



INSIDER SECRETS REVEALED

Tips, Tricks & Strategies
From the Podcast Interview With

Confidence and Success Coach

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INSIDER SECRET - Deconstruct the lies you accept about yourself so you can reconstruct them with something that gives you more confidence.

We all have these voices in the back of our heads that tell us that we are not qualified or don't have what it takes. The first step is to be aware of the voices we hear and the lies we accept about ourselves. Ask God to reveal what negative thoughts are holding you back. Then, take control over what you allow yourself to believe and ask "Is that really true? What else might be true?"

INSIDER SECRET - Your brilliance is yours.

It doesn't have to fit with what the world perceives to be brilliance, but it does fit with your purpose. Your self-discovery will make sense when you realize that it has been a part of who you are all your life. When your gifts are put to work in the right role, you will be brilliant at what you do.

INSIDER SECRET - Self-assessments can help you be more objective about the value of your strengths.

When you align your core values, know your strengths, accept your weaknesses and let them go, and focus on your strengths, it is so much easier.

INSIDER SECRET - Don't go for a job that is not a good fit.

Don't set yourself up for a rejection, or worse yet, a miserable situation if you do get the job.

INSIDER SECRET - Recognizing that everything is a choice will build your confidence because you are in control of your choices.

When you take a job that is less than a perfect fit, it is a choice, not a requirement. When you recognize that you don't "have to" take a job, but rather "choose to" take it because of financial needs, you make a mental shift that puts you in control and that is empowering and builds confidence.

INSIDER SECRET - Transformation means you are speaking with a new voice to yourself.

When you become aware of the lies you have been telling yourself, the more you become aware of how often you do it. The more you do it, the more opportunities you have to correct it. When you begin to correct it, the more opportunities you have to speak to yourself with a new, positive self-talk, and your transformation has begun.

INSIDER SECRET - Square breathing can refocus your mind and give you confidence before an interview.

Square breathing is taking a breath in for four seconds, holding it in for four seconds, letting it out for four seconds, and holding it out for four seconds.



INSIDER SECRET - Claim your positive thoughts of the future state and believe that it is already yours.

When you have a false belief about yourself that you want to change, put it out there in spoken words of gratitude to God for the change He is about to make. For example, if you think that you are dumb, you can offer this prayer: "I am smart, God. I can't wait for you to show me how smart I am, in the way that you need me to be smart."

INSIDER SECRET - If the job is a good fit, it is easy to have confidence.

Claim the gifts that you have to bring to the job. The experience can always be a positive experience even if you don't get the offer.

INSIDER SECRET - A rejection does not have to be a negative experience.

If you interview for a job, but are not offered the position, there is always an opportunity for it to be a positive experience. You can learn something from the experience. You can use it as practice. Remind yourself that a "no" doesn't mean you are not qualified. It just means that there was someone else who was a better fit.

INSIDER SECRET - When you get that perfect job, appreciate the gift of the process to get there.

Reflecting back on all the experiences that led you to this place is very powerful because it gives you the ability to see that everything you went through was for a reason. It makes you stronger and more firm in your beliefs and knowledge of who you are. It makes you more confident. And now, you have all of that to take with you to your next situation in life.

INSIDER SECRET - There is nothing that gives you more confidence than the ability to be yourself.

You are as special as everyone else. Claim it!

