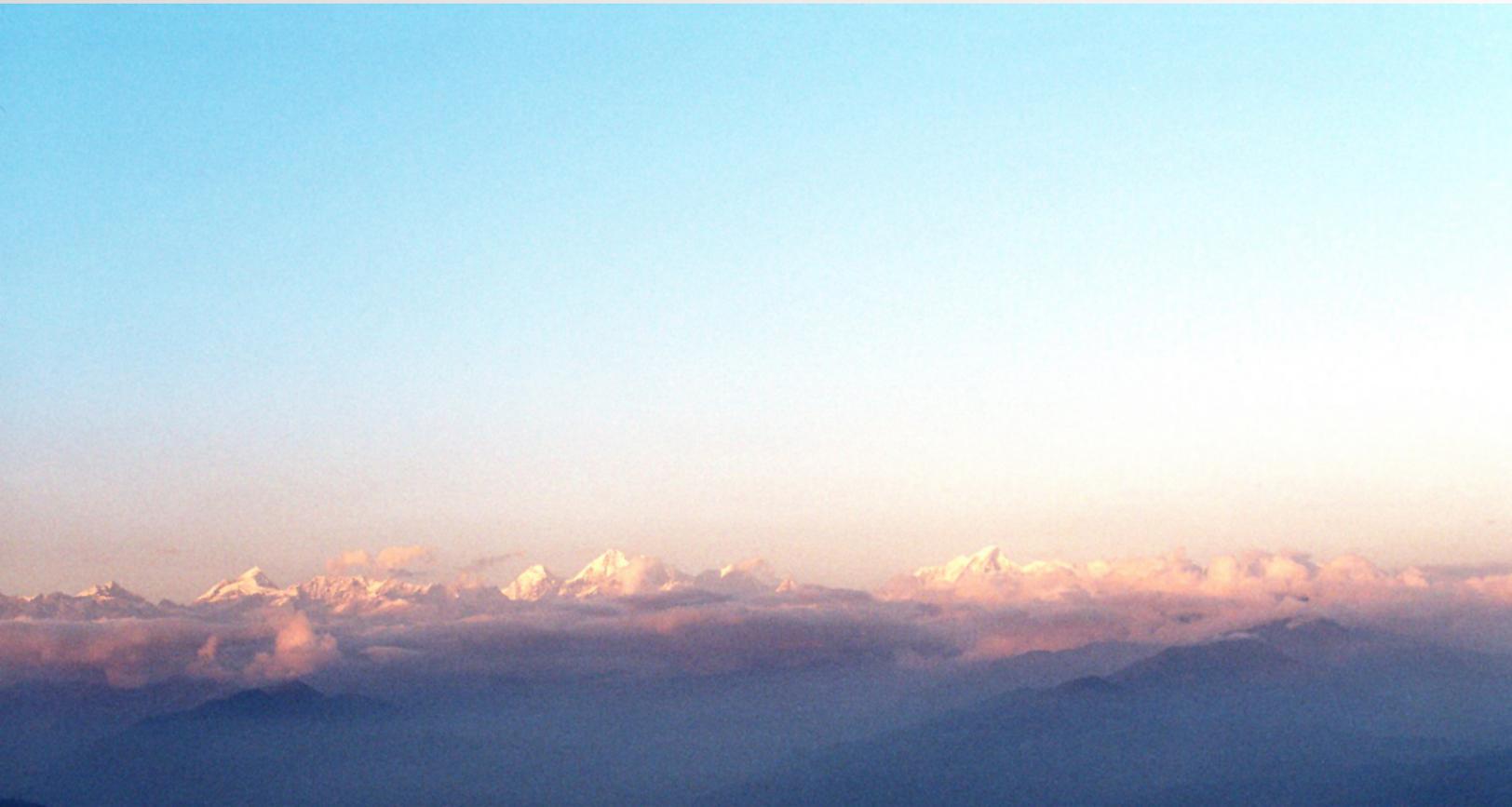


BELIEVING IN YOURSELF



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Have you ever thought about how much believing in yourself makes a difference in your quality of life? **A strong belief in yourself can bring you all these benefits and more:**

- You recognize your ability to accomplish goals.
- You're optimistic about the future as you set goals and achieve them.
- Deep down inside, you know you can do anything.
- You treat yourself kindly.
- You feel uplifted and more satisfied with life.
- You're motivated to get things done.
- You have faith, no matter what.
- You see and enjoy the abundance around you.
- Others feel attracted to you.

Wouldn't you love to enjoy these qualities of confidence and well-being on a daily basis? The good news is you can! There are actions you can take to fortify your belief in yourself.

Whether you feel lacking in this area or just want to strengthen your belief for the extra benefits, try these ideas to further develop your belief:

1. **Have confidence in your own abilities to get something done.** Be your own best cheerleader and encourage yourself to get your tasks done. Learn to break large tasks down into achievable portions. Then, even when times are tough and your spirit is low, you'll know you can do it.
2. **Create dreams.** Whether it's getting the career you want, obtaining more training, meeting someone you admire, traveling to a faraway place, or setting a goal to save a million dollars, connect with your dreams.
 - Where you come from, the money you make, and the people you hang out with are insignificant to the dreams you create. Dreams are often focused on what you want for yourself in the future. When you believe in your dreams, you can also believe in you!
3. **Establish goals and go for the gold.** Believing in yourself means you're motivated to get things done. Get into the habit of setting goals (both short-term and long-term). Then, you can take active steps to achieve them.
4. **Treat yourself well. Treating yourself with a nurturing nature and the understanding that you're a deserving human being is an important aspect of developing belief in yourself.**
 - Pamper yourself when you desire it. Recognize that others should treat you with respect and love.
5. **Ensure motivation is high.** Remember the childhood story about the little engine that could? When you *want* to accomplish your

tasks with excellence and achieve your goals, it's an incredible testament to your level of motivation. Build momentum to fuel your motivation.

6. **During the tough times, keep the faith.** No one is immune from experiencing rocky chapters in his life. But if you believe in yourself, you can meet those challenging phases with a positive, solid fortitude. You'll push forward, move through the trying moments and know you'll come out on the other side smarter, stronger and surer of yourself.
7. **Recognize the bounty you have. Regardless of what stage of life you're living, search for the good all around you.** Get the most you can from each moment.
 - Is the chair you're sitting on comfortable? Are you safe and warm right now?
 - Whatever you love in your life, be thankful. Have gratitude.

Believing in yourself is one of the most powerful choices you can make. Practice these strategies and you'll discover the sheer joy and comfort of knowing you can do whatever it is you choose when you believe in yourself.

For more information on Believing in Yourself, contact:

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