



Unlocking Your Vision

How to Create the Life You Want

Self-confidence empowers us to live life fearlessly and happily. Do I have Self-Confidence? To answer that question, one could ask: Do I love myself? Do I trust myself? Do I believe in myself? Do I treat myself kindly? Do I enjoy being me?

The answer comes from our thoughts; those we think about most of the time have become our reality. Thoughts are the result of beliefs. At the very core of those beliefs that shape your life, your health, career, relationships, finances, and level of happiness are the thoughts you have about yourself.

Where does self-confidence come from? It comes from the feedback of others, and from our own internal self-interpretations. For example, does a child have self-confidence who has never experienced the love, encouragement, and praise from a parent? Does a comedian have self-confidence who has never made people laugh? Does an engineer have self-confidence who has never developed a design that works? Does a lover have self-confidence who has never experienced the joys of intimacy with another? Our self-confidence comes from the way we interpret our experiences.

Having self-confidence doesn't mean that we don't make mistakes. We all make mistakes and we are all capable of criticizing self, our body, our mate, our career, and our children

while neglecting to see those qualities that are attractive. As we choose to shift our thinking and are able to look at our mistakes as opportunities to learn and grow, self-confidence arises out of what was formerly disapproval and judgment of self and others.

When you have self-confidence you are able to trust yourself and begin to listen to your own inner voice. You know you are able to rely on your own choices, decisions, and actions. You have peace of mind regardless of your current circumstances. You have the ability to reduce the anxiety that is so detrimental to a youthful, healthy life.

Are you willing to recreate yourself to have the life you want? It's important to remember that creation takes place in each moment. It's a process and requires you to be gentle, patient, and loving to yourself. It requires you to accept yourself as you are now in order to become the person you want to be. It requires you to begin choosing your thoughts. As you continue to create the person you want to be, the new thoughts will become as automatic as the old ones had been. Though it isn't easy to create new mental habit patterns, with practice it becomes possible. Expect that your self-work will give you results, and it will.

Interested in learning more?

Email: joyce@unlockingyourvision.com Phone: 858-945-4928

To subscribe to monthly newsletter go to www.unlockingyourvision.com