

Building Self-Belief Exercise

We can continuously develop our level of self belief, so that when the windfall or massive opportunity comes, we are ready to thrive in it.

It is a practice to rewire old limiting beliefs and evolve our identity to grow into our next version of ourselves and what is possible for us.

There are precious opportunities to build your self-efficacy today. This exercise will ensure that you don't miss them.

1	What is your unchanging identity of who you are and what you do? When things are uncertain, what DO you know for sure? Example: we will do our best in our work and our put best foot forward always, leaving it all in the floor with no regrets.

2	Set a time limit on pity parties or grieving missed expectations, feeling like a victim of surrounding circumstances, and fighting with reality, before getting right back to it from a position of power.

3	Be decisive in cutting our losses when something is broken beyond repair, in our operation, in our team composition, in our fit with your own manager. Accept the sunk cost, to move on.

4	Deciding to do the thing even with the fear, seeing it as just an indicator that it's important to us, that it in fact accompanies us anytime we do something new or different, a reminder we are on the right track.

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Embrace challenge as opportunity for growth and find out how to make the unexpected development work in our favor.

6

Consider every adversity in your past as preparing you for this moment, providing valuable, informative insights into your developing character and increasing wisdom, notches in your belt, experiences and milestones that shaped who you are today.

7

Filter feedback through the giver that might not want to be shown up, or are risk averse and worried for you, or have their own issues that might be coloring their feedback, before blindly incorporating it.

8

Verbalize your vision and goal aloud to others to increase your own commitment level to making it happen.

9

Take small consistent action towards any goal in your life to show yourself how capable you are to commit and achieve, proof that you just do whatever it is that you put your mind to.