SELF-BELIEF

It's a Journey, not the destination

3 KEYS TO ESTABLISHING SELF-BELIEF

Believing in one's self is a fundamental aspect of personal growth and success. It serves as the foundation upon which all other achievements are built. Proper faith in yourself, allows you to become more confident in your abilities and willingness to take risks. In addition, it equips you to better handle setbacks and obstacles that come your way. I should know!

Here are **3 keys** I've found success: **#1 Focus on your strengths**. Everyone has strengths and weaknesses, but when you constantly focus on your weaknesses, you can end up feeling overwhelmed, inadequate, or worse, inferior! Instead, identify your strengths, take the necessary time to understand them, and use them to your advantage. This will help bring about confidence in your abilities.

#2 Set realistic goals for yourself. When you set achievable goals and work at them, this also helps give you a sense of accomplishment and confidence in your abilities. Truth be told, it builds momentum towards achieving more in the future. **Helpful Tip:** Start with making your bed!

#3 Surround yourself with positive and supportive people who believe in you. When you are surrounded by people who encourage you, support you, and hold you accountable, a major difference in your self-belief and motivation is positively made.

Finally, **it's important to remember that believing in yourself is a journey. It's not something that happens overnight or without effort.** It requires persistence, self-reflection, and a willingness to take on-going risks. With proper time and effort, you can develop a strong sense of self-belief that will help you achieve your goals and live a fulfilling life.