

**15 TIPS TO BOOST CONFIDENCE THAT
WITHIN EVERY STRUGGLE, CHALLENGE,
OBSTACLE AND FAILURE THERE ARE
IMPORTANT LESSONS TO BE LEARNED
CHECKLIST**

When you feel confidence that within every struggle, challenge, obstacle, and failure there are important lessons to be learned, you understand the true value at the heart of every hardship. While struggling and failing aren't exactly pleasant human experiences, they do provide a positive outcome: You learn valuable lessons and information during the process.

Someone with this specific type of confidence doesn't necessarily have an easier time with their hardships or face less struggle during their lives. Like anyone else, they have their own challenges to conquer, but they do it with a specific goal in mind.

These folks have confidence that every hardship they face serves to teach them an important lesson. They know they can take that information with them into the future.

Although they faced a struggle, the wisdom they learned can help them avoid similar situations in the future (or at least help them feel better prepared).

✓ **Get more comfortable with actually feeling and experiencing your difficult emotions**

- Learning how to experience, feel, and process your emotions can be a big challenge. Nobody enjoys feeling uncomfortable and difficult emotions – in fact, many people choose to handle their emotions through an action called “repression,” which means they ignore or bury their feelings rather than taking time to process them.
- Learning how to actually experience your emotions is a big step toward gaining confidence that every struggle or challenge you face can contain a valuable lesson.
- By tackling those emotions head-on instead of ignoring them, you give yourself a chance to actually focus on the struggle and absorb what's happening rather than repressing everything.

✓ **Be patient with yourself as you learn life lessons from your struggles**

- Learning life lessons from your struggles can be a challenge. Dealing with hard times is already challenging enough and learning how to pull valuable lessons from your hard times can make it feel even more difficult.
- As you experience hardship and teach yourself to focus on the valuable lessons embedded within them, give yourself some grace and patience.
- Sometimes you may not see the important lessons until after the ordeal is finished; other times, you may realize them as the situation unfolds.
- Over time, you'll become more adept at absorbing this valuable information, but until then, be kind to yourself as you learn.

✓ **Reach out to your support system for extra help when you need it**

- Getting an outsider's perspective on your struggles, challenges, obstacles, and failures can provide valuable insight on the important lessons you can learn. As you deal with your own hardship, it can be challenging to turn your focus toward any valuable lessons or knowledge.
- Reach out to members of your support system for extra help, especially when you're navigating a difficult challenge or obstacle.
- Your close friends and family members can help you realize or understand something about the situation you couldn't originally see; their "outside view" of what you're experiencing can help build your confidence that there are indeed important lessons to learn from your struggles.

✓ **Spend plenty of time on your self-care routine**

- Self-care is an important part of keeping all types of confidence raised. When you're trying to find the important lessons within your challenges and struggles, ensuring that you're taking good care of yourself is a key step toward making sure you're up for that type of challenge.

- Self-care practices look different for everyone. It's important to find activities that leave you feeling relaxed and recharged afterward.
- A few examples of self-care activities include...
 - Taking a nap
 - Getting in some exercise
 - Listening to your favorite music
 - Taking a hot bath or shower
 - Indulging in a favorite meal or treat
 - Taking time to participate in an activity or hobby you really enjoy
 - ...and many more!

✓ **Keep a running list of important life lessons you learn over time**

- When you're in the midst of a particularly tough challenge, it can be difficult to remember that your hard times can contain valuable life lessons.
- To help yourself in the future, keep a list of important lessons you've learned over time from your struggles and hardships.
- You can keep a written list, journal, or digital list on your device – however you choose to document your life lessons will work just fine.
- When you find yourself in the midst of a struggle and feel like you can't possibly find anything positive to learn from the challenge, revisit your list and reflect on past lessons you've learned for inspiration and encouragement.

✓ **Find inspirational examples of people who have experienced similar challenges as you**

- There is a silver lining to nearly every rough challenge or situation you'll ever experience: Somewhere, someone else has also experienced it. Because of this, it's easy to connect with other people who understand what you're currently going through.

- In the age of the internet, it's easier than ever to connect with other people who understand the struggles and challenges you're currently facing.
- Reach out to online groups for support – you'll be surprised to hear all the great lessons and wisdom others have learned from similar hardships.
- Hearing their experiences will boost your confidence that you can also get through the challenge and come out on the other side a bit wiser.

✓ **Give meditation and mindfulness a try**

- Meditation and mindfulness are hot in the mental health world right now, and for good reason. Meditation is an excellent way to calm yourself during periods of stress and anxiety, helping you recenter and refocus your mind back to your present reality.
- Mindfulness is a similar practice. Like meditation, it helps bring you back to the present moment by helping you connect with your senses and refocus your attention back to what's currently happening around you.
- When faced with anxiety and stress, it's easy to find yourself worrying endlessly. With mindfulness and meditation, you can refocus and build more confidence that you'll handle your challenges accordingly.

✓ **Stop feeling ashamed or embarrassed whenever something doesn't work out exactly the way you planned**

- Unfortunately, life isn't perfect. Mistakes are going to happen, and the sooner you allow yourself to let go of feelings like shame and embarrassment when you make them, the easier your life will become.
- Your confidence tanks when you allow shame and embarrassment overtake you during a mistake or challenge. Rather than letting those emotions take the wheel, challenge them directly by acting against what those emotions may tempt you to do.

For example, when you feel embarrassed over a mistake, you may try to hide the

evidence of making it. Instead of hiding, admit your mistake early so you can begin correcting it and learning from it.

✓ **Let go of any perfectionist images**

- It's tough to feel confident about finding wisdom within a struggle or challenge when you harbor a personal demand for perfection.
- When you insist that everything always work out perfectly in your life, you're preparing yourself for some extreme disappointment – perfection is an impossible image to attain and chasing after it endlessly stops you from learning valuable lessons from mistakes.

✓ **Understand that a failure isn't the end of your journey**

- Failure is hard to accept. When you work your hardest to do something and fail at it, you may feel tempted to give up on your ventures entirely. However, it's important to restructure the way you think about failures.
- To build more confidence in learning important lessons from your struggles and failures, it's important to view failure as an important lesson all within itself. When your attempt at something fails, it doesn't mean you need to stop trying – you've simply learned about a method that doesn't work.
- Rethinking your failures this way boosts your confidence in the lessons you've learned, giving you knowledge to move forward and try again in a new way.

✓ **Once you identify valuable lessons learned from a struggle, challenge, obstacle, or failure - give yourself permission to let the rest of that hard time go**

- Retaining your valuable lessons learned from any hard time is the most important part of the entire experience. Once you have that knowledge, give yourself permission to let the rest of the experience go for good.

- Sometimes people tend to ruminate too heavily on their past hardships and mistakes – they may obsess over something they did wrong, inundating themselves with “should haves” and “would haves” that they believe would have made things better. At the end of the situation, it’s impossible to time travel back and change anything. The best and healthiest thing you can do for your confidence is to remember the lessons learned and let go of everything else that happened.

✓ **View your challenges, struggles, and failures as opportunities for self-improvement**

- Every time you experience hardship, you learn some valuable lessons. Another way to boost your confidence in finding the valuable lessons within your hardship is to aim for self-improvement afterward.
- Whatever led to the mistake, apply that wisdom to determine if you need to improve an aspect of yourself to avoid it again in the future.
- For example, you may determine that you made a mistake by saying something inappropriate in a meeting. You may learn the valuable lesson of thinking carefully before speaking is the main takeaway from the whole experience. From that, you may determine that you need to improve yourself by practicing holding your tongue in important meetings.

✓ **Let go of any demand for control you may have**

- Life would be carefree and easy if you could control everything that ever happened to you. Unfortunately, this will never be true for anyone. Nobody has total control over everything in their lives. Allow this fact of life to help boost your confidence in yourself to find the important lessons within your struggles and hardships – you are going to face tough times.
- When you face them, however, you can control one aspect of the situation: Your attitude toward it.
- By approaching your challenges with a learning mindset, you can focus on taking the valuable lesson out of the struggle rather than the difficult emotions.

✓ **Treat yourself the same way you'd treat your best friend when they're facing a challenging situation**

- When your best friend faces a challenging time, you want to be a good, supportive friend. Rather than harping on what they did wrong or pointing out their flaws, you give them words of encouragement and attempt to help them mitigate the situation to help boost their confidence.
- Give yourself the same care and concern when you're facing your own struggles. Rather than being hard on yourself, treat yourself like your own best friend.
- Be kind and strive to see the positives of the situation. With this gentler approach, you'll feel your confidence rise and find it easier to see the valuable lessons hidden within your challenges.

✓ **Reflect**

- Take the time to reflect on your past struggles so you can gain the proper perspective. Use these prompts to write out your story and see what you can glean in furtherance of building your confidence in this area of your life.
- Feel free to repeat the following exercise for as many situations as you like.
- Describe a past struggle/obstacle/failure?
 - How did you respond?
 - What was the outcome?
 - What could you have done to make the outcome different?
 - What was missing that could have helped you?
 - What was positive about this experience?
 - What would you have done differently?
 - What would you have done the same?
 - What lessons did you learn throughout this process (think about this carefully)?
 - What silver linings did you discover? Think about this carefully. For example...
 - Perhaps through this experience you became more comfortable with navigating roadblocks

- Perhaps you find out that you can face your fears and come out the other side
- Perhaps you gained a whole new level of inner-strength