

The PASSION TRAP

M O D U L E 4

The Truth About Confidence

What else might keep you stuck? Confidence.

No one begins with confidence. It's not something you aim at directly; it's a side effect. You don't get paid before you do the work. You get paid after.

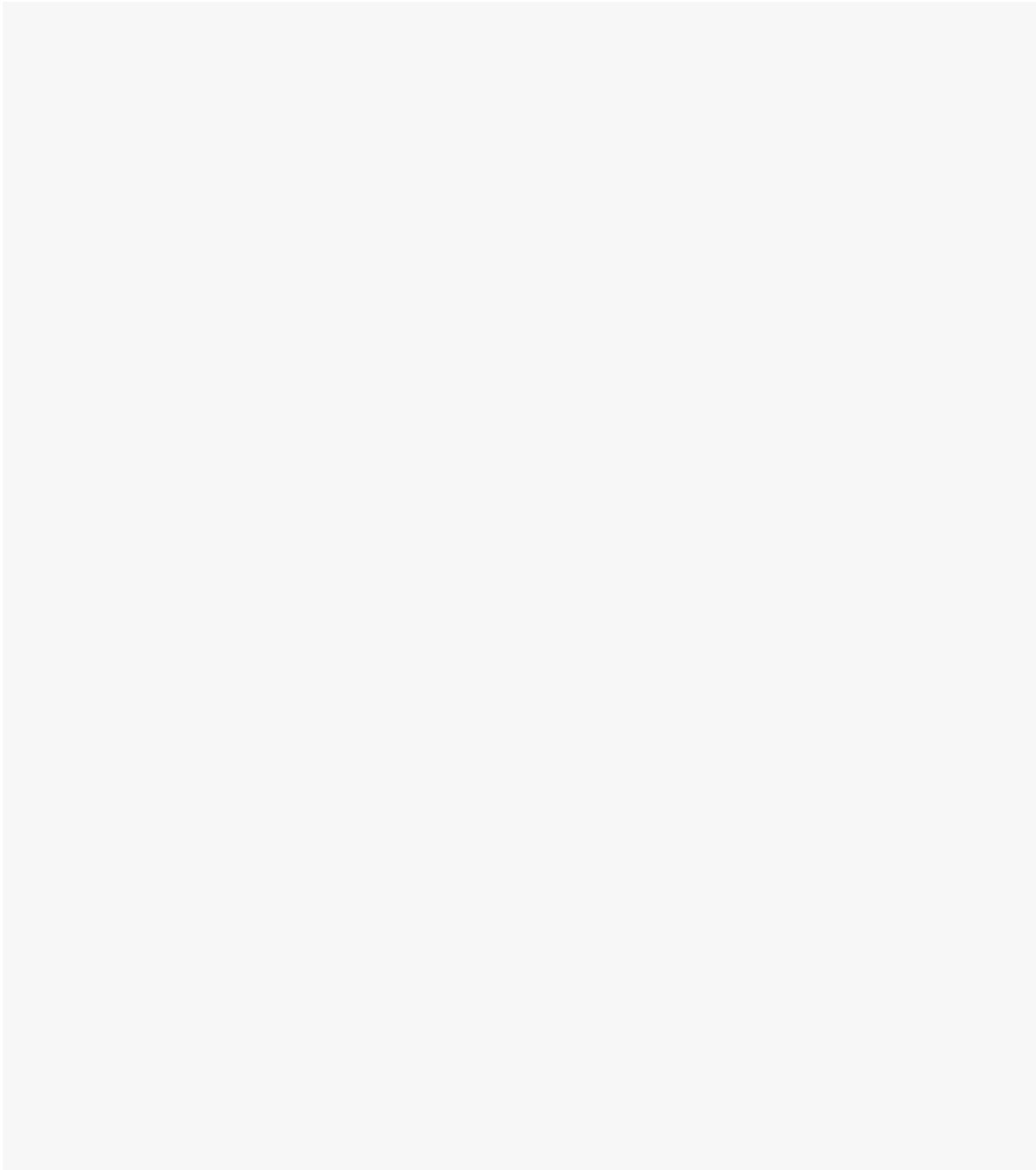
So what can you use instead? Courage. It functions on credit. You leverage it until you've got something in the bank to back it up.

You don't need to be fearless to be courageous—because you wouldn't need courage if it wasn't scary to begin with. A courageous person doesn't wait til things are less scary; they act in the face of fear.

CONFIDENCE GOALS

We talked in earlier modules about the things that come naturally to you, and the things you worked hard to master. So let's explore some of the areas where you're not as confident...yet.

PROMPT: What are some of the things you'd love to be more confident in?

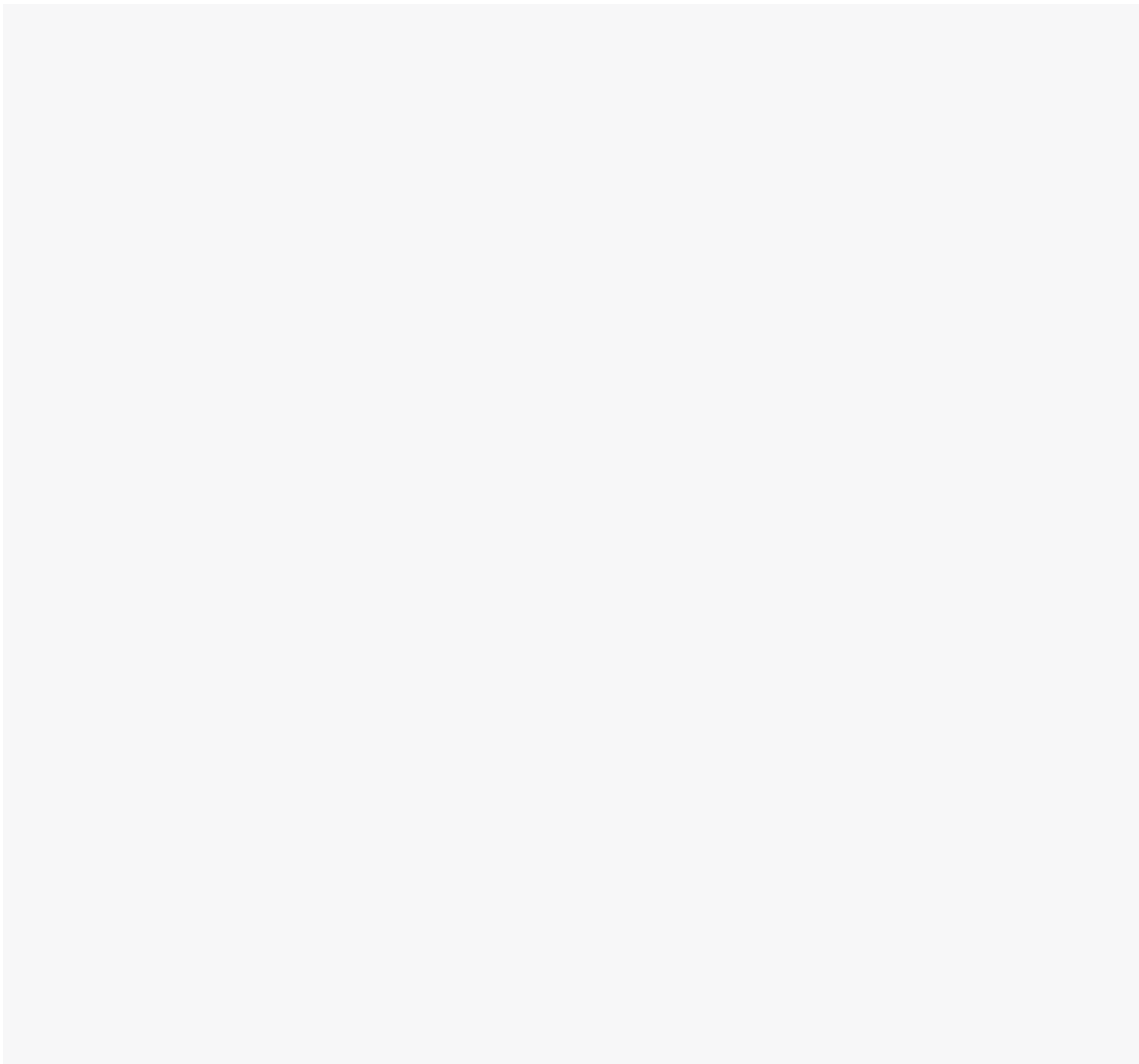


PROMPT: Pick one of those things, and write what it would look and feel like to be confident in that particular thing.

- What do YOU look like when you're confident doing this?
- Are you wearing different clothes, carrying yourself differently?
- Are you making people laugh?
- Are they lining up to give you money?

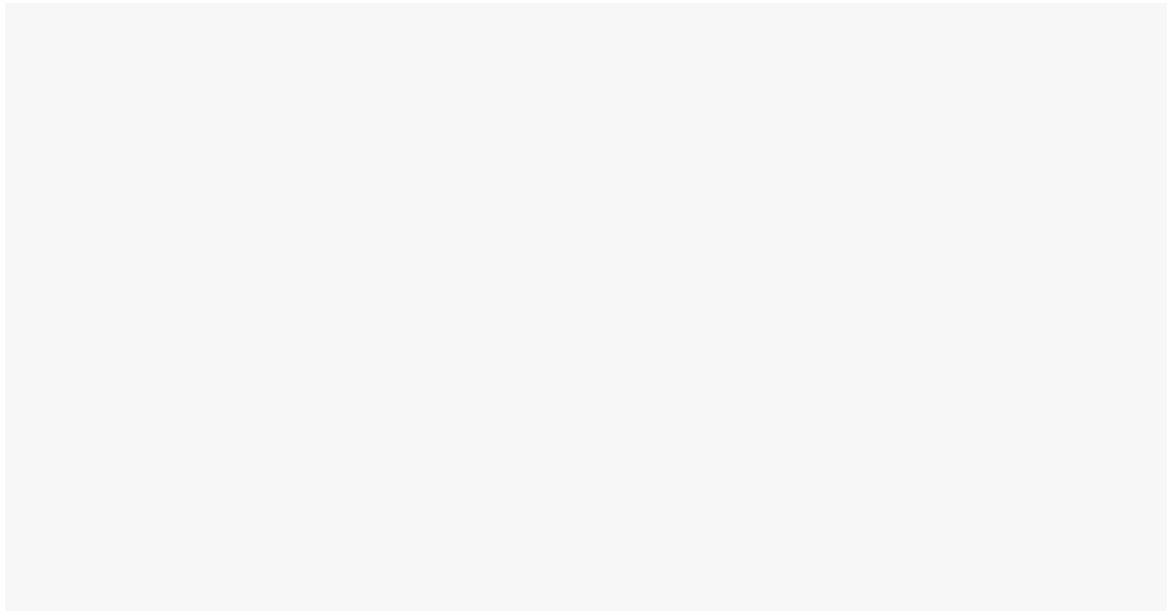
Sketch it out here in as detailed a way as you can so we know what that looks like to you.

Set a timer for 10 minutes and start writing.

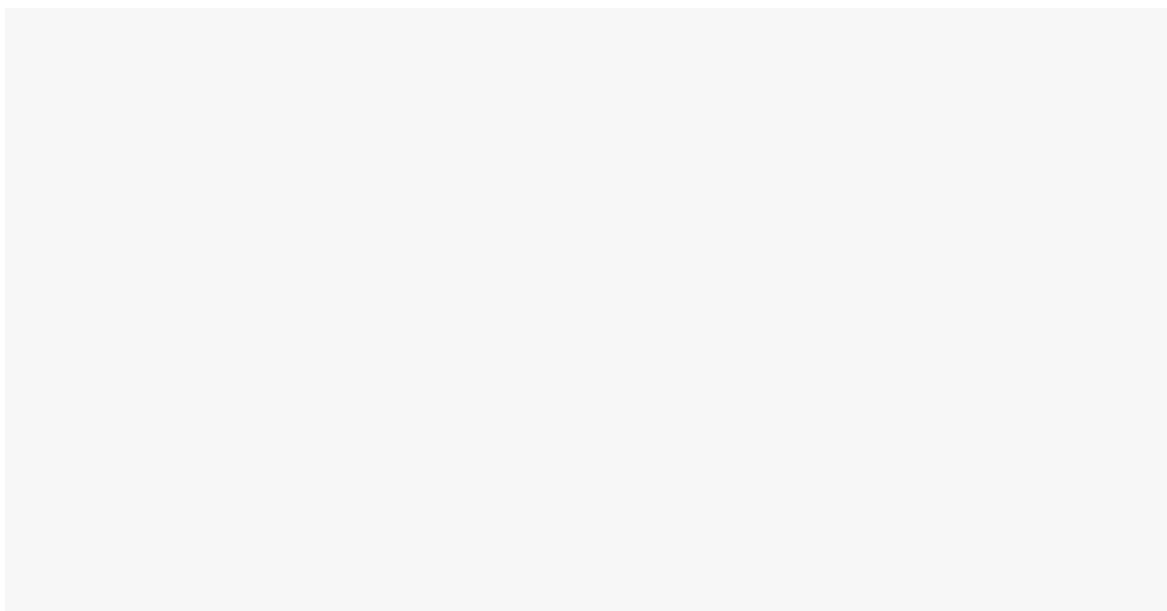


In the video, I walk you through a meditation designed to help you relax inside your body and reconnect to being here right now. Do that meditation before you do this exercise.

PROMPT: Write about a time you experienced confidence and ease. What did it feel like to execute that action, in that moment? Bring us into the scene and show us what it was like, how it felt. It may be a work thing, or a life thing, or anything at all. The key is to revisit one of these moments in detail.



...Read over what you wrote. What came up? Was it surprising, or did you see it coming a mile away? Did you discover anything you didn't realize the first time around? What was it like to write about it, relive it? What does it tell you about your own ability to experience, and build, confidence?



CHANNELING CONFIDENCE

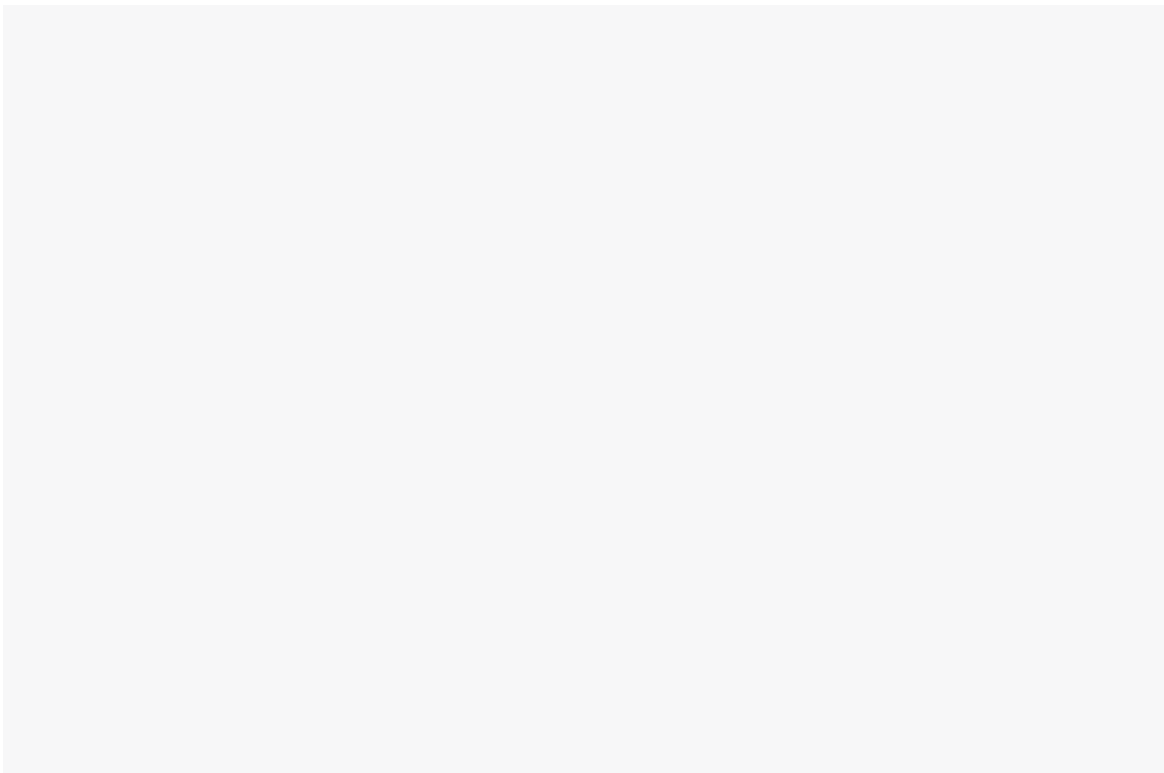
It's natural to be confident in one area and not another, at least not yet. Some things you'll never be super confident in, and who says you have to be? Doesn't mean you can't do it. All confidence is is the feeling you have while you do it.

You just tapped into what it's like for you to do something with ease, and you also named some things you'd like to be more confident in.

Now, connect some of what you've done easily before with what you want to do next. For instance, you might not feel confident speaking in front of 100 people, but if you've enjoyed leading small group discussions or teaching children, how can you tap that confidence to help fuel the courage to take on the bigger challenge?

PROMPT: Channel it! Answer whichever questions speak to you below:

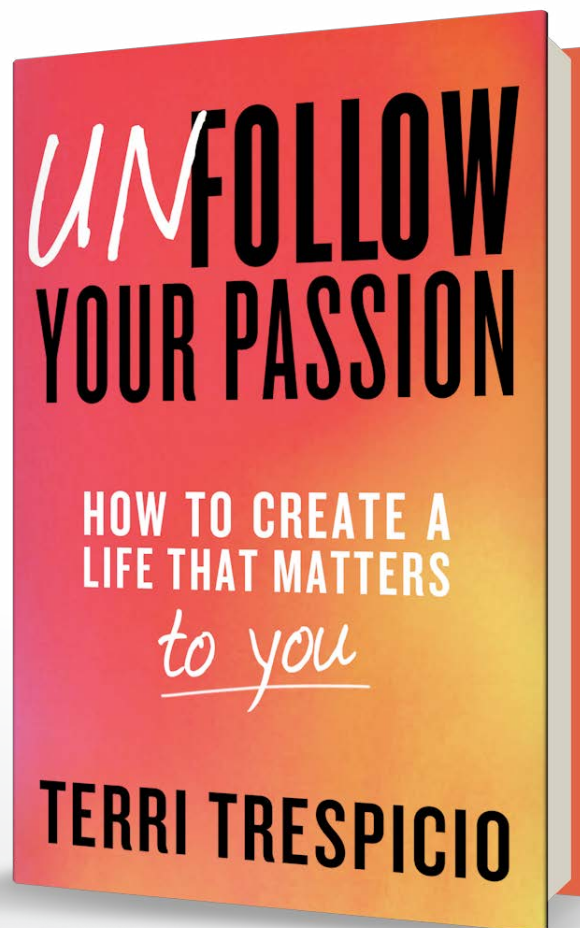
- How can you channel that feeling of ease and confidence you have had doing one thing into this new thing you want to do or try?
- Where can you invite that ease into other areas and activities you do, even though you may not have mastered them yet?



SELF HELP FOR PEOPLE WHO DON'T FOLLOW ADVICE.

"GENTLE,
BUT BRUTALLY
HONEST."

- POPSUGAR



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