

Creating Confidence

By Erika Cramer
The Queen of Confidence

What is it you are fearing, lacking confidence in or worried about that's holding you back? This can be a thought or belief that you have.

Example:

- a. My body is never going to be what it was
- b. I am not good enough to go back into the workforce.

Write it down here:

In the table on the last page, complete the following instructions:

LEFT HAND COLUMN

1. What are the consequences of you living like this, worried about this?

Examples:

- a. I hate my body, I feel sad, cost me happiness, I don't have sex with my partner, I lack connection, I am angry with myself, stress, anxiety etc...
- b. I stay home in fear, I don't apply for work, my family suffers financially, I don't feel confident, I stay home, I eat, I am depressed etc...

2. How do you live when that thought or belief run your world?

Examples:

- Not living up to my full potential
- Stressing me out
- Giving me anxiety
- Scary thoughts
- I am not doing anything I love
- No business
- Staying the same etc

RIGHT HAND COLUMN

1. What will you gain when you HAVE that thing you desire (the opposite of the belief)?

Examples:

- a. I love my body, I workout and feed it great food, I have lots of energy, I am so happy etc...
- b. I have my dream job, I got the pay rise, I am financially free, my family and I go on holidays 2 x per year to Greece, I have a corner office with a city view etc....

2. How would that feel (speak in the present moment as if you already have that thing you desire)?

- I am confident
- I am happy and I have an amazing life
- My business impacts others
- I am abundant
- I inspire others around me to stand in what they desire
- I am happy my husband and I travel a lot etc

Now make a choice.

Look at both columns and you decide: **Which one FEELS better and which one do you want more?**

Both are possible, you are the creator.

TAKE IT FURTHER:

Get a vision board and start putting images together of Column 2, any words and or images you can find that make you feel as if this is already yours. Add to it often and spend as much time as you can looking at and visualising the list on the right. This is how you truly attract and manifest. Then allow it to come.

Created by Erika Cramer

The Queen of Confidence

thequeenofconfidence.com

erika@thequeenofconfidence.com

Consequences	Benefits