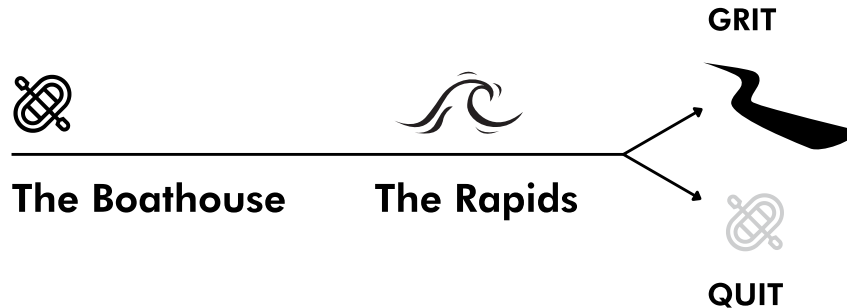


CONFRONT YOUR CONFIDENCE

MAKE
A LIFE

Do still you remember the Confidence River?



Most of the time, when you start something new, you don't know much about it. This often happens in the rapids. However, if you can predict what the river might look like, you might be able to navigate the rapids in a way that will make this process easier. That is what we are doing in this lesson. We will help you confront your confidence now so that when you get the rapids, you will have something to look back on and be inspired and convinced that you can make it through.

Courage: Turn Fear Into Action

Finding courage is the first step to confronting your confidence. Courage isn't the absence of fear; it's taking action in the face of it. Don't get us wrong, the process of making a life can be daunting! You might find yourself working through fundamental questions and challenges that will impact almost every aspect of your life.

It's in these moments that people most often find themselves becoming paralyzed by the enormous weight of choosing to live differently. But take note of this! What you might fear most by choosing to live differently is what makes making a life so rewarding: The ability to live on your terms.

What do we mean by fear? Fear is the feeling of being scared or anxious. Take a moment to consider what makes you anxious and afraid right now and how that might be preventing you from living the life you want. Furthermore, think of ways that can prevent you from becoming overwhelmed or paralyzed by that fear.

FEAR

What are you afraid of right now?
What might you fear in the future?

ACTION

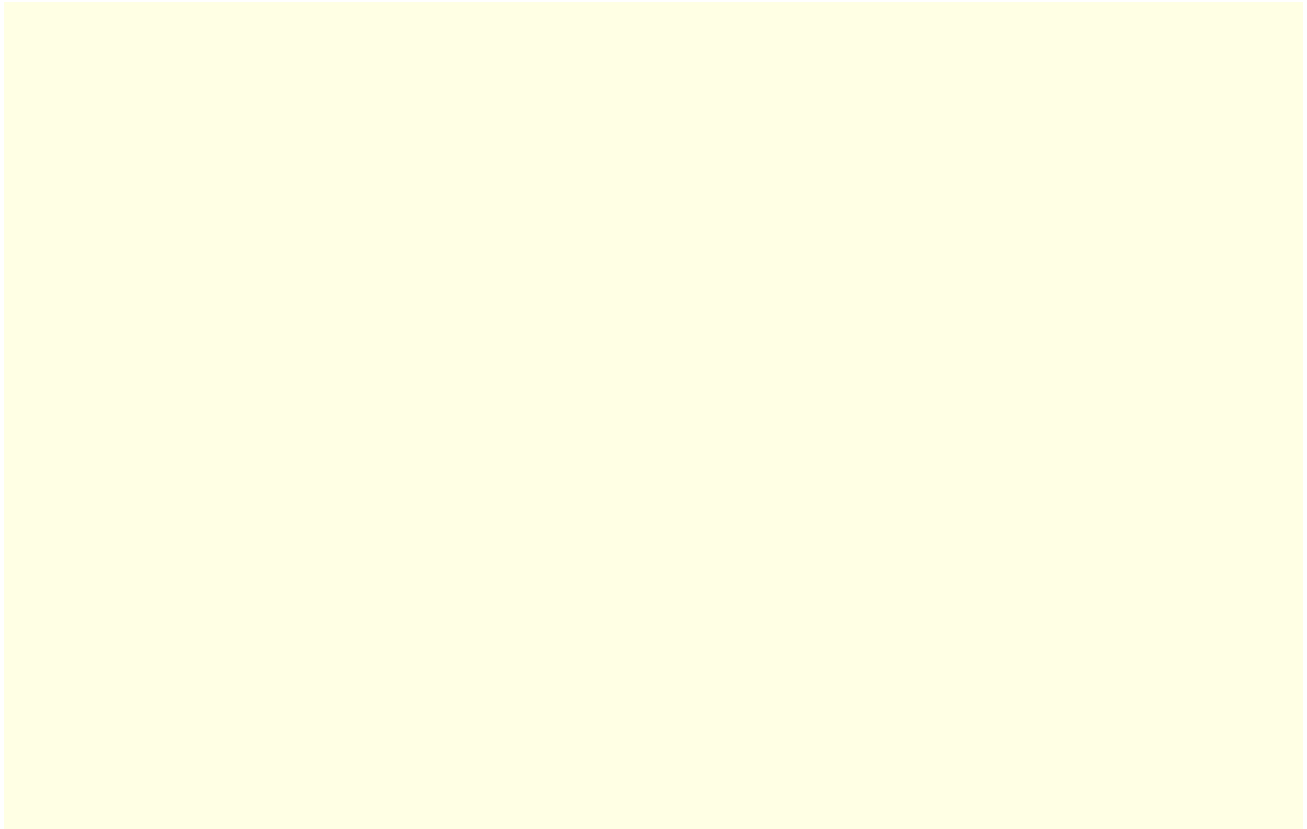
What can you do to prevent that fear from
becoming overwhelming?

Lead With Your Values

When we talk about personal mission and values, we tell people to think about it this way. Your mission is your purpose, while your values are the mileposts that guide you along the way. We all live by values regardless of if we write them down, hang them on a wall, or haven't taken the time to consider them. For many of us, we can point to words like trust, friendship, love, or community as core values. Others might be able to summarize their values in a short mantra, like learning for life, giving second chances, or choosing multiple people over one person.

Have you ever considered your values? They may be great motivators to help you cross the rapids when your confidence is undermined.

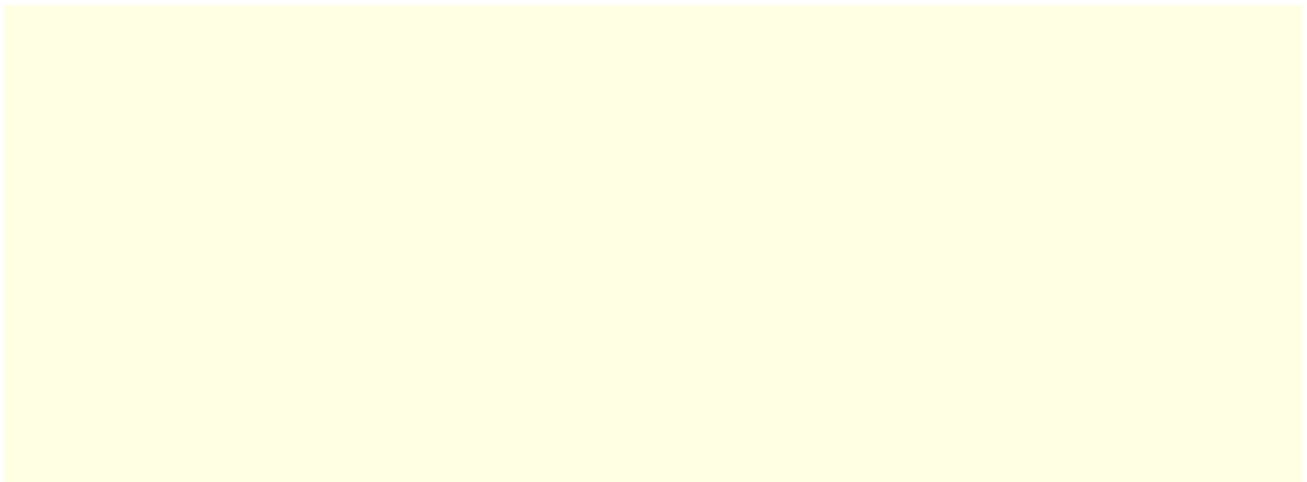
What Are the Values That Guide You?



Commit to Grit

Do you still remember this principle from lesson two? There will be times when the process of making a life feels too much for you to handle, and you may want to give up. You have to remember the commitment you made to do this! Go back to lesson two and review the core principles and the reflection you did in the workbook.


When the Going Gets Tough, This Is Why I Am Committed to the Process



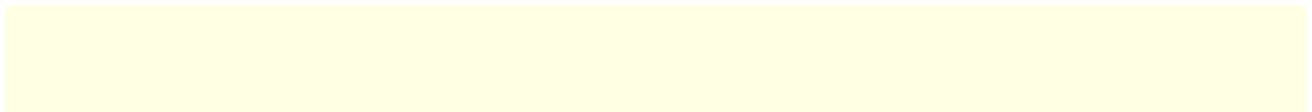
Community: You Are Not Alone!

We want you to remember that you are not alone. Who is part of your dream team? We want you to build that now.

Who Is Going to Encourage You the Most Along the Way?



Who Is Going to Give You Advice and Wise Counsel?



Who Has Done Something Like This Before?



We believe that having a constellation of people around you makes it much easier to make a life. Did someone send this course to you? Maybe they need to be one of those people. Reach out to them! Let them know where you are in your make a life journey.