

Relaxed Confidence

CHEAT SHEET

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If you feel stuck in an important area of life and need clarity in an area of life this exercise will help.

Find a quiet place and take a moment to answer this question first:

"On a scale of 1 - 10 how much does it bother me that I feel stuck and overwhelmed"? Choose a number then complete the RELAX YOUR EMOTIONS exercise (found on www.DianaERuiz.com) then come back to this exercise to get practical steps to move forward...

Now that you have relaxed about your situation take the following steps to get clarity and answers.

1. Answer the following True/False questions as honestly as you can:

I'm going to be able to figure this out T/F

It's going to be easier than I thought to figure out T/F

It's going to be harder than I thought to figure out T/F

2. If you answered False to any of the questions or had a weak True, answer the following questions:

The fact that I don't have all the answers right now is going to keep me from succeeding? T/F

The fact that it is going to be harder than I thought to figure out will keep me from succeeding? T/F

The fact that it is not going to be easier than I thought to figure out will keep me from succeeding? T/F

If you are like most you are feeling a little breathing room around this issue.

That is enough to take the next step.

3. Answer the next few questions...write down your answers

"What is the next logical step you can take that will move you forward comfortably?" Write it down

You can do this step? T/F

Imagine that you have taken that step...what would the next logical action step you can take to move forward comfortably? Write it down.

You can do this step? T/F

Imagine that the previous step has been accomplished...now what would be the next logical step you can take to move you forward comfortably?

You can do this step? T/F

You now you have your next action steps and the confidence that you can accomplish them.

Do this for each stage of your project or situation to create clarity or anytime you feel stuck.

Reach Out For Free Consultation

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