vision-living.com/thought-provoking-questions.html).

# Nix Roadblocks, Slumps, and Pity Parties

*Our greatest glory is not in never falling, but in getting up every time we do. ~ Confucius*

Stuff happens. It's natural to be upset, frustrated, down, and thrown off-kilter by life stuff now and then. But it doesn't necessarily mean you have to slip entirely off your game as a result.

**We can't control what happens in life every second of every day, but we do have an amazing power – we have the power to choose our reaction to it, the power to choose our thoughts.**

When someone cuts us off in the car, we have a choice.

We can think “What a jerk! He did that on purpose and is selfish and reckless.” *How does this thought make you feel? That the world is hostile and that people are mean? Angry, helpless? Are you going to carry this negative baggage around for a few minutes? Probably.*

Or we can think “Whoa, that guy could improve his driving skills.” *How does this thought make you feel? Still critical, but more neutral, more detached.*

Or we can think “He should allow more space before changing lanes. But at least he signaled.” *This thought might make you feel a bit calmer as you appreciate that at least he did something good, too.*

Or we can think “Nothing bad happened, but I’ll stay away from that guy. Glad most people don’t change lanes like that.” *This might make you feel grateful about how rarely that happens to you.*

Or we can think, “That startled me. But I forgive him.” *This kind of thought is honest and probably makes most of us feel best of all, lighter, freer.*

*Aside: I purposely choose to imagine that the driver’s loved one is in critical condition and that they’re rushing to the hospital, worried sick. Does that excuse their driving? No. But it makes me feel like a more loving, kinder, generous, happier driver and person.*

We can react however we want to. Yes, there is that *initial* split second physical reaction of adrenaline and fear, then anger (common, normal reaction), but what we think and do AFTER that is up us. We can interpret the event as we choose, and we effect our own energy state and view of the world as a result.

When you’re feeling down, you can try to embrace a mental shift and change in perspective. Maybe you don’t have it so badly after all. Perhaps you are challenged but is it really insurmountable?

**“Difficult” and “impossible” are not the same thing.**

Think about others’ situations and see how they approach life. Pay attention to how some folks are able to do more than cope with a trying situation or being dealt a “bad hand.”

A lot of our “stuff” on an average day is really just excuses. Instead of indulging our excuses and disempowering ourselves with negative thoughts of *this is too hard* or *but it’s*

*so difficult for me* or *it's not fair* or *I'm too tired/busy/unskilled*, etc. type of thoughts, spin it around.

**What *can* you do today?** What do you need to learn? How can you feel more energetic?

Break it down into what you need to do and go from there.

Sometimes you just need to shake yourself by the shoulders and give yourself a good talking to. “Get over it!” Stop the debating, whinging, excuse-making, and pity party and go do something positive and active that gets you closer to your goals.

**Don't beat yourself up – that's just more wasted negative energy.** Instead move ahead by learning what you can from the experience, and doing something healthy for yourself even if it's small or seems like “not enough.” It's a step in the right direction. You'll feel better about yourself and will be reminded of how you can short circuit those downward slides before they get too deep and long.

Our minds, our decisions, our attitudes, and our hearts are the powers that choose how we'll succeed and progress. Focusing on what you CAN do is one of the single most empowering and freeing things you can do for yourself (and for those around).

Inspiring stories are all around us. Sometimes hearing about people doing incredible things with limited resources can set us straight and get us feeling empowered and grateful again for everything we DO have and are capable of.

The more comfortable you become in flexing you attitude muscles and in approaching challenges while staying centered and confident, the stronger you become in every way.

Been in a slump for a while? That's OK. You can always start again.

**Every day, every HOUR, is a fresh start.**

# Pity Parties and the Blues

**Sometimes it feels good to feel bad.**

We've all been there. And there surely must be some kind of physiological chemical gratification there somewhere or else we wouldn't do it. Indulging our inner petulant child now and then isn't necessarily a bad thing.

It only becomes destructive when we start to believe our mental rantings and ravings, cause destruction around us by hurting others or pushing people away, or when it goes on too long and becomes part of how we habitually think about ourselves and the world. Self-destructive or self-sabotaging tendencies, like eating a pint of ice cream when you're trying to eat a cleaner diet or lose weight, are signs there is a problem. **Don't ignore it.** Find out what help you need and go get it.

Pity-party, woe-is-me, poor-me or all-or-nothing (black-and-white) thinking is faulty and lowers our energy. It utterly disempowers us and is the opposite of getting confident, fit, healthy, and empowered.

Despite its appeal sometimes, negative thinking is not nearly as fun as the surge of energy and joy you get from knowing you can function in the world with joy, good health, and the ability to make your dreams come true.

Loving thoughts always have a higher vibration.

**So when a bad mood visits once in a while, acknowledge it for a bit, then send it on its grumbling way. Get back to business. You have a life to live!**

Immersing ourselves in a new or positive or healthy environment can do wonders to shift our mood/energy/thinking. Watch a positive movie or comedy, talk with an upbeat pal, listen to happy music, or read an inspirational story.

Thoughts are a HUGE aspect of our motivation and link deeply with our emotions. Feed yourself a healthy diet of positive thoughts that guide you in the right direction – forward! They don't call it "food for thought" for nothing.

*Obviously, if your thoughts are extremely dark, suicidal, or linger too long, please seek help from a qualified medical professional. Depression and other imbalances are nothing to mess around with and there is help. **You deserve to feel good** and to live your life – seek out the care you need when you need it and ask for help.*

For tips on getting mentally fit, see [www.confident-vision-living.com/mental-toughness.html](http://www.confident-vision-living.com/mental-toughness.html).

# Attitude

*Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude. ~ Thomas Jefferson*

It's hard to get motivated if you're regularly tearing yourself down under your breath, swimming in negative thoughts, or if you plain old don't believe it's possible to succeed.

You need to begin to believe you can do this. If you don't, you won't think it's worth doing and will eventually quit trying, feeling more discouraged than ever. Begin to build a belief system and empowerment mindset that encourages, supports, and inspires you to feel positive and optimistic.

And, as Zig Ziglar reminds us, **it is more realistic to think positive than negative**. Most of the time GOOD things happen. We get to work without an accident. We don't trip on the stairs at home. People don't start vicious rumors about us. Right? It's more the norm for those kind of bad things *not* to happen.

Embrace an outlook where you are prepared for good things to happen.

**Tip:** Exercise brightens our mood and self-confidence naturally often within just a few minutes. Feeling snarky? Give it a try to shift to feeling more powerful, feisty, and alive!

Start doing and start believing. You'll believe it fully after you do it. (Hear yourself now and believe yourself later... just start doing it and your belief will catch up.)

For a quick attitude shift, see [www.confident-vision-living.com/good-posture.html](http://www.confident-vision-living.com/good-posture.html).

## Snap Out of It and Get Over Yourself (aka Tough Love)

When you need a quick reality check (helpful for breaking out of mini-funks, pity parties, and that deer-in-the-headlights feeling), get tougher with yourself – **it's the most loving thing you can do.**

What is the biggest obstacle that's stopping you from taking action?

- ♥ If you don't know what it is, find out. Do some research, ask people who know you, witness your patterns, keep a journal, do some soul searching, talk with an expert. Do what you have to do to move forward. Dig dig dig and ask yourself "why" questions until you hit an emotional nerve (you'll know you're close then!).
- ♥ If you already know what it is, do something about it! Roadblocks happen. Find a way around, over, through, under it, or find a way to turn it into something that helps you succeed. Your optimal health and best life depends on it!

## Tough Love

Do you ever just get sick of feeling scared, tired, confused, or overwhelmed? Fed up to the depth of your being with feeling weak or lost?

I used to get so flustered with myself to the point of wanting to scream at why I wasn't taking action with all of my ideas and dreams. Then I figured out how to rally my fighting spirit and lift myself out of being stuck and unsure.

**The tough love approach isn't for everyone, but sometimes we need a kick in the pants to shake off our worries, doubts, and fears.**

Often a "good talking to" helps me snap out of a mini-drama in my mind, ignore a distraction, and get my priorities clear so I can get back to taking action for my best life.

Self-doubt tempts us to wallow and become self-absorbed in our minds, but a stern reality check wakes me up! It ends up making me feel powerful to give myself a dose of the real world so I can get unstuck and move forward.

Some tough love talk to get you moving:

- ♥ Shake it off. Suck it up. Get over it.
- ♥ Stop dwelling or obsessing about it.
- ♥ Stop over analyzing, talking yourself out of it, or freaking yourself out. *Enough thinking time, now it's action time.*
- ♥ Stop being perfectionistic.
- ♥ Stop indulging your resistance.
- ♥ Give yourself a good "talking to" full of sternly loving encouragement. *You can do it! Go do what you are meant to do. Get out there! People need you.*
- ♥ Light a fire under your butt with whatever kindling you can find.
- ♥ Punch a pillow, break a dish, scream into your hands, just get that resistance and frustration out so you can move on.
- ♥ Do what it takes to take action and begin. Stop thinking about it and go do it!

You are so much better than those old excuses and self-defeating patterns. You're strong, determined, and are willing to fight for your health and your dreams, right?

***You deserve to feel alive, confident, powerful, sexy, strong,  
and to believe in yourself.***

Do what you have to do. Stop wasting your time and get on with it.

Forgive yourself, forgive someone else, make amends, stop caring what others think, make the decision, commit. Take action. There are no mistakes. **Any step you take forward is in the right direction!** Get unstuck. Do whatever you need to do to free yourself to go after your dreams and create the life and lifestyle you envision.

Then move on! Literally. (Change rooms, move your body, just MOVE to quickly shift your state of mind and energetic state into the positive and feel GOOD!)

**You are a powerful, sacred, amazing, beautiful person and you can do anything you set your mind and heart to doing.**

## About the Author

Ginette King is the owner and Chief Visioneer of Confident Vision Living LLC, a company dedicated to the belief that we can transform and create the life of our dreams by embracing the deep power within each of us through healthy living, positive personal visions, and loving support.

After completing her master's degree, she discovered her passion to help people break free from what holds them back so they can dance with life, fall in love with themselves, and realize their own power.

Ginette is a certified Life Empowerment Coach through the Institute of Professional Empowerment Coaching (IPEC) and a certified personal trainer through the American Council on Exercise (ACE).



More about Ginette at: [www.confident-vision-living.com/confident-author.html](http://www.confident-vision-living.com/confident-author.html).