LESSON 4 WORKBOOK Build Confidence That You Can Handle Anything That Comes Your Way

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Introduction

When you're confident that you can handle anything that comes your way, you live in a state of preparedness. You have confidence in yourself to handle any type of situation – no matter how tricky or complicated it might be – in a way that will produce the best results.

Feeling confident that you can handle anything that comes your way doesn't always mean you'll resolve every life situation with ease and perfection. Like anyone else, you don't have total control over what happens in your life.

However, with this type of confidence, you do understand the role you play in your own destiny. You have the power to choose how you'll react to different situations and proceed when it's time to act on them.

Because of this ability, a person with this kind of confidence really trusts themselves to make the best decisions possible.

Reflect on life lessons you've learned.

Making a mistake can be a rough experience that leaves you feeling ashamed or embarrassed. However, reflecting on those mistakes plays a key role in helping you feel confident that you can handle anything that comes your way – those mistakes all taught you valuable life lessons.

When you think about the lessons you learned from your previous mistakes, you're able to take that valuable knowledge with you into the future. Knowing that you can use that knowledge to avoid similar mistakes in the future boosts your confidence in handling anything that comes your way.

Choose a significant past mistake and describe it here		

How did you handle it?		

What strengths helped you get through it?

What support helped you get through it?		

Describe your inner strength and resilience through this experience?	

Write about the significance of within your life and how you feel about this saying: "what doesn't kill you, makes you stronger"	

Practice accepting the things you cannot change in life

If you could change anything in your life to suit your needs, life would be easy. Unfortunately, this isn't always the case. Sometimes there are aspects of your life that can't be changed. Learning to accept those can boost your confidence that you can handle anything that comes your way.

List the things you cannot change in life

For example, natural disasters, pandemics, what other people do, think, or say, politicians, death, your spouse or significant other, the past, your parents, your boss, your kids, and others

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List the things that you can change	
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Write about how accepting what you cannot change helps you to handle anything that comes your way in life
For example, inner peace, less stress, you get to stop fighting the inevitable so you can spend
For example, inner peace, less stress, you get to stop fighting the inevitable so you can spend your energy on more important things.

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Action Step: Engage in a mindfulness practice regularly

Practicing mindfulness throughout the day is an excellent way to calm down, restore your mental clarity, and stay present in the moment. All of these things are conducive to feeling confident that you can handle anything that comes your way. Practicing mindfulness isn't complicated and doesn't require a lot of preparation; you can engage in mindfulness anywhere you are during the day.

How To: A simple mindfulness practice is to close your eyes, take a few deep breaths, and focus on your current sensations.

For example, you may say, "Right now, I feel the chair against my back. I smell the candle burning in the living room. I hear a car driving down the street." The idea is to pull your senses back into the present moment so you can focus on what's happening right now versus obsessing over the future.

Practice illinuitumess for a week and their describe your experiences	

Find ways to purposefully limit the amount of excess stress and anxiety entering your life

Experiencing stress and anxiety can rattle your confidence. Feeling like you must be constantly on alert due to something causing you a high amount of stress and anxiety makes it challenging to feel like you can handle anything that comes your way.

List the top stresses in your life

List those stressors you can control	

List those stressors that you cannot control
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Can you eliminate any of the top stressors in your life?	
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Can you eliminate any of the top stressors in your life?	

What boundaries can you set to limit any stress?					

Can you scale back the amount of work you're doing?				

Are there any people in your life bringing extra stress to the table? If yes, what can you do to eliminate or limit interaction with these people?

Practice stress management.

Some examples of effective stress management techniques are listed, choose from the list, or find those that help you to relax and reduce stress and plan to do them in the table below.

- Exercise
- Meditation
- Yoga
- Regular rest and relaxation
- Progressive muscle relaxation
- Mental imagery
- Relaxation to music
- Healthy diet
- Regular daily breaks from technology
- Distractions including TV, hobbies and reading
- Self-care activities of any kind: massage, baths, aromatherapy
- Life balance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Stay connected with the people who make up your support system.

Make a point to keep regular contact with the people who make up your support system. Keeping contact with your closest friends and family members is an excellent way to boost your confidence in being able to handle anything that comes your way.

Make a plan on staying connected, list the people you choose to be with and how you will make time for this					

Establish and keep some regular routines as a part of your day.

A good way to boost confidence in handling anything that comes your way can be improved with establishing and keeping regular routines in your day. Having routines gives your daily life predictable structure. When the regular events of your day are structured by routine, it makes it easier for you to conserve your energy for handling the surprises life tosses your way.

You can establish a variety of routines throughout your day to make life easier. For example, considering establishing routines for....

- Getting ready for a restful night's sleep each evening
- Preparing your things for school or work the night before
- Preparing all your meals ahead for the week
- Completing your house cleaning tasks for the week
-and many more!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Focus on the facts of new situations as they arise.

A good way to boost your confidence about handling anything that comes your way is to focus on the facts of any situations that arise. When you feel startled by something surprising that happens in your life, it's easy to get sucked into negative thinking that's often rooted in anxiety rather than fact. Focusing on the facts allows you to build confidence by analyzing what's really going on rather than allowing your anxious mind to wander off on a tangent.

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Take good care of your physical health.

Taking good care of your body is a great way to build confidence in being able to handle anything that comes your way. Taking care of your physical health includes but is not limited to....

- Attending all your routine doctor's check-ups and medical appointments
- Brushing and flossing your teeth regularly
- Eating a variety of nutritious foods
- Getting a good night's sleep as frequently as possible
- Incorporating exercise and movement into each day

By taking good care of your body, you're ensuring that your health will remain good for a long time. When you're feeling your best, you can perform at your best, which is helpful when life's random surprises occur.

How are you lacking in this area?		

How can you do better to take care of your physical health?

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Adopt a "lifelong learner" lifestyle.

Lifelong learners are people who never allow themselves to reach complacency in their education. Whether they're teaching themselves a new skill, signing up for a class, or furthering their education in a formal classroom setting, lifelong learners want to keep learning all sorts of new things throughout their lifetimes.

Being a lifelong learner is a great way to boost your confidence in your ability to handle anything that comes your way. When you're a lifelong learner, you pick up a lot of great knowledge and new skills over time. All this acquired knowledge can be put to great use throughout your life – you never know when your knowledge of a skill you learned will come in handy.

What would you like to learn about?		

Make a plan on how you will reach these goals	
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Create a plan in case you find yourself involved in a specific difficult situation that tends to trigger you

If you've ever experienced a particularly traumatic situation, you understand how some people, places, and events can be "triggering," or quick to make you remember the pain and misery of that prior trauma. Triggering situations can tank your confidence – when you're feeling those old feelings arise, you may feel like you can't handle what's happening in life.

To better prepare for these types of situations, you can boost your confidence by preparing an action plan for what to do in case a triggering situation arises. When you have a plan in place, you can move forward with more confidence that you'll know what to do when trouble arises.

Describe situations that trigger you or cause you extreme stress

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Make a plan on how you will prepare for such situations?	

Get to know yourself well

When you know yourself, you understand your abilities very well. Getting a full grasp on your strengths and weaknesses is an excellent way to feel more confident in being able to handle anything that comes your way. When you understand your strengths, you can call upon them when you need them most to be of service or solve problems. Alternatively, knowing your weaknesses is also a great way to keep your confidence up.

Yes, having weaknesses is no fun, but everyone has them. When you understand what your weaknesses are, you can work to improve them and know how they might affect you when life throws you a surprise.

What are your strengths		

What within yourself have you used in the past to get through difficult times

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What can you handle easily?		

What is more difficult for you to handle? For example, rejection or feelings.

What steps can you take to address those things that are difficult for you to handle?		

What are your weak points?		

List times when you have been strong and faced challenges with resilience

What about you helped you get through those times? Be specific.		

What are your weaknesses in terms of managing during hard times? For example, you have a hard time asking for help.

How can you counteract those weakness that interfere during difficult times?

For example, in using the asking for help example, you can ask people you trust to come to you when they know you are facing difficulties instead of them waiting for you to come to them.

Exercise 12

Think about your entire life so far and how much struggles and challenges you have faced.

Likely there have been quite a few. Are you alive? Are you ok? Did you get through them? I bet you did! Give all those times some hard thought and write about it, how much confidence that you can handle anything can you glean from this?		

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Exercise 13

Consider seeking help from a mental health professional

If you are struggling to gain confidence in your ability to handle anything that comes your way, consider reaching out to a mental health professional. A counselor or therapist can help you navigate your fears and anxieties in a productive and helpful way, teaching you lots of great strategies along the way.

On top of learning ways to cope with your lack of confidence and learning more about how to boost it, talking to someone outside of your personal life is a great way to get objective advice about what you can do to better prepare yourself and feel more confident about handling life's surprises.

Free Writing/Journal

