EARNED CONFIDENCE
SECTION SUMMARY

What will be, will be. This too shall pass. What doesn't kill us makes us stronger. There's a reason why certain clichés stand the test of time, and so have you.

Let's get specific about what Earned Confidence is and why it's chapter 1 of Z-isms:

> **Earned Confidence**
> **(Noun)** [Urn-d-kon-fi-d*uh*ns]
>
> *An undeniable logic filter based on one's life experiences that proves it unnecessary to worry, be anxious or make assumptions about uncertainties because one is fully capable of coping with actual occurrences in real time.*

Rely on your Earned Confidence to feel secure in knowing everything or someone is okay. There is no need to overthink anything. Experience events in real time while trusting your gut and reacting moment-by-moment.

You'll find that one of the keys to making Earned Confidence work for you is to "buy-in" to its undeniable logic. Convince yourself that it equates to a formula in science or math. It's precise. It's a fact. There's no arguing the point. The greatest scientists and mathematicians in all of human history found it irrefutable. Are you convinced yet?

Many of us strive for self-confidence. And that struggle is as real as any other. And yet - at least when it comes to Earned Confidence - it remains undeniable that it's the kind of confidence you've already earned and can apply to enrich your life.

As obvious as it seems, understanding and building Earned Confidence takes constant practice. This is especially the case when it comes to thinking more optimistically and less pessimistically. Here's where it helps to focus on gratitude and why we'll maintain a steady diet of mindfulness, starting on Day 4. Together, we'll embolden your Earned Confidence as the grounding principle of Z-isms and in your daily life.

DAY 3 Activities

- Earned Confidence Video
- Earned Confidence Section Summary (you are here)
- Earned Confidence Inventory
- Worry Stopper

DAY 4 Activities

- Mindfulness Magnifier

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