

# You Can Be Confident in This

You are enough and you can do anything you set your mind to. This, you can be confident of! There are many things that impact confidence, but when you begin to recognize it's within your power to overcome them, your life can and will change. At I've Decided, your success is our mission! We know if you're going to be successful in achieving your goals and dreams, you must be confident in your abilities. Your Weekly Winning Resource this week is all about the word confident. Confidence, like patience and discipline, isn't something you're born with, it's a learned behavior. This is good news because learned behaviors can be changed. It takes work and intention, but you can change the mindset of low or no self confidence. The first step to kicking low self-confidence to the curb is to determine what's causing it in the first place. Maybe you have made more than your fair share of mistakes in your past, and those memories keep taunting you reminding you of your past. Fear can be the culprit as well. Fear of failure, the unknown, or what other people may think. You could be the victim of a lie, or many lies. What we mean by this is, someone has made you believe something negative about yourself that's simply not true. Lastly, you could suffer from perfectionism. People who desire things to be perfect are very hard on themselves. They tend to have low self esteem and confidence because they believe the lie that if it's not perfect, it's not good enough. Do any of these sound familiar to you? When you recognize you are enough, that true beauty is in being yourself, and let go of fears, past mistakes, and the need for everything to be perfect, that's where confidence begins.

**Your Weekly Winning Word:**

# Confident:

Having strong belief or full assurance

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## Your Weekly Winning Article:

We could write a book on the many ways you can start to grow your confidence to become a more confident person, but we've narrowed it down to these 9 actionable items you can work on that we believe will have the most impact. Read the article here: [Click Here To Read](#)

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## Your Weekly Winning Challenge:

Your brain believes whatever you tell it. Your self-talk could be the biggest culprit in lowering your self-confidence. This week we want you to practice positive self-talk and affirmations. A great example is, "I am enough!" Others would be, I am capable, I am worthy, I have everything I need, and I am beautiful! You get the point. You may have others you prefer to use, but pick a handful and start declaring these affirmations out loud to yourself daily. Write them down in your Success Planner and Journal and read them as well. When something negative about yourself pops in your mind, reject it out loud by saying, "That is a lie!" Replace it with a truth affirmation.

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## Your Weekly Winning Quote:

**Confidence comes when you let go of the need to be perfect. –  
Kim Martin**

**WE NEED YOUR HELP...**Please help us spread the word about our awesome community. You can help us by following our I've Decided Social Media pages on Facebook, LinkedIn, Instagram, and Twitter, and please be sure you like, comment, and share our posts. The more people we can reach, the more people we can help achieve their goals and dreams. Thank you!

Included in your I've Decided Membership are our Success Groups. We are excited to bring these resources to you in order to help you achieve your goals and dreams. We have designed these monthly success groups to help you make progress with your goals and dreams and provide you the opportunity to network with other people who are interested in a similar goal to you, advice and information from an expert coach, and the support you need for success! [Click Here To Watch Any Of Our Past Success Groups Recordings](#)

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Being confident comes when you decide to let go of the need to be perfect. Samantha Hutchison, Founder and owner of, Bear's Bites, joins Kim in the studio to discuss our weekly winning word, confident. It takes much confidence to leave your full-time job to pursue your passion, and Samantha did just that.

P.S. Help Bear's Bites win a \$50,000 Business Grant by casting your vote today. It takes 2 minutes. Click [Here](#).

[#205 March 8th, 2020 – Confidence comes when you decide to let go of the need to be perfect](#)

Watch The Journey, hosts Michelle Bohm Inspired Style Co. Salon & Boutique and Reagan Leslie Leslie Tyler Design talk to Realtor The Suzanne Miller Team – Jim Maloof/Realtor about how you can shift to see new opportunities in your life and business.

Tune in to I've Decided Media shows every Tuesday at 12:30 pm streaming from Peoria Life on facebook or youtube. The shows typically run 20 min or less just right to fit into your busy schedule.

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