

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.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Exercise 6

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

Situation:

Exercise 10

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

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.

