EARNED CONFIDENCE INVENTORY

"You've proven fully capable to deal with the real"

Now established, Earned Confidence is the single most essential principle in all of Z-isms. It grounds you the present, which is the only time when life actually happens, and you can experience gratitude, joy, enrichment and fulfillment.

As with perception, Earned Confidence is another "filter" through which we experience daily living. It insulates us from getting caught up in the past and prevents any distractions about future uncertainties.

As its description well asserts, Earned Confidence is something everyone already possesses. However, there are three vital facets to effectively shift your mindset.

1) Take stock. There's no doubt about everything you've been through and that you're still standing! But you have to process it. The activity below does that.

2) Buy-in. You've proven to yourself that you're fully capable of dealing with life in real-time, as if you have a choice. Once you take stock, all you have to do is agree with yourself. Its logic is irrefutable. Then embrace the fact that "You've got this!"

3) Internalize it. Take it for a spin. The next time you realize that you're being drained by needless worry, extinguish it with Earned Confidence! Putting it into action will improve your coping skills and shift Your mindset to enrich daily living.

Life Upgrade in progress!

This is in no way intended to minimize what has already happened to you, nor that yet to come. We all have our share of hard living. Adversity is inevitable. Sometimes there's just no other way but through them. The rest comes down to how we handle those speed bumps, hurdles and barriers. As difficult as life ever gets, you CAN and WILL overcome that hardship as ALWAYS. And, at the very least, you'll have more Earned Confidence to show for it.

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Let's take a half step back and consider the sources for Earned Confidence, which are not exclusive to having survived so much hardship or being older. In fact, when people think of building confidence, it has more to do with major life events that filled you with pride. The natural tendency here is to point to experiences of proving yourself to others and the praise they gave you. Don't get me wrong. Being appreciated is great and it feels awesome. However, these examples tend to be more transactional.

When we consider the true source of this facet of Earned Confidence, let's revisit some major events in which you have proven yourself to yourself. How would you answer the question that asks what you think are your three defining moments or life events?

There are a few ground rules to this one. Your answers are limited to you, which is to say this excludes events like meeting the love of your life and your kids being born. In using the term "defining moments," these likely refer to things that happened in your formative years, including into young adulthood.

This doesn't have to be as a small child, but almost surely those prior to you considering yourself to be a fully formed adult. Again, we're leaning toward confidence-builders with positive outcomes and what has shaped you.

ACTIVITY 1: – POSITIVE FORMATIVE EXPERIENCES (TIME: 10 MINUTES)

List three life-defining events or accomplishments that occurred in your formative years, typically under age 25 to early childhood. Relive the memory to reconnect with the source of those confidence-builders.

1)

2)

3)

Great times!

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ACTIVITY 2: – MOST DIFFICULT LIFE CHALLENGES OVERCOME (TIME: 10 MINUTES)

This falls in the category of "what doesn't kill us, makes us stronger." These won't take long to list. The connection to make here is that, as much adversity as you've faced, you have prevailed. Hopefully, you've also drawn strength [AND Earned Confidence] that's now to your advantage. The toughest times also make the sweeter ones sweeter.

1)

2)

3)

Again, the purpose here is to buy-in to the fact that you've overcome everything you have and, realizing that simple truth, you can internalize that Earned Confidence to stay in the moment, deal with the real and not sweat the small stuff.

As always, you've GOT this!

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