LESSON 7 WORKBOOK Build Confidence That Within Every Struggle, Challenge, Obstacle And Failure There Are Important Lessons To Be Learned

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What It Means Have Confidence That Within Every Struggle, Challenge, Obstacle, And Failure There Are Important Lessons To Be Learned

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 people 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).

15 Tips For Developing A Stronger Sense Of Confidence That Within Every Struggle, Challenge, Obstacle, And Failure There Are Important Lessons To Be Learned

Get more comfortable with feeling and experiencing your difficult emotions

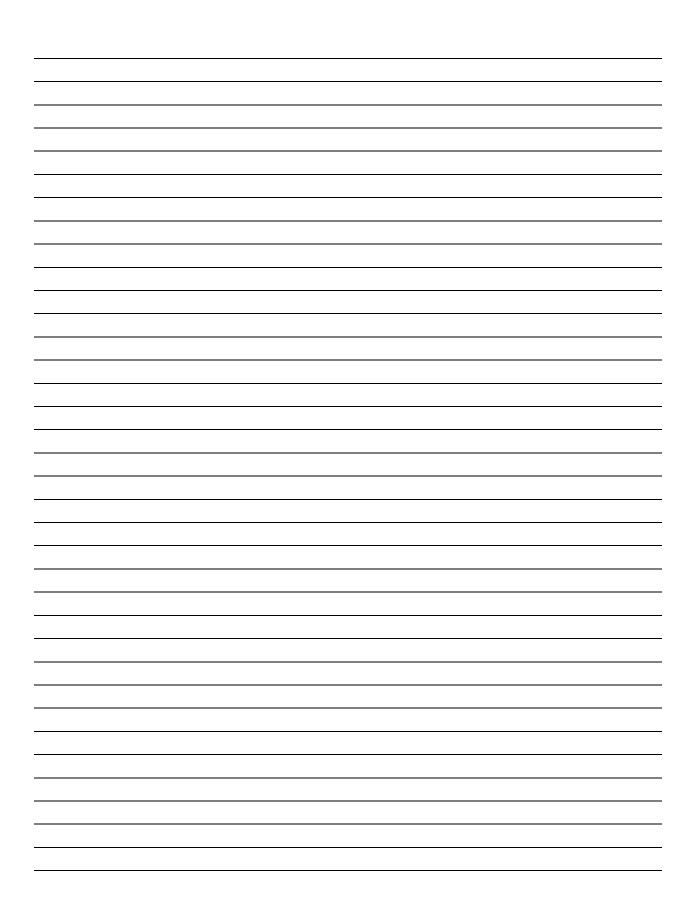
What emotions do you struggle with?

What do you do with those emotions?



Make a plan for how you will address these issues by choosing from the following list of healthy ways to process emotions

- Journal
- Talk to someone
- Scream and punch a pillow
- Cry
- Vent this means actually sharing your feelings aloud to someone, or to yourself
- Work with a therapist



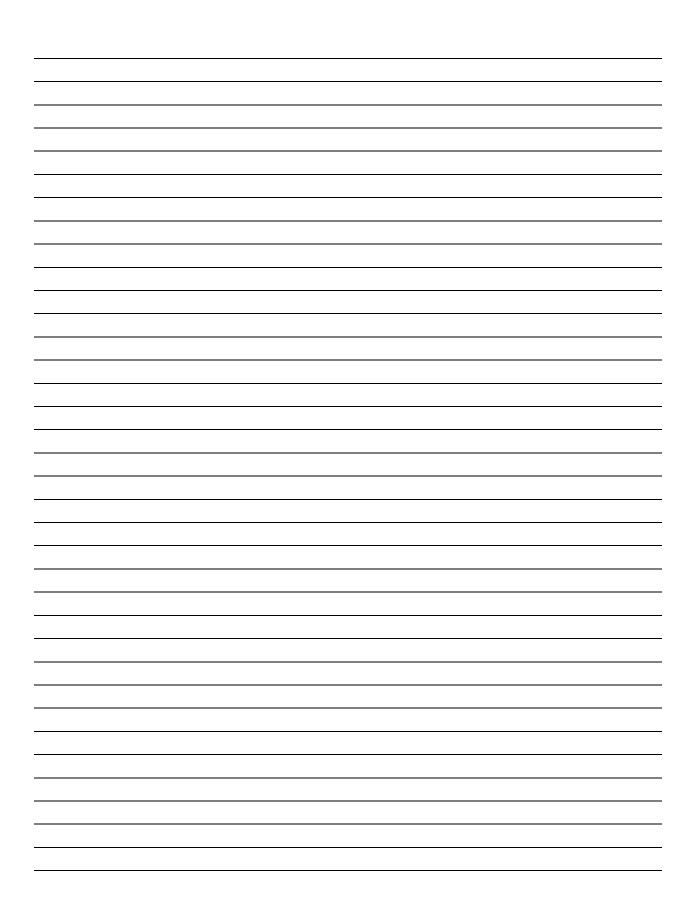


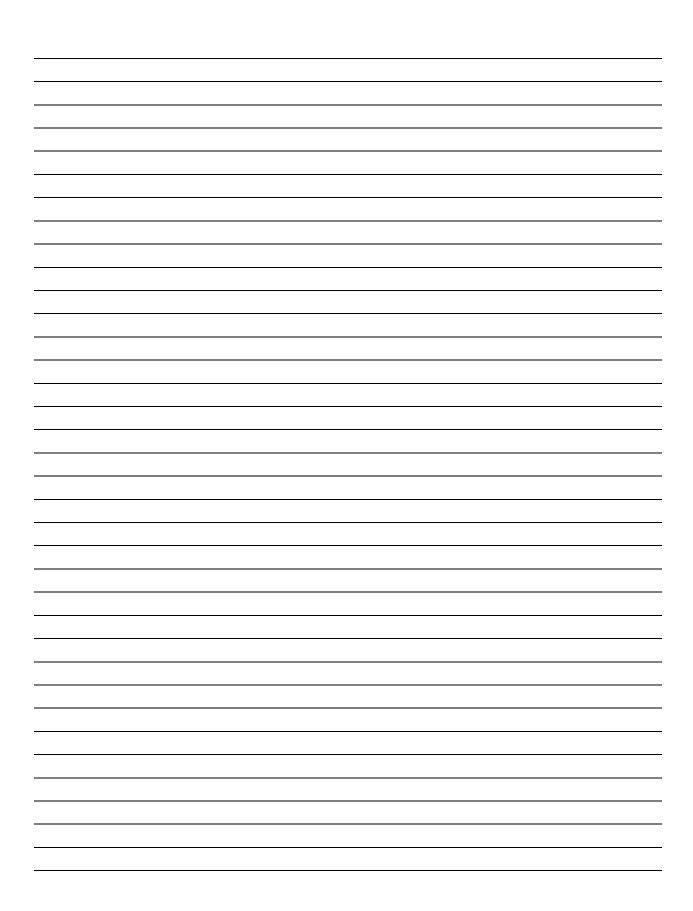
Be patient with yourself as you learn life lessons from your struggles

Are you patient with yourself?

How do you show yourself kindness?

How can you be more patient and kind with yourself?







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

Do you ask for help?





Do you find it difficult to ask for help? Why?							
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How can these people help you? What are the benefits of asking them for help versus going at it alone?





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. When you are well, healthy, and physically strong your mental and emotional state naturally improves.

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

Make a list of self-care practices that you want to engage in



Make a plan on how you will include these in your regular schedule	Make a	plan on h	now you will	include	these in	your r	egular	schedule
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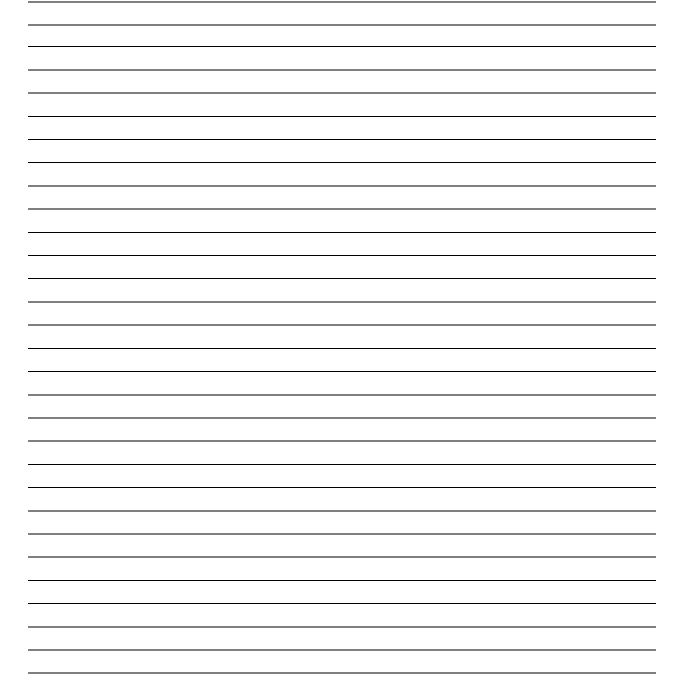






Keep a running list of important life lessons you have learned and continue to learn over time

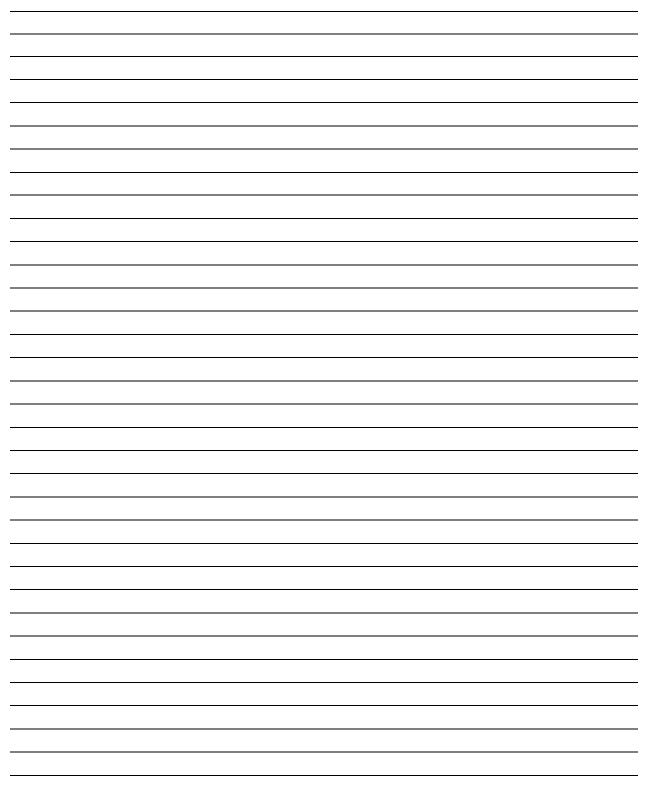
When you're in the midst of a particularly tough challenge, it can be difficult to remember that your hard times can contain valuable life lessons. To help yourself in the future, keep a list of important lessons you've learned over time from your struggles and hardships.







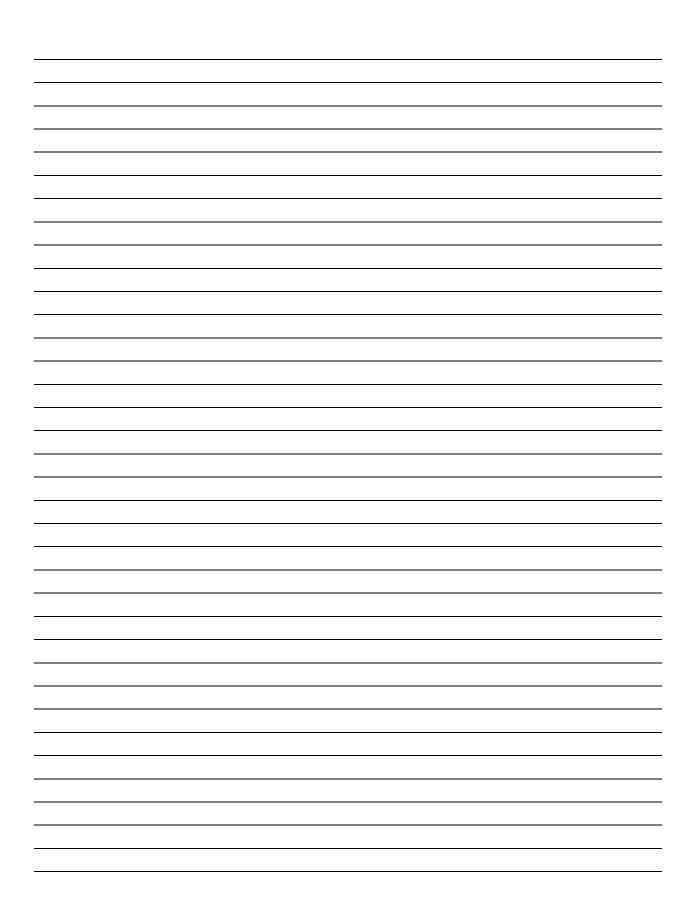
Find and list inspirational examples of people who have experienced similar challenges as you



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

How do you feel when you fail?

How do you believe your failures reflect on you?





Write a letter to failure letting it know that you will let go of the negative feelings you have towards how it reflects on you. This includes, letting go of shame, embarrassment and other self-defeating emotions



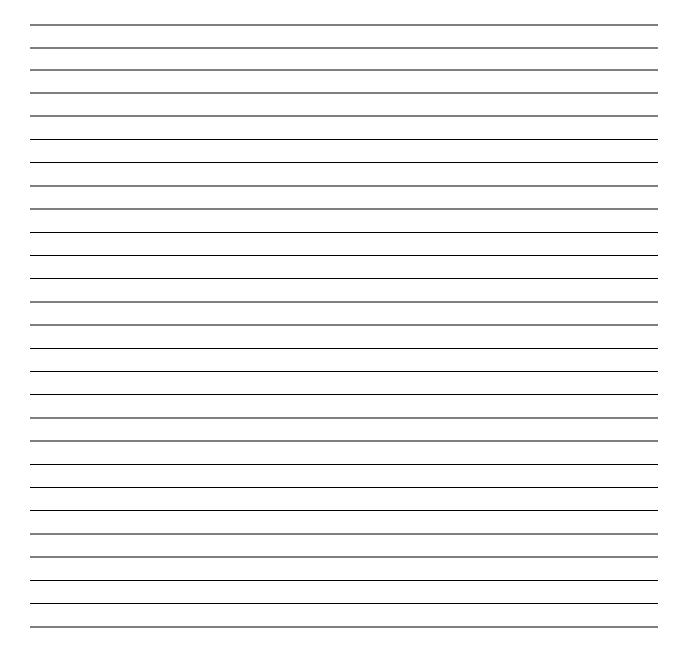




Let go of perfectionism

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.

Do you have to be perfect?



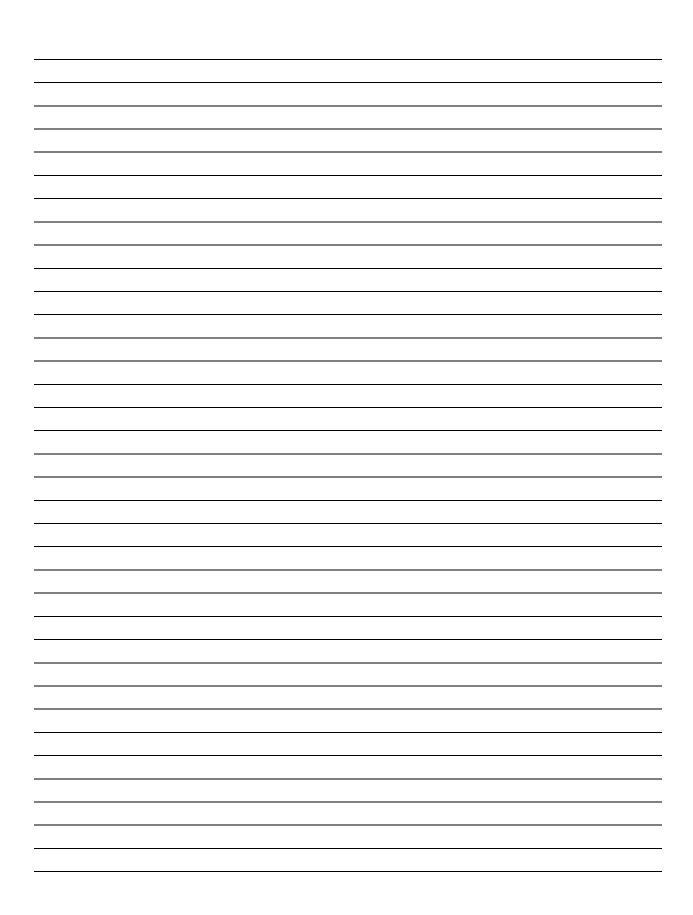
How do you feel about perfectionism?

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Do you think feeling the need to always be perfect helps you?			

Let go of the need to be perfect, write a commitment to yourself. Remember that humans are not perfect, we all make mistakes, it is investable.



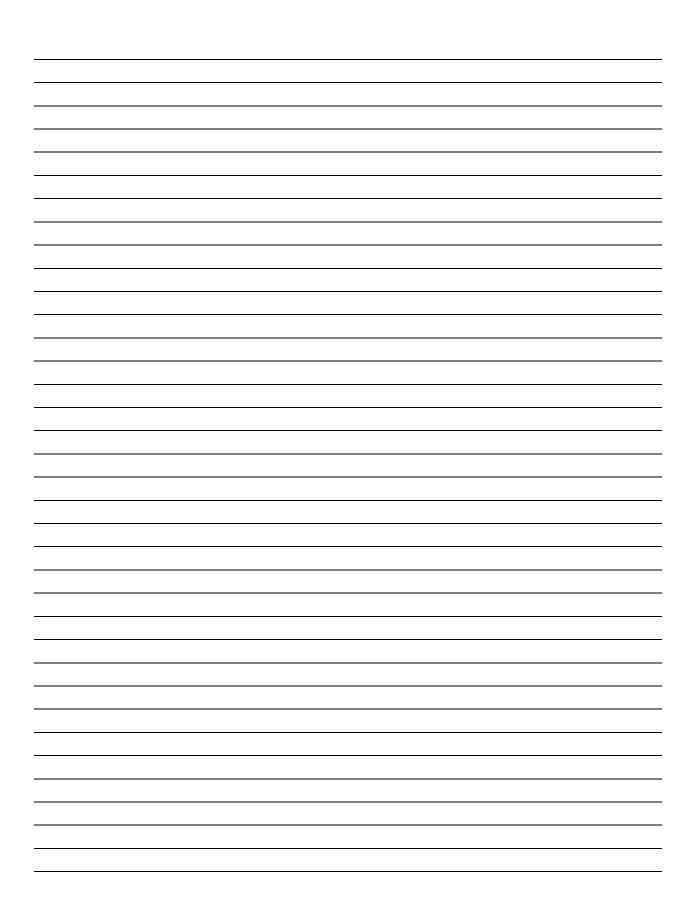
Understand that a failure isn't the end of your journey

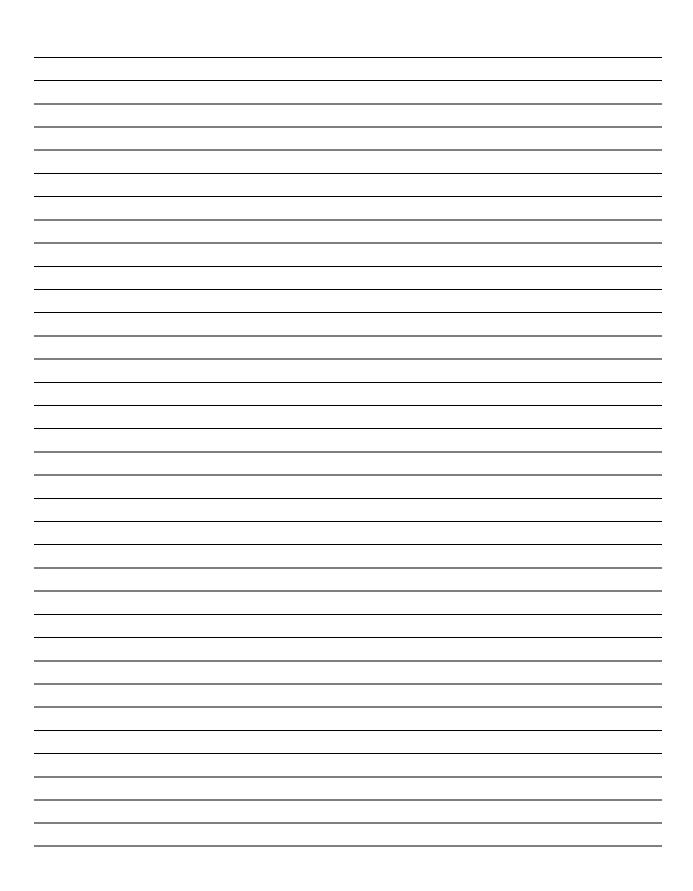
Failure is hard to accept. When you work your hardest to do something and fail at it, you may feel tempted to give up on your ventures entirely. However, it's important to restructure the way you think about failures.

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.

Describe a past failure? What happened? Did you survive? Where are you now?



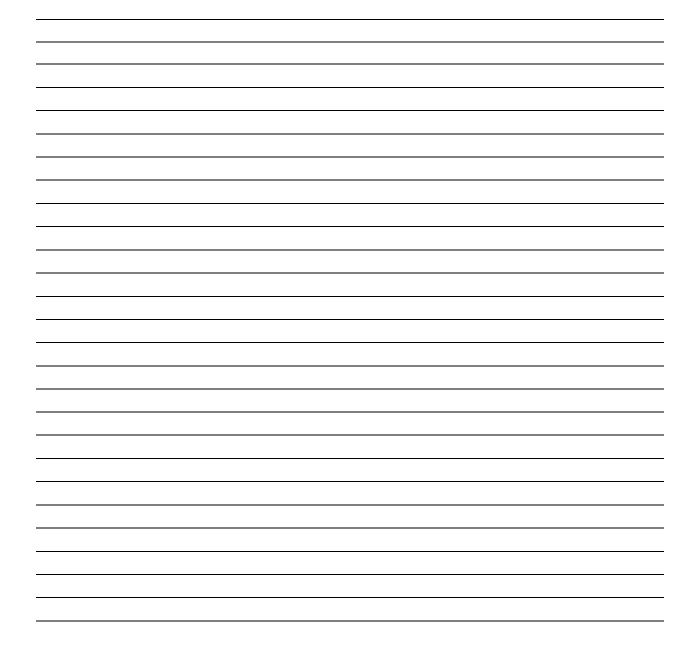


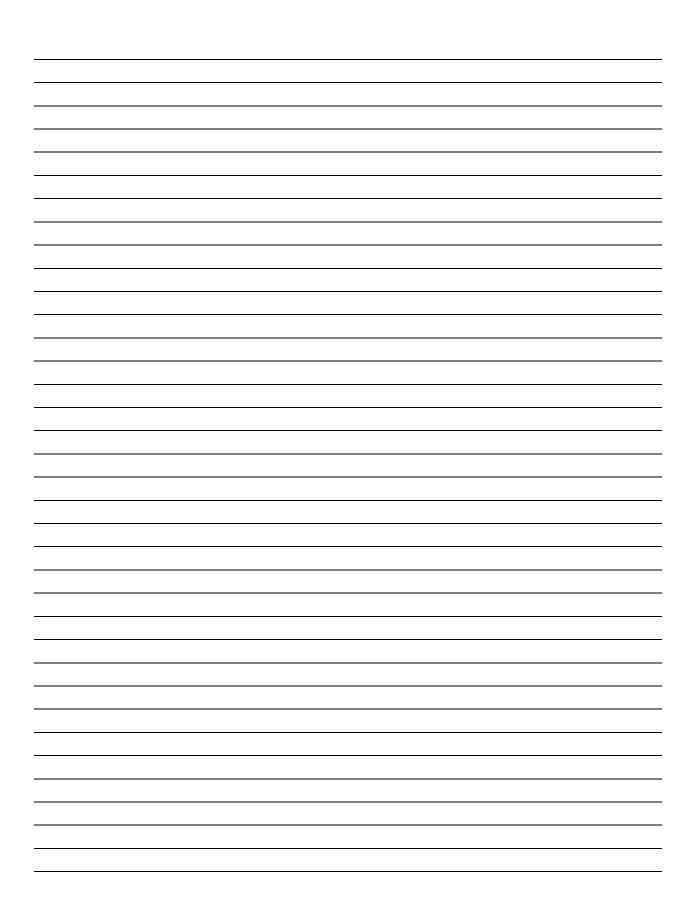


View your challenges, struggles, and failures as opportunities for selfimprovement

Going through struggles helps us grow, whether it is building resilience and inner strength or learning something new about ourselves, there is always something to discover.

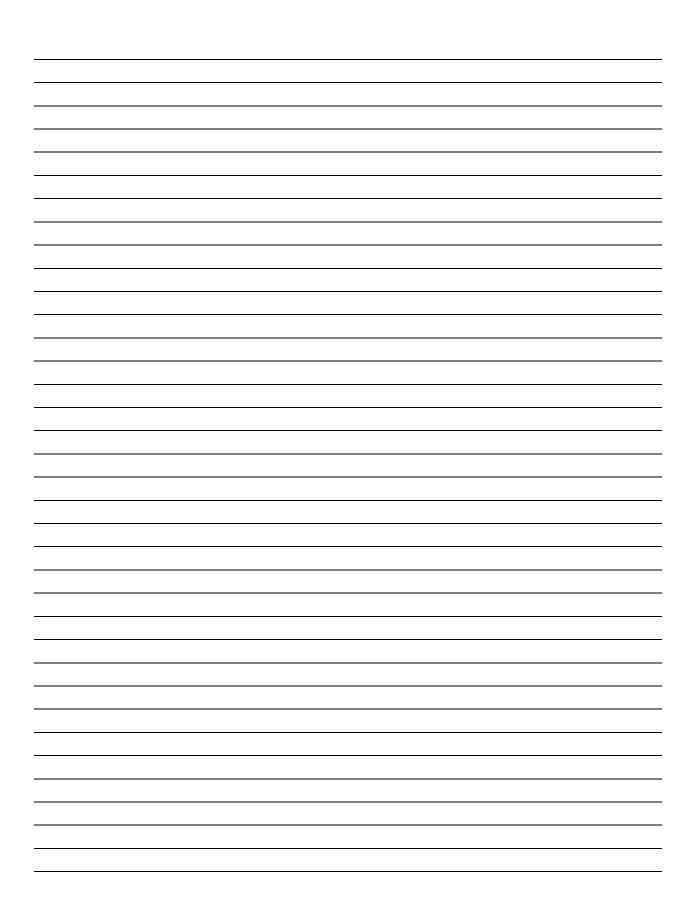
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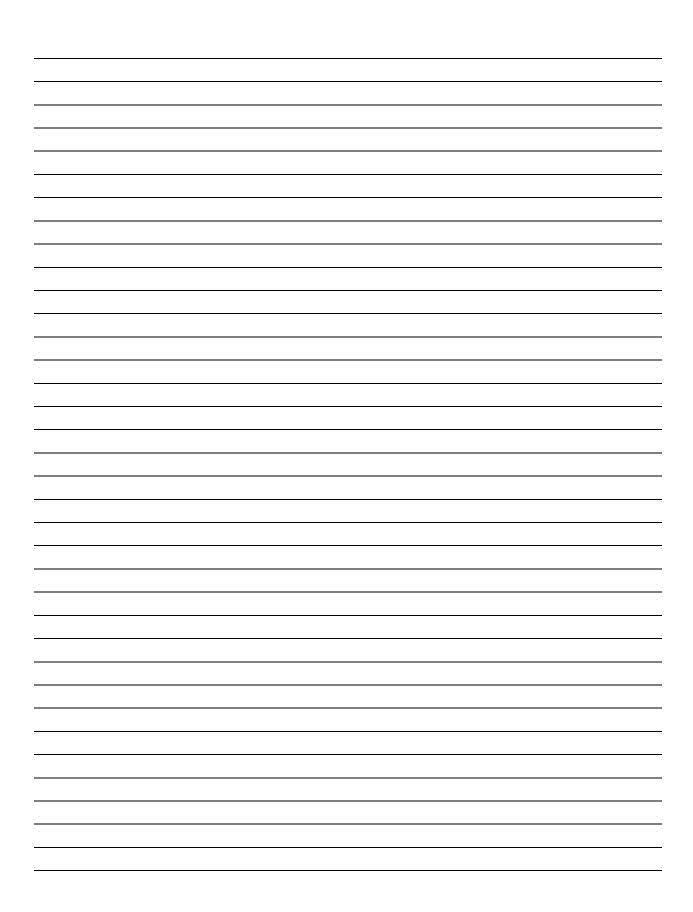


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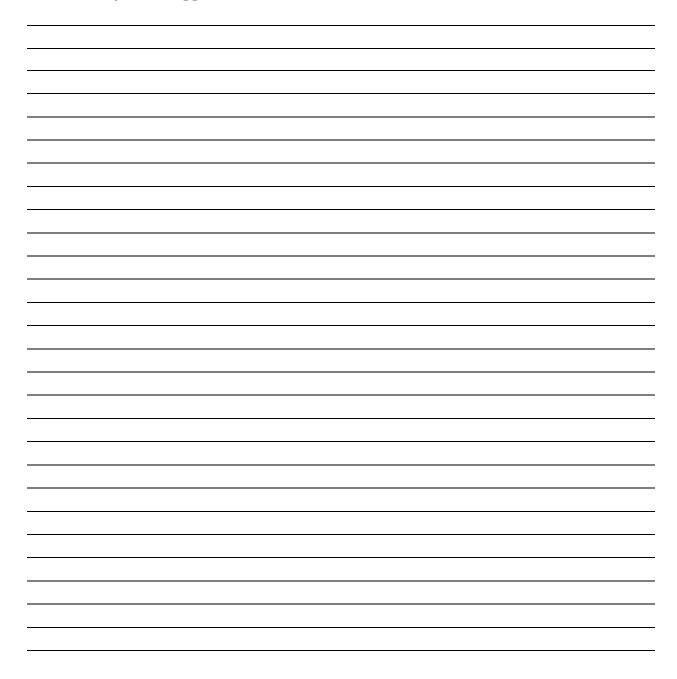




Reflect

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, we have provided space for multiple reflections.

Describe a past struggle/obstacle/failure



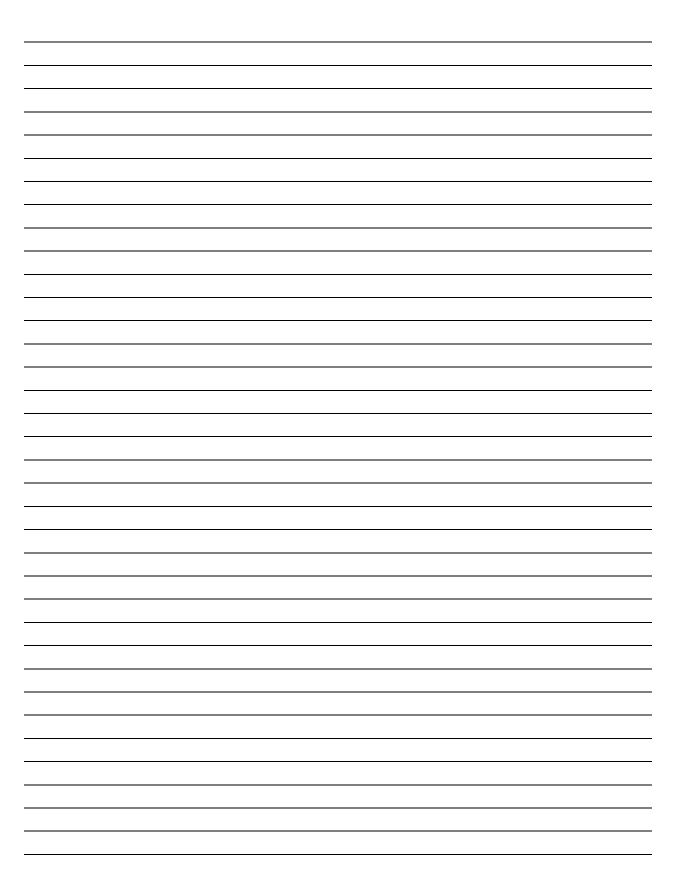
How did you respond?			

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?

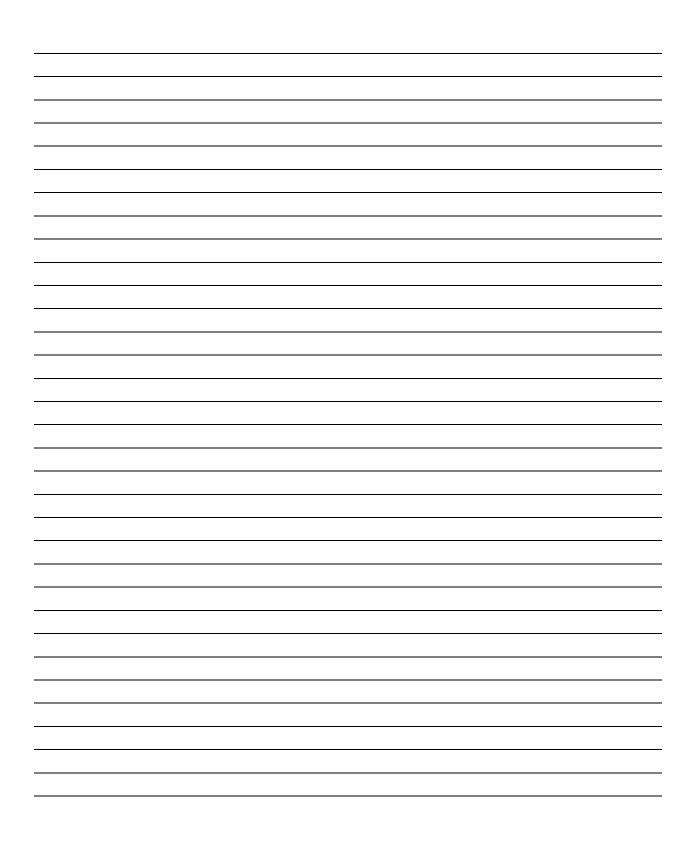
What lessons did you learn throughout this process (think about this carefully)?



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

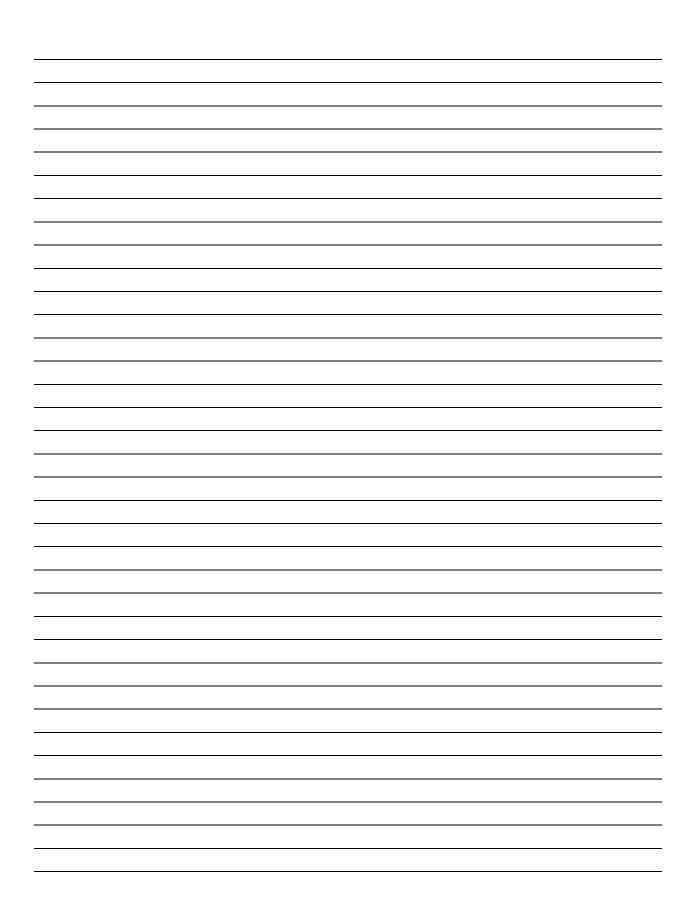
• Perhaps you gained a whole new level of inner strength



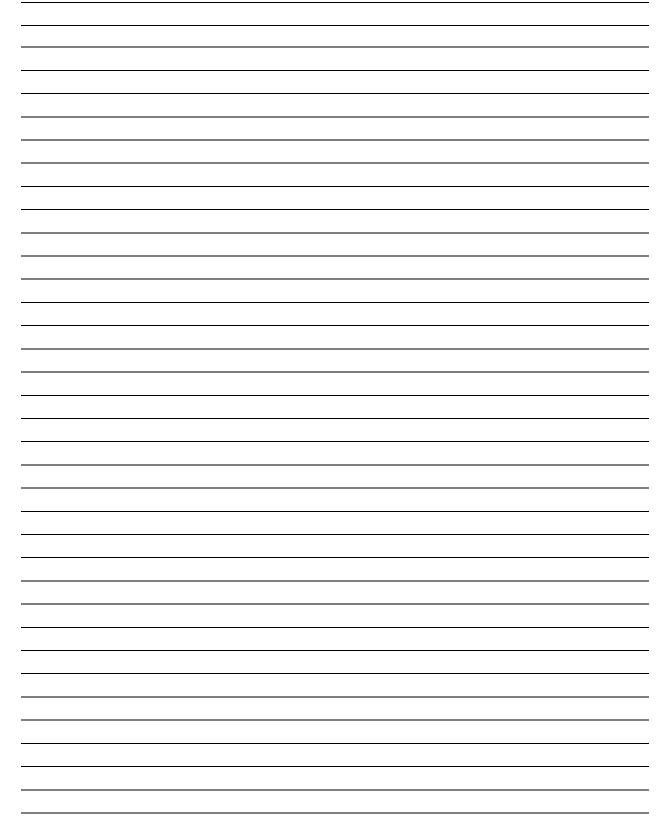
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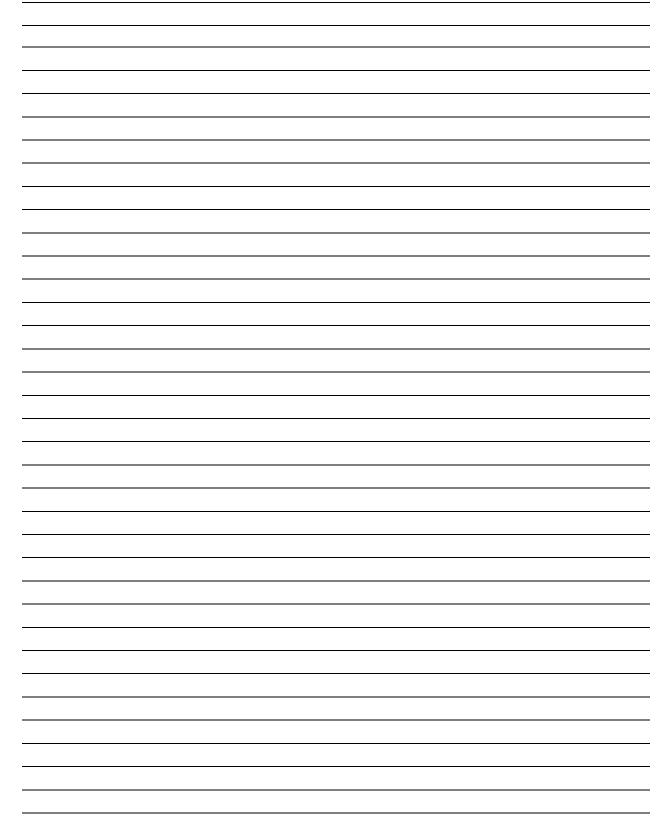


What could you have done to make the outcome different?



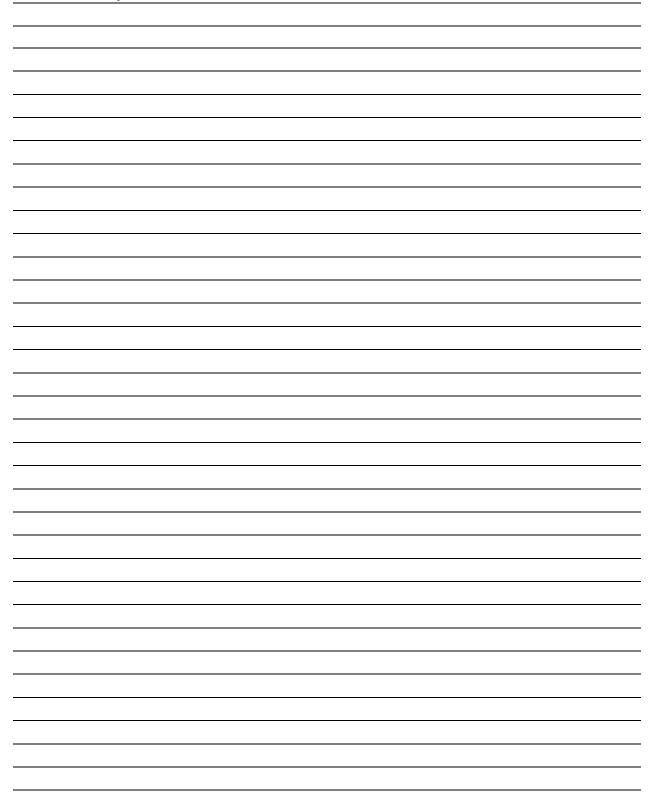
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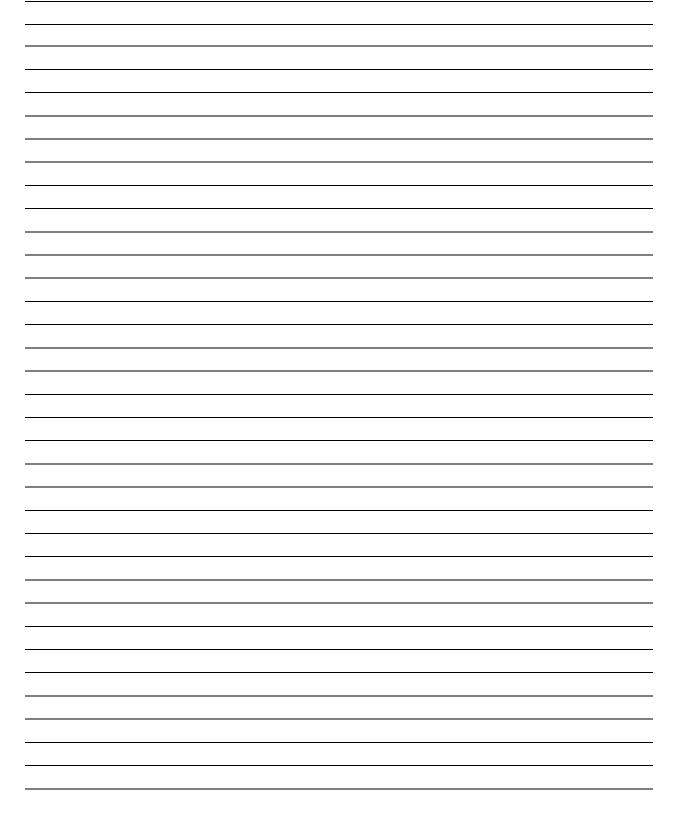


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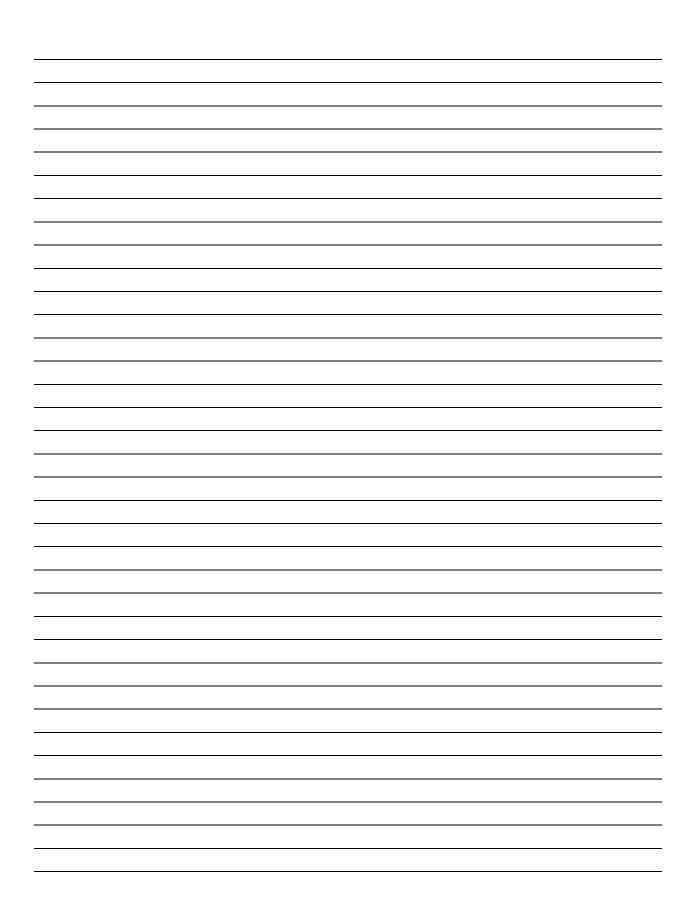




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How o	did '	you	res	pon	d?
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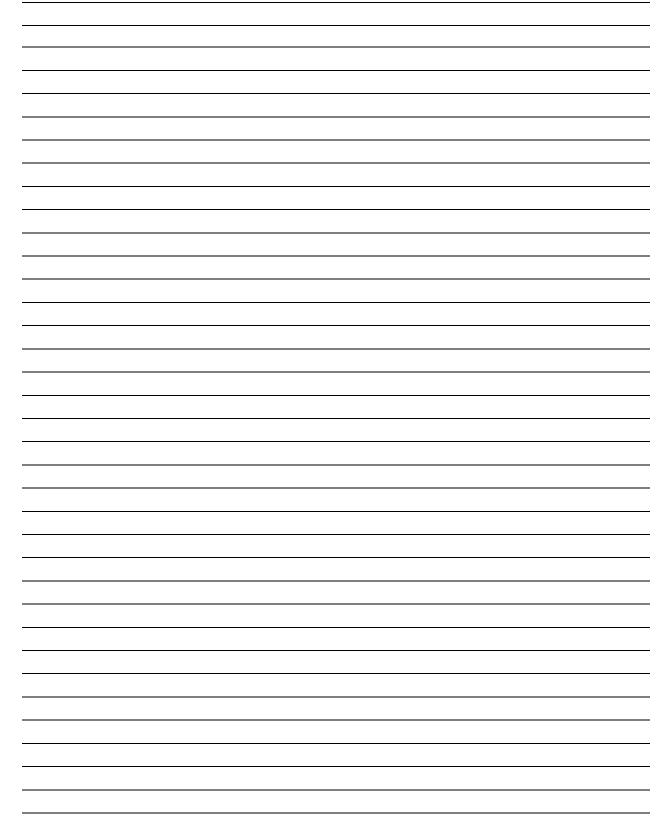


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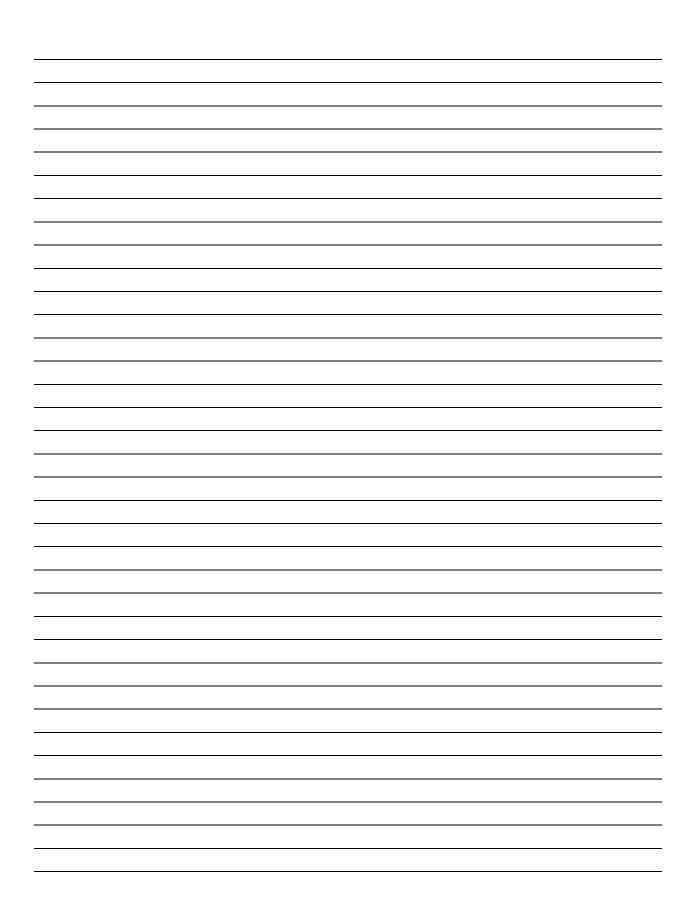


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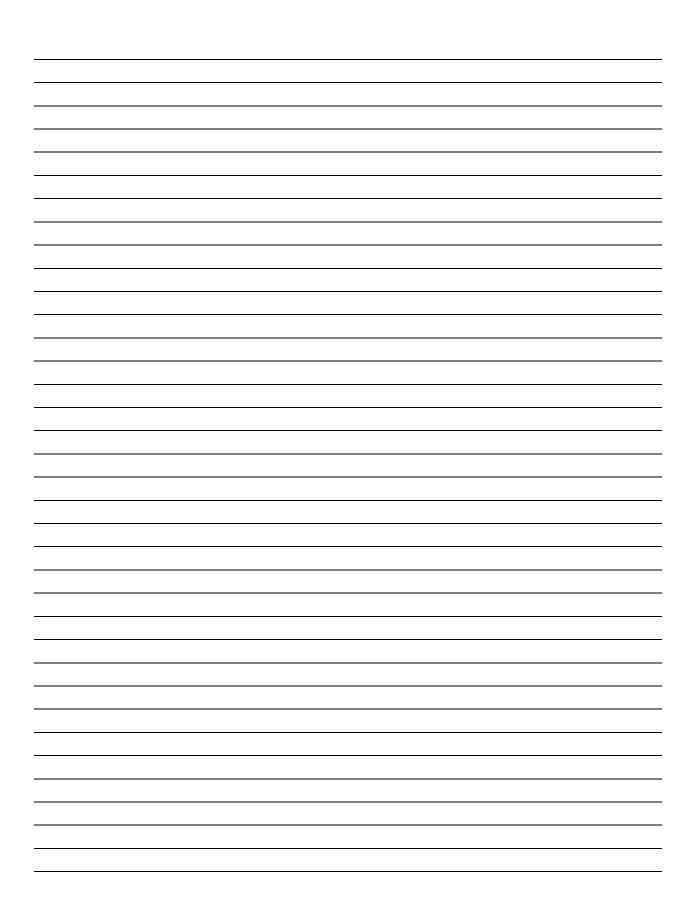
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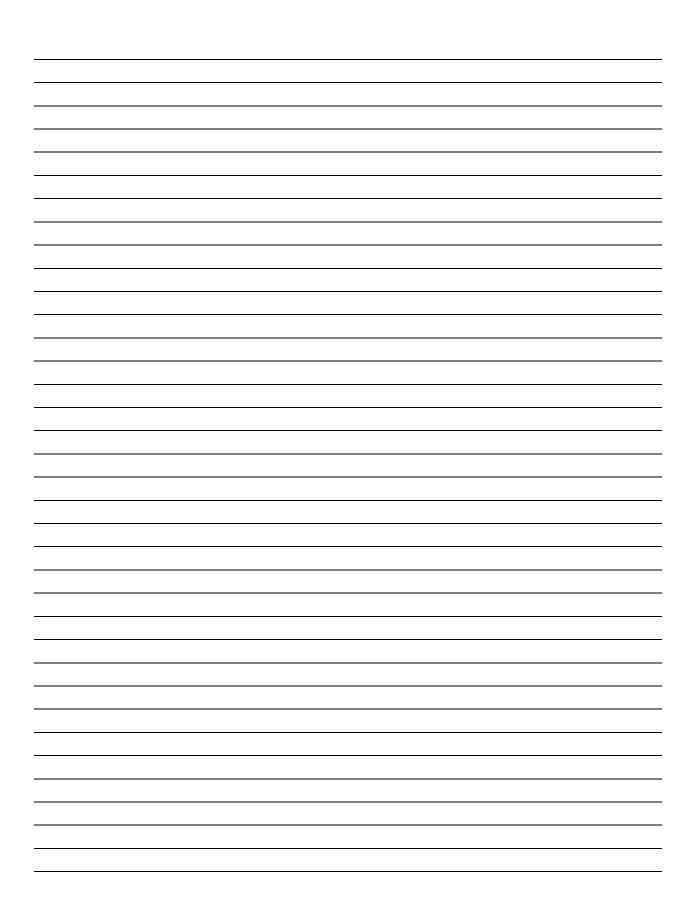


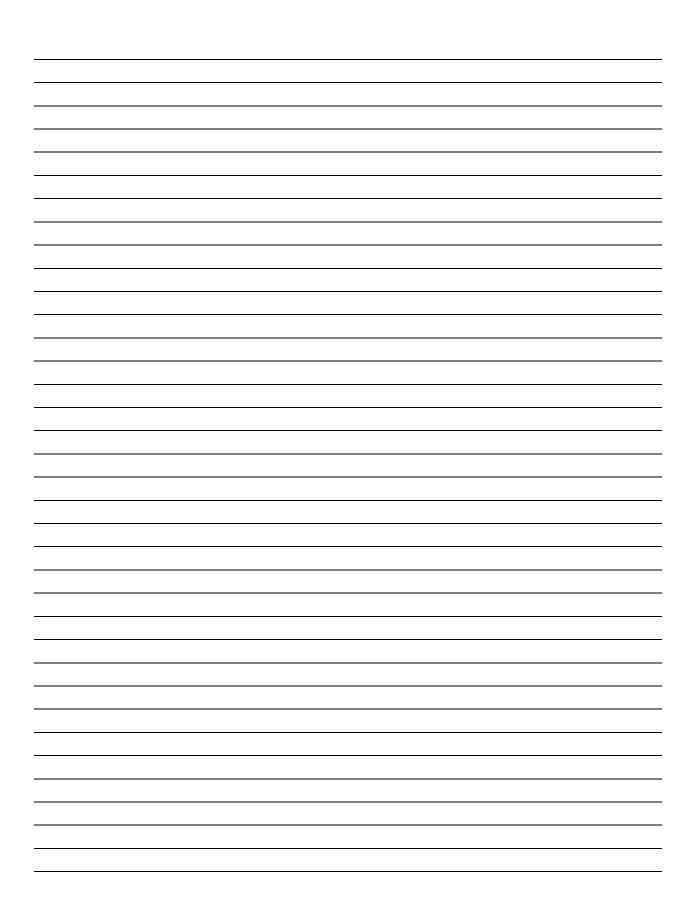


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Free Writing/Journal

