

Success Starts With Believing in Yourself



By Gayle Crist,
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I bet you know at least one adult who is very successful in her career but totally lacking confidence in her personal life. She might have had a high-level executive position making six figures but then completely fell apart after her divorce. Or she's a creative entrepreneur whose startup company is really taking off, but she's filled with self-doubt when she finally goes back into the dating world after her husband dies.

I worked with many such women over the years. They have high self-esteem as related to their professional accomplishments but will beat themselves up when asked about other aspects of their lives. Even though they're super-achievers career-wise, they're making no progress towards their personal goals.

The problem is they don't have the confidence of a 2-year-old.

My toddler granddaughter thinks she can do anything. She rarely asks for help in climbing at the playground, opening up a colored marker, using a fork, or attempting to put on her shoes. She tries things without fear and then congratulates herself when she completes the task. Her favorite expression these days is "I made it!" She is often quick to tell me "I'm really good at this" when she does something I didn't think she could do.

Oh, to be children again, when we didn't think too long about NOT being able to do something... but just plunged right in and tried it. Kids don't entertain the notion of failure. They don't think about not succeeding. They want to show you how grown up they are and get very irritated if you tell them they need to wait until they're bigger to try something. They'll tell you they ARE big. It's you who can't see that yet.

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As a grandparent, I'm amazed at what I'm discovering about toddlers that I didn't notice when raising my own kids. My granddaughter's self-image is strong and healthy. Her can-do attitude is amazing. And her determination to do "big girl" things is unstoppable.

If only some of my adult clients were half as self-assured.

As women, we may dream big, but we often let "what if" scenarios stop us from taking the steps towards our goals. Or we focus more on our failures than our successes, forgetting that we already have a track record to fall back on. I constantly have to remind clients that they've succeeded in the past when faced with a similar challenge, and they can do it again—if and only if they believe in themselves.

Believing in yourself. That's the key.

Easier said than done, I know. You wish you felt as capable inside as people perceive you outside. You may project an image of determination and competence, but your inner voice is saying it's not so sure. What if you mess up? Maybe you should say no to the thing you just promised someone you'd handle.

I've been there. Just two years ago, I was contemplating moving into my own apartment after 6 years of sharing a house with my life partner but wondered how I'd do it financially—even though I had the same doubt when I left my first marriage (BEFORE my more-confident side said "Don't worry...you'll find a way. Worst

case scenario: you can stop being self-employed and get a job with someone else.") Turns out I didn't let fear get in the way back then. (It helped that I read that worry can block the flow of money and other good things in your life.) I stopped worrying and wound up attracting some new clients, and my bank account grew. This time, when doubts arose, I reminded myself that I had a track record of success with financial adaptability.

How about you? Do you ever let self-doubt or what-if thinking get in the way of your confidence and belief in yourself? Do those nonconstructive thought processes sometimes derail your plans? Or even cause you to give up?

Not to worry! One of the most important parts of my job as a life coach is to believe in you and your ability to reach your goal even when you don't believe in yourself. I can help you boost your ability to see your strengths, remind you of your past successes, and hold your vision for you so you can move more quickly toward it.

Together, we can brainstorm and imagine the best possible outcome and the steps to get to it. And, because the other important part of my job is to hold you accountable for completing those steps, as a team we'll ensure that you make steady progress until you achieve what you envisioned.

If there's a goal you've been meaning to start on, give me a call. I'd love to support you in making it a reality!

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