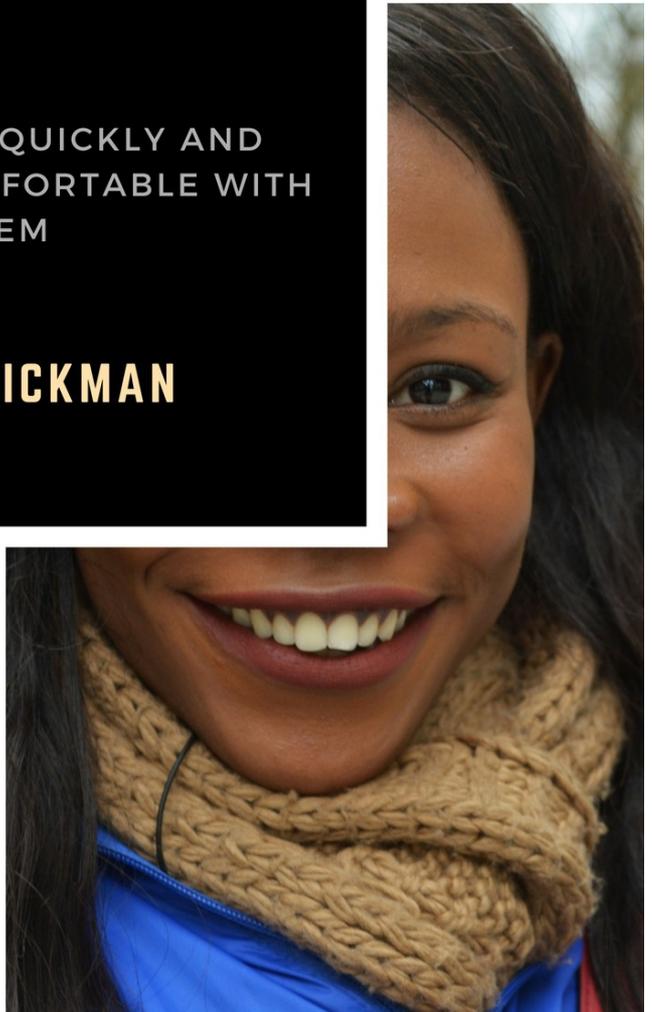


25 DISEMPowering BELIEFS ABOUT CONFIDENCE

AND HOW TO QUICKLY AND
EASILY GET COMFORTABLE WITH
THEM

DIANA RICKMAN



Hi there

I'm so glad you decided to take action and download this workbook.

Why? Because it means you understand that the secret to creating a fulfilling and joyful life lies in being able to express yourself confidently and feel able to take on any challenge you choose.

For a very long time I believed that my confidence was dependent on outside factors, that I had to 'get it' from somewhere or someone? My lack of confidence meant I struggled to enjoy meeting friends for coffee, had anxiety attacks at parties and hid in the library during tea break at my workplace rather than join my colleagues in a noisy and busy staffroom.

Once I realised that I could generate confidence any time I chose my life began to change. I could enjoy social events and join in the conversation without fear. I was able to tell people exactly how I felt, say NO when needed in a firm but kind way. I was no longer afraid of what others might think.

The truth is we have all the confidence we need right now, inside us.

I didn't become a different person, I just stopped feeling small, scared and panicky all the time.

But before all this could happen I had to get clear on why I felt this way.

I discovered that I had a number of very unhelpful beliefs about confidence and the way I should behave. These beliefs had been created over many years and had started with events, things that had happened to me when I was a child.

Each time I uncovered a belief I discovered a story or event that seemed tied to it in some way. All this unraveling took time and I invested in myself by working with coaches and practitioners.

Lasting change takes time and work and I'm not offering you a miraculous quick fix in this workbook. Instead I'm giving you a clear and effective way to start and the tools to help you feel comfortable as you step up and take on challenges.

You'll start to believe again in your own unlimited potential

Diana X

Identifying Your Limiting Beliefs.

The tools you'll need are very simple:

- Some paper or a journal.
- A pen.
- A comfortable place to work.
- Your favourite drink. Make this a special time dedicated to you.

Allow yourself 10 - 15 minutes of uninterrupted time and sit somewhere comfortable with a pen and notebook.

Work through the beliefs in the list I've created for you. These beliefs have been expressed often by my clients and so I feel confident that at least 2 or 3 will have some meaning for you too.

This exercise works best if you can read each belief out loud and try not to think about it too much. Instead notice what happens in or around your body as you say each belief. Maybe your voice tone changes or you shake your head a little as you say it.

Even if a belief seems unimportant to you say it anyway just to be sure that you really feel that way. Beliefs can be sneaky sometimes.

You may also find that none of the beliefs really seem true for you and if that's so simply ask questions around the statement such as 'If I don't believe that then what do I believe?' Pay attention to your responses and what you're thinking but always test your thinking by looking for any reaction in your body.

Make a note of your reaction and if you notice a feeling in your body write down how and where you notice it.

Now rate how true this belief feels on a scale of 0 - 10, with 10 being completely true, and 0 being not true at all.



	25 DISEMPOWERING BELIEFS	0-10
1	I'm not as confident as I look.	
2	I don't usually 'get' things quickly	
3	I'll be embarrassing	
4	People will judge me	
5	I only do well with easy tasks	
6	I feel scared trying new things	
7	I'm an introvert	
8	It will be impossible to change	
9	It will be too hard to feel confident	
10	I'll get it wrong in some way	
11	I've always been this way	
12	People will think I'm bossy if I'm too confident.	
13	I always feel scared trying new things	
14	Confident people never stop talking	
15	I don't want to be more confident	
16	I shouldn't have to change to get what I want	
17	No one in my family is confident	
18	I don't like confident people	
19	I'm not good at 'tech,maths,cooking (your chosen pet hate)	
20	My friends and family won't like me if I'm confident	
21	I'm not allowed to feel confident	
22	People will think I'm showing off if I appear too confident	
23	Good girls/boys stay quite and don't make a fuss	
24	It's not safe to appear too confident.	
25	It doesn't matter what I do I'll never be confident	

Congratulations! You've completed the first step!

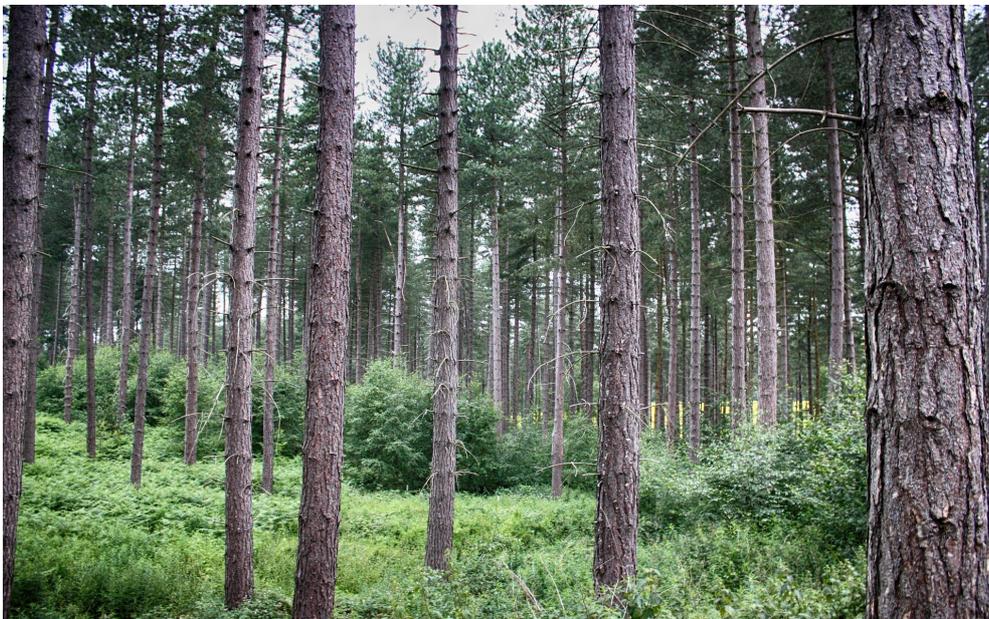
You now have a list of the possible blocks to your success and you may have uncovered some beliefs that are unique to you.

Before we continue, I want to mention one thing. After doing this exercise, you might feel overwhelmed by the sheer number of limiting beliefs you discover.

It's completely normal to have a long list! What people often find is that there are a few key limiting beliefs that are the biggest blocks. Once those are eliminated, you'll quickly start to see results and many of the other beliefs seem to drift away or become irrelevant.

Gary Craig, the founder of Emotional Freedom Technique likened it to trees in a forest. The beliefs are trees and sometimes if you work on a big belief and clear all the stories and feelings related to that belief it can also affect other beliefs too. Just like when a large tree in a forest falls it often damages or destroys other trees as it goes

You've got this.....little steps forward are always the best way to tackle a problem or change your mindset..



Using Emotional Freedom Technique to calm your beliefs.

Here are the basic steps for tapping:

- Choose your tapping target (the belief).
- Rate the intensity of your target on a scale of 0 to 10 with 0 representing no intensity and 10 representing the highest possible intensity. When you're tapping on beliefs, rate the emotional intensity when you say the belief how strongly do you agree with the belief.
- If the intensity is high you may also notice a feeling in your body such as a tightness in your head or a heaviness in your chest. Give that a rating too. How big a feeling is it?
- Create a Setup Statement. The Setup Statement is structured like this: "Even though I believe (insert the belief) and it gives me a (insert feeling) in my (insert part of body) I'm willing to accept myself."
- Tap lightly with your fingertips on the side of your hand point while you say the setup statement.
- Move to tapping through the points (illustrated below) while using the belief phrase as a reminder. Eg: 'I will never be confident' A reminder phrase contains the words you use while tapping on the points on the face and the body. It helps you stay focused on the energy you need to clear. It's not about your wording, it's more about how you feel as you tap. So don't worry about getting the words wrong.
- Once you've tapped through the points, take a deep breath in and notice how you feel. On a scale of 0 to 10.



Tapping Meditations

I've created these tapping meditations to help you feel calm and more comfortable and beat procrastination. You'll be able to take on tasks that you usually find very overwhelming or you keep telling yourself they're too hard or not for me.

Remember tap on the parts of your body illustrated on page 6 and say the words I've suggested for you out loud as you tap on each point.

Use this tapping meditation to instantly feel calm

Perfect if you've got to do something and you just keep putting it off or you feel very shaky and overwhelmed. It won't fix the reason why you feel this way in the first place but it will help you feel more confident to start the task.

Take a breath and start by tapping on the **side of hand** point:

Focus in on how you're feeling and if you can locate that feeling in your body.

Side of hand: Even though I feel (insert feeling) in my (insert place in your body), I'm willing to accept myself.

Now keep tapping on the side of your hand and ask yourself these 3 questions.

1. If this feeling had a shape what would it be?
2. If this feeling had a colour what would it be?
3. How would I describe this feeling (e.g.: sharp, heavy, dull)?

It's important that you don't over think these answers. Just write down the first thing that comes to you. Even if it's your favourite colour don't be alarmed it's unlikely to spoil that colour for ever, I promise.

Now tap around all the points using any colour, shape and description that comes to you.

Top of Head: This colour

Eyebrow: This colour

Side of Eye: This feeling

Under Eye: This shape

Under Nose: This colour

Under Mouth: This feeling

Collarbone: This shape

Under Arm: This colour feeling and shape

Check in on the colour, feeling and shape. Notice if anything has changed. Keep focusing just on these abstracts not on the thought of what you have to do and repeat the meditation changing the description each time until you reach the level of calm you need to move on and get started.

Use this tapping meditation to find which beliefs may be keeping you stuck.

- When you're ready pick one belief that feels *very* true.
- Write the belief on a clean sheet of paper (use this sheet to make notes about anything that comes up as you tap) and whilst you're looking at it rate how true it feels. Say your belief out loud now. Rate how true it feels on a scale of 0 – 10.
- Now say your belief out loud again, and this time, tune into how your body feels.
- It's ok if you don't notice any feelings.
- As you're tapping, don't worry about getting anything "right." This tapping meditation is just a guide that you're welcome to use, but don't hesitate to substitute your own words. It's always best to tap on your own thoughts and words.

Take a breath and start by tapping on the **side of hand** point:

Side of hand: Even though I believe (insert belief), I'm willing to accept myself. Even though I can't be confident until I fix (insert belief) I'm willing to accept myself.

Top of head:(insert belief)

Eyebrow: (insert belief)

Side of Eye:(insert belief)

Under Eye: (insert belief)

Under Nose:(insert belief)

Chin: (insert belief)

Collarbone: (insert belief)

Under Arm: (insert belief)

Take a breath and focus on the intensity of the belief. If you measure this at more than 2 out of 10 then keep repeating the meditation until you would rate the feeling at a 2 or less.

Use this tapping meditation when you feel ready to unravel the memories supporting your belief.

Take a breath and start by tapping on the **side of hand** point:

Side of hand: Even though I believe (insert belief), I'm willing to accept myself anyway. Even though I can't be confident until I fix (insert belief) I'm willing to accept myself.

Top of Head: I can't accept myself when I act like this.

Eyebrow: I wish I didn't believe this

Side of Eye: It's hard to think of anything else.

Under Eye: My life feels like it's on hold.

Under Nose: I can't be happy until I fix this belief.

Chin: I can't feel confident until I fix the problem.

Collarbone: I can't be a success until I fix the belief.

Under Arm: No wonder I panic about my problem . . .

Top of Head: I allow it to stop me.

Eyebrow: I feel stupid that I have this belief

Side of Eye: I've tried everything

Under Eye: Why can't I fix this?

Under Nose: I would never speak to someone I love like this.

Chin: All of this judgment and criticism . . .

Collarbone: Is keeping me stuck.

Under Arm: This emotional problem I carry with the problem . . .

Top of Head: I want to let go of this emotional problem now.

Eyebrow: Maybe the problem isn't holding me back.

Side of Eye: I've been holding myself back.

Under Eye: I've done the best I could in the circumstances.

Under Nose: and I release

Chin: all emotional attachment

Collarbone: to the way I feel about this problem

Under Arm:.. and I choose to show myself some compassion

Pause for a moment, take a deep breath and On a scale of 0 – 10, rate the intensity of how you feel now. Do you notice anything in your body and/or emotions when you think about working on this?

Side of hand: I feel (insert the way you're feeling) when I focus on this belief, and I can accept myself anyway.

Eyebrow: So much emotional intensity around this belief

Side of Eye: All this stress

Under Eye: I'm not comfortable feeling this

Under Nose: I don't want to feel this

Under Mouth: I don't want to feel this

Collarbone: I don't want to look at this

Under Arm: It's not safe to feel this

Top of Head: I don't like how this feels

Eyebrow: Why am I feeling this way?

Side of Eye: What's this all about?

Under Eye: When did this belief start?

Under Nose: What's all this feeling about?

Under Mouth: It's safe to look at this

Collarbone: It's safe to let myself feel this way

Under Arm: What's all this feeling about?

Top of Head: What's it all about?

Eyebrow: It's safe to feel this way

Side of Eye: I wonder where this started

Under Eye: I wonder why I'm feeling this way

Under Nose: Where does this belief come from?

Under Mouth: When did this belief start?

Collarbone: Why am I feeling so much emotional intensity around this belief?

Under Arm: What are these emotions all about?

Take a deep breath, and rate the intensity of your emotion from 0 – 10

If you don't yet have answers to any of the questions you asked yourself, keep tapping until you get more clarity. If a memory or event came to mind, write it down.

What's next?

Changing our behaviour and starting any new mindset practice is difficult and you may find that getting stuck in and uncovering beliefs feels a little too hard. Perhaps you're hoping that confidence will just happen. Well it's true that for some tasks and challenges 'just doing it' is the best way to overcome your worries and let your confidence shine.

But I hope this workbook will be a starting point to building a lasting sense of confidence, an understanding your own worth and the sort of emotional strength that can stand any test or harsh comment.

Now you could choose to leave the work there and keep tapping down the feelings every time they come up. But I would urge you to dig deeper. Making a decision to clear the emotions and feelings related to your limiting memory. Imagine how it would feel if any new opportunity you're presented with seemed exciting and you could comfortably say to yourself. 'I don't know how I'm going to do this but I know I can and I will make it happen'

If you find you want to dive deeper into creating your calm, confident, emotionally strong life. Join me for an hour inside my virtual training. **'Calm, Confident You'** for [just \\$40 by clicking here](#). I'll walk you through everything I've done to create an unshakable belief in my worth and the confidence to take on anything I choose.

In the meantime commit to get comfortable with your beliefs and always remember. the stories and events in your life and the beliefs you hold are a part of your journey but you get to choose how you they make you feel.

**Calm, confident and strong or panicky, scared and small.
It's up to you.**

Stay strong

Diana X

