

A decorative background featuring a lit candle in a glass holder on the left, a green cactus in a gold pot at the top, and a plate of macarons (red and yellow) on the left side. The central text is overlaid on a pink-to-purple gradient background.

5

Easy Steps To
Build Your
Confidence and
Achieve
Your Goals

MINI COURSE ON
CONFIDENCE

cherischultz.com

“...be fearless and live with confidence and clarity”

~Cheri Ann Schultz

Confidence is an extremely important trait to have not only in personal life but also in your professional life. However, many people struggle with it and without it, we feel insecure, inadequate and are easily intimidated by others.

So what does it mean to be confident?

We need to answer this question first; in order to understand what confidence is and how it can enhance our life.

Remember: each step you take from this day forward will enrich your life and overall health enabling you to build your confidence. However, like anything in life you have to stay consistent, persistent and committed.

Yes, I know it's not going to be easy but in the end it will be worth it!

My goal is to explore and focus on 5 specific areas so we can immediately transform your confidence and create lasting results.

The five areas we are going to focus on are:

1. How you **THINK**
2. How you **BEHAVE**
3. Staying **POSITIVE**
4. Stop **COMPARING** yourself to others
5. Developing an Attitude of **GRATITUDE**

I promise your life will be enhanced in every way when your self-confidence improves. That's why it's worth your time, effort, and energy to implement these 5 Easy Steps.

So, are you ready? I know you have said YES!!! So let's begin to soar your confidence to new heights!

Love and Hugs xo

Cheri

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To Build Your Confidence

What is Confidence?

Think of confidence as being:

- 😊 A positive, enjoyable emotion that feels good.
- 😊 It's an emotion where you can achieve goals faster and easier.
- 😊 It's an emotion you create mentally by how you think.

Plus it's an internal emotional force that enables you to execute your true abilities.

Subsequently, when you suffer with low confidence and low self-esteem you feel:

- Unhappy with yourself
- You feel **insignificant** or **unworthy**
- You are unable to make decisions or **assert yourself**
- You **blame** yourself for other people's mistakes
- You are unable to recognize **your strengths**
- You feel you are **undeserving** of happiness

Having **low self-confidence** can stop you from living the life you desire and dictates most of the actions you take on a daily basis. In other words, its imperative we increase your confidence to achieve your goals and dreams.

In the years I have been coaching individuals, many of my clients frequently tell me their goal is to improve their self-confidence.

However, many individuals believe they are beyond help and say they have felt this way their entire live and can't possibly image it will ever change. But it does!

You see the human heart and mind respond to heartfelt encouragement, genuine positive feedback and undeniable truth about the value of a just being alive.

With Confidence Anything Is Possible!

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To Build Your Confidence

Step #1

Watch and Change Your Language

The very first thing you need to address is the way you talk about yourself. If you have low self-confidence, you probably speak negatively about yourself and the majority of it, if not all, is probably totally untrue or exaggerated.

The words we use have a profound impact on us. Start by talking to yourself the same way you'd like someone else to speak to you.

The way you talk to yourself is the way you love yourself.

- ❖ Our internal language influences our view of the world.
- ❖ It shapes our relationships with people around us.
- ❖ It defines how you see yourself.
- ❖ Can impact the state of your physical body.

We suffer when we stop taking care of ourselves. So, why do we do it? Maybe we believe we are not worth it or we are selfish when we think about ourselves first.

Self-love **IS** the foundation of self-confidence. You have to accept yourself, nurture yourself and feel compassion for oneself. **Talking to oneself is one of the most natural skills we have.**

We develop our inner-voice the same time we learn how to speak. Both feed off each other. However, we dedicate most of our time and effort to improve our conversations with other people than with ourselves.

So how do you talk to yourself?

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The power of words come from the beliefs we have in them. Studies have shown the majority of our thoughts are negative which means we have a lot working against us.

You see these negative thoughts make us feel angry, irritated, frustrated, hopeless and affect our motivation.

Let me provide you some steps to take right now to increase your confidence by watching and changing your language.

Awareness

To create change, you need to be aware something needs to be modified. Pay attention to how you talk to yourself and the impact these words have on your life.

Some might feel harmless, however, using these words long term can and will be detrimental to you. Your thoughts and emotions are interconnected. The way we think impacts how we feel.

Reflect on the words you think about when you are feeling low. Capture those on a notebook and review them on a weekly basis then ask yourself the following questions: What trends do you observe? What is the story occurring in my life right now?

Replace words

The easiest way to erase certain words from your inner-dialogue is to replace them with power words. Moving forward try replacing:

“I can’t” with **“I will.”**

“I have to” by **“I want to.”**

“I should” by **“I choose to”** (this opens the door to saying ‘no’ to external expectations).

Try this exercise with a friend or colleague. List all the things you ‘have to do’, one-at-a-time, and let the person reframe it by replacing “have to” by “want to.”

For example, you say: “I have to take care of my parents;” the other person replies “You want to care of my parents.” Keep doing this with every activity on your list. Listening to other people’s voice reframing your words is a powerful experience!

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Step #2

Changing Your Behavioral Patterns

When we suffer with low-confidence we often see ourselves as a victim. As a result, we are reluctant to express and assert ourselves, we miss out on opportunities and we feel powerless to change things.

Now there are a number of simple things you can do to boost your confidence by changing your **behavioral patterns**. You may be doing some of these things right now, however, doing these items consistently will help to improve your overall confidence and self-esteem.

Below is a list of steps you can perform to help you rise above any downward spiral you may be experiencing.

- 1. Make two lists: one of your strengths and one of your achievements.** Try to get a supportive friend or relative to help you with these lists. When your confidence is low you are not in the most objective frame of mind. Keep the lists in a safe place and read through them every morning.
- 2. Pay special attention to your personal hygiene:** take a shower, brush your hair, trim your nails, put on cologne/perfume, use deodorant, wash your hands, brush your teeth, wear jewelry, etc.
- 3. Wear fresh clean clothes:** Wear clothes that make you feel good about yourself. All things being equal, wear an ironed shirt rather than a crumpled T-shirt. Remember, dirty clothes are a source of contamination and can cause skin irritation if worn over and over without washing them.
- 4. Eat healthy food.** Make meals at a special time, even if you are eating alone. Turn off the TV, set the table and take a moment to be grateful.

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5. **Exercise regularly.** Go for a brisk walk every day, even if it is cold or rainy. Make sure it's some type of vigorous exercise that makes your sweat at least three times a week.

6. **Do more of the things you enjoy.** Go ahead and spoil yourself. Make a list of things you enjoy doing. This can be any simple activity such as:
 - ❖ Going to the movies
 - ❖ Meditation
 - ❖ Eating out
 - ❖ Shopping
 - ❖ Walking on the beach
 - ❖ Swimming

7. **Get artistic.** Activities like painting, music, poetry, and dance; enable you to express yourself, interact with others and reduce your stress levels. You might even enjoy it! Find a class through your local adult education service or community center.

8. **Set yourself a challenge you can realistically complete.** For example, take up yoga, learn to sing, become a mentor for a child, or throw a small dinner party for some friends. Just go for it!

9. **Do some of those things you have been putting off,** such as filing paperwork, cleaning your closets, repainting the kitchen, organizing your office or clearing out the garden.

10. **Avoid toxic people who treat you badly.** This is the time to really evaluate your inner circle, including friends and family. This is a tough one, but it's time to seriously consider getting away from those individuals who decrease your confidence. Even a temporary break from *Debbie Downer* can make a huge difference and create strides toward increasing your confidence.

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Step #3

Be an Optimist

Staying positive while your confidence is low can be a very daunting task. However, there are still many things you can focus on to improve the quality of life enabling you to increase your confidence and self-esteem. Let's begin with Step #3.

Solve One Problem At A Time.

When you feel like your life is a mess... you can still make your bed. I know it doesn't seem significant, however, it shows you can **ALWAYS** do one small thing to improve your life.

Whether it's cleaning your room, washing your clothes or going grocery shopping, these small little actions will make you feel you have accomplished the task at hand.

Stop Focusing On Your Problems.

Instead begin to focus on your solutions enabling you to make positive changes. Do not *accept failure* and remove those negative voices in your head. Remember there is always a solution to your problems. I am not saying the solution will be easy, but you must **take action** in order to remove the fog and get on the other side of your problem.

Removing the Negative Self-Talk.

Start with articulating and acknowledging the thoughts which are weighing you down. The ones that don't serve any useful purpose beyond keeping you stuck. Release those statements, such as, "I forgive myself for procrastinating" or "It's okay for me to be angry".

If you spend less being stressed out for procrastinating, you can redirect the energy into breaking down a project or task into manageable tasks and actually tackling your to-do list.

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Focus on Progress Not Perfection.

Using a positive affirmation like "I am wonderful and powerful" may backfire if you don't *truly* believe it at a mental or emotional level. To effectively re-frame your thinking, consider who you are *becoming* by focusing on your progress and the current track you're on.

You might re-work your self-talk to sound more like "***I am a work in progress, and that's OK.***" It's pointing you in the direction of positive growth and is both realistic and achievable.

Another example is telling yourself "Every moment I'm making an effort about how I spend my money" acknowledges the fact that you are evolving and you have choice in creating a better financial future for yourself.

The truth is; it's natural and healthy to experience a range of feelings, including less pleasant ones like disappointment, sadness or guilt. However, as you become aware of the words you use, I want you to:

Stop - Pause - Reflect

It's about practicing reflection, pausing for a couple of seconds and evaluating your thoughts. Are they hurtful or helpful? Reflect on the words you are using. If they hurt you, STOP and see how you can 'erase-and-replace' those words.

Building a habit takes time and if you stay consistent, you will see improvements. Once it becomes intuitive, you will experience transformation. Words are powerful but remember to be kind to yourself. Change takes time and you need to develop awareness before you can implement positive self-talk into your daily routine.

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Step #4

Stop Comparing

Stop comparing yourself to other people. Low self-esteem stems from feeling inferior. Your personal mission is to be better today than you were yesterday. Part of what makes life awesome and interesting is learning from the talents of others. Instead of trying to be as good or better than others, focus your energy on being the very best version of yourself.

Remember comparing will always steal your joy and happiness.

But even more than that, it prevents us from fully living our lives. It calls us to envy someone else's life and seek theirs rather than ours. It robs us of our most precious possession; life itself.

Instead of looking **"UP"** to individuals (meaning they are superior to you – which they are not) I want you to practice just looking **"OVER"** them. By looking over them it forms an admiration or inspiration for you... rather than feeling inferior.

Consider this individual may have worked hard to achieve this status or they may have taken some very large risks, settling for nothing less and spoken up more often. Each of us has a story and our story is unique to us and comparing yourself to anyone else serves no purpose. Live your life fully and make your journey something others want to emulate.

Tips To Stop Comparing

- ❖ Shorten your time on social media: Spend time focusing on those triggers leading you to make comparisons.
- ❖ Make a list of your accomplishments: Celebrate your victories (large and small) it allows you to stay motivated, empowered and inspired.

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- ❖ Become clear on what you want: Be specific and laser focused.
- ❖ Embrace being imperfect: Be compassionate to yourself. Paint a picture of where you see yourself and let it become your very own masterpiece.
- ❖ Pursue your own personal journey: Life is not a competition, it's a journey. Your path has nothing to do with how well your neighbor is doing. However, it has everything to do with what you want out of life and where you want to be.

Think about this...

When you imagine yourself at the end of your life looking back at what you've done, what will be the experiences and accomplishments that would have been the most important to you? What kind of person do you want to be? What kind of relationships do you want to have? Use your talents, your gifts and your values as the barometer upon which you compare, rather than the accomplishments of those around you.

Remember Comparison is and will always be the thief of your Joy!

You are too unique to compare fairly. Your gifts, talent, successes and contributions are unique to you and your purpose in this world. They can never be properly compared to anyone else. However, I know the struggle is real for most of us... but it does not need to be. There is freedom from not comparing and it is definitely worth the effort.



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Step #5

Develop an Attitude of Gratitude

Having an attitude of gratitude can make you feel better in a variety of ways. It may be one of the most overlooked tools we have; plus we can access this powerful emotion every single day.

Cultivating gratitude doesn't cost any money, doesn't take much time and can boost your confidence to a whole new level.

So just how can gratitude help you gain confidence:

- ❖ It can be an effective way of coping with stress and anxiety. Allowing you to sleep deeper and longer.
- ❖ It encourages you to build and strengthen social bonds and/or relationships.
- ❖ By staying present it helps you to appreciate what you have instead of being discouraged by what you do not have.
- ❖ It helps you gain empathy towards other people with a decreased desire to seek envy or resentment.

Most of us have the tendency to focus on negative emotions which bring on anxiety, stress and even compromise your physical health. Focusing on positive emotions can help lighten your mood and improve your outlook on life.

Ways to Practice Gratitude To Improve Your Confidence

- ⇒ Writing is always a good way to practice gratitude. An idea is to write down a list of three things you are grateful for at the end of each day. It could be anything about yourself, your family, a hug from a loved one, a smile from a complete stranger or just the aroma of a fresh cup of coffee.

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Make each day a special event where gratitude is the reason to rise out of bed and let it set the tone for your entire day.

- ⇒ Alternatively, you can also use a gratitude journal. It doesn't matter how or when you do it, but it's about being consistent and staying committed. Make sure you keep it with you so when you need boost, it will be handy to keep your spirits high.

It can be very empowering knowing you are carrying around a list you can view at any given moment. It can help symbolize a calming affect at the end of your day. For others, it may indicate a need to make a permanent change in their life.

- ⇒ You can also practice gratitude by being mindful of your surroundings. Live in the present moment and use your senses. Listen to the birds chirping a familiar melody or the wind whistling through the array of trees. The beauty and its splendor is a feeling, like a piece of art. Enjoy its splendor and learn to appreciate your surroundings and your experiences.

Having the right perspective about our blessings will enrich our lives, foster your growth and allow you to be more mindful. It is amazing when you have an attitude of gratitude and exhibit an act of kindness; it shifts your emotions, creates a feeling of positive feeling and ultimately makes your heart shine!

"...gratitude is the open door to abundance"

~Cheri Ann Schultz

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Congratulations You Made It Through!!!

You have just completed the **5 Easy Steps to Building Your Confidence!** If you continue to practice these 5 easy steps on a consistent basis, *I promise*, you will see your confidence and self-esteem rise to new levels.

For More Support...

- ❖ **To Stay Committed and Consistent**
- ❖ **Commit To Success**
- ❖ **Overcome Obstacles**
- ❖ **Build Your Courage**
- ❖ **Believe In Yourself or**
- ❖ **Rise Above the Fear**

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I created these courses to help you stay motivated, inspired and empowered as you continue your journey. To obtain a more detailed description of these amazing courses: Click here: **www.livetobelong.com**

If you have any further questions, please contact me at: **cheri@cherischultz.com**

I would love to hear from you and I will personally respond to your email.

Live Life To The Fullest

Love and Hugs,
Cheri

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Final Thoughts

Accept where you are – right now!! This may be uncomfortable but do it anyways. Ask your higher self to guide you and let go of the sadness. Be BRAVE! Look around and notice what you have created from low self-confidence... hard as it may be, it's necessary in order to move forward.

Decide. Your life is made up of your **decisions**. Decide right now... you do not want to live with low self-confidence any more. Affirm to yourself you are powerful and will rise above. Only accept what is in alignment with your soul's highest good.

Improving your self-esteem is a **Practice**, like going to the gym, meditating or anything else that requires discipline. Give yourself the space to grow and expand on what you are learning.

Before long, you will find a new sense of power you never knew existed. You will start attracting people and experiences matching your souls calling, instead of attracting those matching your old beliefs.

Upgrading your confidence is one of life's great challenges, but truly holds with it one of the greatest treasures: Loving oneself unconditionally.

Health is the greatest possession. Contentment is the greatest treasure. Confidence is the greatest friend.

~ Lao Tzu