



YOUR CONFIDENCE

BLUEPRINT

THE 5 FACETS

(MY DIAMONDS)

YOU NEED TO IGNITE YOUR LIFE





Life is full of ups, downs obstacles, failures - and plenty of opportunity! We all have our own story, and each of our stories matter. Achieving happiness is not about what we have, but who we become in the process of navigating all of life's uncertainties. It's about finding our happy place, while building confidence to traverse what life throws at us.

So often we tend to think things are happening TO us, but what if they are actually happening FOR us? That's what I believe.

Perhaps they are happening to help you grow and become better people in the world we live in. Or Maybe they've been placed in your path to show you a new way forward. Either way, no matter what is going on in your life now, or what has happened in the past, if you commit to harnessing the daily practice below, you will begin to feel a shift in how you think and feel.

Below is the process I went through that turned my life around and took me from broken and broke to Confident, Abundant and Happy.

If you are open and allow it... it will do the same for you.





ACKNOWLEDGEMENT

By acknowledging my flaws and being completely honest with myself, I was able to:

- 1. Pay off the \$140,000 debt I had accumulated.**
- 2. Lose 40 pounds.**
- 3. Change my negative behaviors that were sabotaging my life.**
- 4. Build confidence.**
- 5. Look myself in the mirror and be proud of what I saw.**

REFLECTION

Think about the places in your own life that you've been hiding from. No judgement here! Once you allow yourself to get honest about the darkness underneath, you can begin healing. Acknowledgement (and acceptance) are the catalysts to change. What do you want to release? Tap into how it will feel to be free of whatever it is you've been holding onto in your own suitcase. Let the positive emotions fill you up and drive you forward towards letting go, and creating space for more of the things you desire to show up.





FORGIVENESS

This word was hard, but it was necessary. Know that if this is something for you to work on as well, it might take some time, and that's okay. I understood that in order to live in the present moment and also honor my future, I needed to take the energy that I was giving to being angry at others back. I needed to choose more empowering emotions and thoughts, which also meant forgiving myself in the process. I did this by writing down the names and situations that I was holding onto and forgiving each one by saying, "I forgive you for, you know not what you do. You have your own story, and I wish you strength that you can forgive yourself just as I forgive you." I even added my own name to that list.

REFLECTION

Who do you need to forgive? Allow yourself to feel whatever comes up and then give yourself permission to release the pain, anger, sadness, etc. Get honest here, too. If you need to add your name to the list, then by all means, do it! And do so with love, grace and compassion. You did the best you could with what you knew. Now that you know better, you can show up better. Celebrate how far you've come. Let this be a new beginning.





MINDSET

Once I acknowledged my faults, and really forgave those that I needed to let go of, the negative energy released and my mindset began to shift. I started seeing my life from a different perspective, and cultivated a mindset with no limits - a mindset of growth. I continued this practice daily, using affirmations and celebrating my successes, big and small. I still do this to this day.



REFLECTION

Do you have a series of old stories playing on repeat day after day? Are they serving you? Chances are, they helped you in one way or another at some point.

And chances are also good that they've run their course. Write down the thoughts that come up that make you feel powerless, unloveable, unworthy, or whatever 'negative' emotion that arises when they pop up. Next to each statement, write an empowering statement, something that makes you feel hopeful and excited about where you've going, instead of keeping you stuck in where you've been.

This could look like:

Unsupportive thought: "I'm so stupid! I can't do anything right! No wonder I'm divorced, and broke!"

Empowering thought: "I have come so far and learned so much. I'm really proud of myself for continuing to show up and do the work to be the best person I can be. I know I'm not perfect, but perfect is boring anyway. I will keep working on myself from love and compassion, and I know that in time, everything will unfold as it's meant to. It already is."



ACCOUNTABILITY

I learned I needed to be accountable to myself. The more I held myself accountable, the more micro-goals I wrote down and checked off, the more my confidence grew and the future began looking brighter and brighter every day.




REFLECTION

Who are you blaming for your experiences? What needs to happen to let all of that go and step into your role in creating the life in front of you? Remember, each experience (and person) serves a purpose - are you taking responsibility for your role in each experience, or are you playing the victim and waiting to be saved?



PERSEVERANCE

When I trusted the process and allowed it to work in my favor, I felt such relief. It became freeing, and it felt good. I also reminded myself to take one day at a time, and kept coming back to the truth that I had choices and I was in charge of the direction I was choosing. I chose not to give up and over time, it became easier and easier to persevere, even in the tough moments.





REFLECTION

Are you committed to your goals, or are you attached to being right? Commitment looks like persevering, whatever it takes. Attachment looks like quitting when things don't go your way (ego tantrum!). Focus on WHY it matters, instead of being worried about HOW to get there. Be adaptable, and willing to pivot. Stay the course, trust the process (and yourself).

These 5 words changed me. And they opened me up in ways I'd only ever dreamed of. I ended up adding in my own 6th word (which I would encourage you to adopt as well) and that is:

GRATITUDE



I learned that being grateful is not just a statement, but it is a word with deep meaning. For me it meant not simply being grateful for the car, the money, or the next thing I could buy. But being grateful for the world around me including the roof over my head, the food on my plate, the birds chirping, and my cat who makes me smile.

Anything else is just a bonus.



REFLECTION

Take some time each day and list out at least 3 things you are grateful for. This is a great practice when you wake up, or before you go to bed. Get in the habit of being thankful for what you DO have - because I am willing to bet it's far more than you give credit for.

I believe in you.

The Confidence Coach,

Patricia Love

