

#### STEP #1

#### IDENTIFY YOUR FEAR

The Fear Archetypes™ are the seven distinct ways that fear manifests itself in our lives and holds us back from going after our goals and dreams.

The Procrastinator most fears making a mistake while the Excuse Maker is scared of being blamed or taking responsibility. The Rule Followers has an unhealthy fear of authority and an irrational aversion to breaking the rules, while the Self Doubter fears they aren't capable or good enough. The People Pleaser fears being judged or letting people down, while the Outcast fears rejection, and the Pessimist spends their lives trying to avoid pain or adversity

Identify exactly what kind of fear is most prevalent in your life, and most likely to be holding you back. This is the first step to building your confidence, because it gives you the point of reference from which to start from.

#### STEP #2

#### REFRAME YOUR THOUGHTS

One of the biggest things that holds us back when it comes to fear is the negative self-talk that happens inside our head. That voice has no basis in reality. It's not the truth. And it doesn't have to be your truth. If the self-talk that is currently going on in our head is programming our brain to believe things about ourselves that are untrue, then the best way to reprogram our brain is to start negating those negative self-talk messages with something new. Something that actually is true, something that is not so self-defeating.

#### STEP #3

#### START THINKING BIG

Without a target, we will always be a little lost that is why setting goals, and learning how to think big is so important. We need big goals to actually get big things done, and to let us know where we are headed. Set goals that will push you past your comfort zone and ignite that fire in your belly. Start daring to believe that you are capable of more and setting goals so big that they make your chest tighten or your stomach flutter. Those are the goals that will motivate you.

#### STEP #4

#### SEEK OUT ENCOURAGEMENT

When the going gets tough, it can be tough to keep our confidence up but that is exactly the time when we need encouragement the most. One of the very best things you can ever do for yourself is learn how to put safeguards in place that will help you stay encouraged and boost your confidence with constant reminders of what you are capable of. You need to keep filling up, and actively work at staying motivated and inspired. Get other people's voices in your head to cheer you on and make you believe you are capable of more.

#### STEP #5

#### TAKE ACTION

Courage and confidence is like a muscle—the more you exercise it, the stronger it gets. And that means that you sometimes have to take just the smallest step in the right direction in order to give you the confidence and courage and strength to take the next step. What are you going to do to get yourself one tiny step closer to your goal?