Five Steps on the path to Rebuilding Your Confidence

  
Our confidence is undermined when we experience change that challenges our assumptions and perspectives on life. The end of a relationship or loss of a job calls into question our choices and decision-making ability. We doubt our ability to make good decisions in the future. We lose faith in ourselves.

Ridgeview Coaching guides persons through these challenging times helping them reflect on long-held attitudes, assumptions, and perspectives to determine whether they still support one’s goals. Clients receive support knowing that Ridgeview Coaching seeks their personal success.

1. Find a safe space. Quiet your thoughts. Listen to your breathing. Inhale deeply. Exhale. Remind yourself these two truths:

A. I am whole and complete! Nothing is broken or needs fixed.

* + - 1. Since I am whole, I can make good decisions.

1. Take a moment to isolate that inner voice undermining your confidence. Give that voice a name. Naming something gives us power over it. Possible names include: the Imposter or the Judge. Once named, whenever you hear that voice say, “The Judge says I can’t make good decisions.” “The Imposter says I’m going to repeat my mistakes.” Repeat Step 1.
2. Make a list of your accomplishments regardless of their significance. When you have at least ten, add one more. Reflect on your list. Celebrate the skills and gifts they required! You are the same person who accomplished them. You will accomplish much more.
3. As a result of the change you are experiencing, reflect on one assumption the change has called into question. How might that assumption be modified to support your goals going forward? Is it time to let that assumption go?
4. In three months, what would you like to see happening in your life? Be specific. Consider your personal and professional life. Your health and well-being. Relationships. What’s one action step you can take this week to make progress toward that future. What are the barriers? How might you overcome them? Who can support you?

We hope these steps offer you hope and encouragement during this challenging time. To explore the power of coaching, schedule a free Welcome to Coaching session. Together, we’ll empower you to thrive through life’s transitions.

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