LESSON 3 WORKBOOK

Build Confidence That Everything Will Be Ok

Table of Contents

What It Means To Have Confidence That Everything Will Be OK 1

Exercise: Develop Your Sense Of Confidence That Everything Will Be OK 2

Let go of any perfectionist attitudes 2

Does everything in your life have to perfect? 2

Describe your flaws 4

Describe how your life is flawed 5

How do you feel when things go wrong? 7

Do you have to perfect all the time? 8

Are you perfect? Describe how you are imperfect 9

What issues does being a perfectionist cause you? 10

Does perfectionism ever help you? 12

What negative self-talk results from your perfectionsitic thinking? 14

List 10 ways your life will get better when you let go of perfectionism 15

Flip the script: Change your inner perfectionist script. Use the table below to change negative critical, demanding thoughts into those that are more compassionate and understanding 17

Reach out to your support system for guidance and advice 18

Discuss your problems and concerns with someone you trust, list those people here 18

If you lack an adequate support system, what can you do about that? 19

Practice asking for help in writing here 21

List 10 benefits of asking for help..... 23
Practice accepting that you can't have total control over everything in your life..... 25
List the things you can control in your life 25
List the things that you cannot control 28
What will happen if you lose control?..... 31
List 10 benefits of letting go of control over those things you cannot control, for example, more inner peace and serenty 32
Commit to yourself in writing how you will let go of control of all the things you cannot control 33
Think back on past hardships and reflect on your resiliency. 36
Describe a past hardship, what happened, how did it turnout, what role did you play 36
Describe a hardship where everyting turned out OK 38
Describe a hardship where everyting turned out OK 40
Describe a hardship where everyting turned out OK 42
Reflecting on the hardships you wrote about, consider how you survuved those hard times and how you can use that knowledge to always know everything will be ok 44
Practice regular self-care 48
Use the table below to schedule your self care activities..... 49
Develop a mantra to help you work through challenging times..... 50
Action Step: Let the beginning of each day count as a "fresh start." 50
Revisit or create your personal gratitude list. 50
Write down everything you are grateful for 50

Remember that the world is a balance: You must have hard days to appreciate the easier ones. 53

Make a list of all the positive things, gifts and valuable lesson you learned from hard times 53

Write a statement thanking the hard times becaues they make you appreciate the good times so much more 56

Counter your negative thinking with the facts. 58

Give yourself permission to take a break from the world and enjoy something else, like a book or TV show. 60

Make a list of all the things that for you mean a break from the world 60

Plan how you will make time for these 61

Always Remember that you have yourself. 64

How do you feel about the above statements? 64

Free Writing/Journal..... 68

What It Means To Have Confidence That Everything Will Be OK

Having confidence that everything will be OK is a special type of confidence. When you feel confident that everything will be OK, you're giving yourself permission to really live your life to the fullest.

A person who feels confident that everything will be OK understands the value of taking risks and trying new things. While being risky and trying new things can be frightening, doing so is the "spice of life" – if people never tried something risky or new, they'd never grow or change throughout their lives.

Having confidence that everything will be OK doesn't guarantee that you know everything will work out exactly as you planned. Life doesn't work that way – if we could all have total control over everything in our lives 100% of the time, we'd be living in a fairy tale existence.

Since people don't have total control over everything, it's important to develop a sense of confidence that everything will be OK, no matter what happens.

If everything turns out as expected, you can move forward as you planned. If everything turns out sour, you can still move forward and keep going – just in a different direction.

When you have confidence that everything will be OK, you aren't guaranteeing definite success. Instead, you're guaranteeing that you'll have a good attitude no matter the outcome and will find a way to keep moving forward.

This type of confidence is also key for not allowing yourself to drown in doubt, or the black hole of misery when you face challenges and obstacles. In these ways the confidence you build in knowing that everything will be OK helps you excel in life.

Exercise: Develop Your Sense Of Confidence That Everything Will Be OK

You can learn to feel confident that everything will be OK. It takes time and practice to develop this specific form of confidence because it ebbs and flows with the natural pace of your daily life.

Let go of any perfectionist attitudes

Building confidence in the idea that everything will be OK doesn't mean everything will always end perfectly. In fact, some situations may end pretty terribly, but this doesn't mean that everything won't be OK in the end.

Does everything in your life have to perfect?

Describe your flaws

Describe how your life is flawed

How do you feel when things go wrong?

Do you have to perfect all the time?

Are you perfect? Describe how you are imperfect

What issues does being a perfectionist cause you?

Does perfectionism ever help you?

What negative self-talk results from your perfectionistic thinking?

List 10 ways your life will get better when you let go of perfectionism

Flip the script: Change your inner perfectionist script. Use the table below to change negative critical, demanding thoughts into those that are more compassionate and understanding

Negative Self Talk	Positive Self Talk
You screwed up again	It's okay, you made a mistake, everyone

Reach out to your support system for guidance and advice.

When you keep all your struggles to yourself, you can begin to feel isolated and alone in your hardship. To help boost your confidence that everything will be OK, reach out to someone in your support system for help.

Discuss your problems and concerns with someone you trust, list those people here

If you lack an adequate support system, what can you do about that?

Practice asking for help in writing here

List 10 benefits of asking for help

Practice accepting that you can't have total control over everything in your life.

List the things you can control in your life

List the things that you cannot control

What will happen if you lose control?

List 10 benefits of letting go of control over those things you cannot control, for example, more inner peace and serenity

Commit to yourself in writing how you will let go of control of all the things you cannot control

Think back on past hardships and reflect on your resiliency.

Reflecting on past hardships is a great way to boost your confidence that everything will be OK

Describe a past hardship, what happened, how did it turnout, what role did you play

Describe a hardship where everything turned out OK

Describe a hardship where everything turned out OK

Describe a hardship where everything turned out OK

Reflecting on the hardships you wrote about, consider how you survived those hard times and how you can use that knowledge to always know everything will be ok

Practice regular self-care

Taking good care of yourself is a major part of maintaining confidence that everything will be OK. If you're feeling restless, tired, and drained, it's tough to maintain your confidence in anything! Taking care of your physical health naturally promotes your mental health.

- Stress management techniques
- Getting a manicure or pedicure
- Taking a nap
- Life balance
- Not being too busy
- Prioritizing rest and relaxation
- Taking a hot, steamy bath or shower
- Spending time catching up on your favorite TV shows
- Turning off your cell phone notifications and enjoying some alone time
- Working on a hobby you enjoy

Use the table below to schedule your self-care activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Develop a mantra to help you work through challenging times.

Mantras are powerful meditation tools and have been used as a method for centering the mind, body, and spirit for thousands of years. Developing a mantra to help you work through tough times is a great way to build more confidence that everything will be OK.

Action Step: Let the beginning of each day count as a "fresh start."

When you're going through a tough time, let yourself view each new day as an opportunity to make a fresh start.

Revisit or create your personal gratitude list.

Write down everything you are grateful for

Remember that the world is a balance: You must have hard days to appreciate the easier ones.

Learning how to appreciate your hard times and your good times will help you develop a stronger sense of confidence that everything will be OK. Regardless of the outcome, your experiences add up to help you appreciate, learn, and enjoy life.

Make a list of all the positive things, gifts, and valuable lesson you learned from hard times

Write a statement thanking the hard times because they make you appreciate the good times so much more

Counter your negative thinking with the facts.

Negative Thought	Fact
You can't handle anything	I am strong and resilient and have handled many hard times in my life

Give yourself permission to take a break from the world and enjoy something else, like a book or TV show.

Make a list of all the things that for you mean a break from the world

Plan how you will make time for these

Always Remember that you have yourself.

One of the most important considerations when developing your confidence that everything will be okay is to find comfort and security in the fact that you have yourself.

- When you have your back, are self-supportive and fight to meet your needs then everything will be ok.
- You have yourself to turn to.
- You practice self-compassion and this helps you get through tough times.
- You are your own best friend, and this keeps you stable and balanced when you face challenges.
- You can rely on your own inner strength.
- You can find your way out of anything life throws at you.
- You are never alone when you stand behind you.

How do you feel about the above statements?

Free Writing/Journal