



createconfidence

This is an example of part of the Create Confidence eCourse. The full course is available from <http://createyourself.co.uk/confidence>

Congratulations for choosing to make a positive change in your life, setting a goal around it and planning how you will achieve it! All you really need to do now is make sure you do something towards it every day, even if it is just reading it and visualising having it.

Often when we set goals our mind sets of a knee jerk reaction a few minutes, hours or days later, and starts to create doubts or fears. Our minds seem to want to talk ourselves out of doing what we really want to do! Our minds might tell us "I can't afford to do what I want", "I would never manage it", "I haven't got the time", "what would my friends say" and so on. Our mind shows itself through that little voice in your head, just listen to it now. What is it saying? "What little voice?" "what am I saying?" "I'm tired i'll think about this later".... "yes that's exactly what my mind has been saying" etc

The thing to realise it that you are NOT your negative self talk, let's call it your inner critic, it is all your negative beliefs and fears. Your true being is peaceful, content and loving. You were born this way until stuff happened and you grew to develop negative thoughts. That positive supportive voice you hear in your mind is your true being coming out. The problem is we often don't realise this distinction and we listen to that negative voice and it holds us back or upsets us.

You can learn quieten the inner critic through practices like mediation and yoga, but even doing that regularly it is often still there. It is just part of us. The thing to do is to become an observer of it and not to give it any energy or power. When you find yourself thinking negatively, just observe that is what you are doing and say "thanks very much for your opinion but I'm not going to listen to it!!"

Over the next few days pay attention to your thoughts. Make notes of the things you say to yourself in different situations, good or bad. We'll look at this more in the next email.

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