

14 Tips to a More Confident You!

Self-Awareness: The Ability to Know Thyself!



Part of the
Your
DREAM
S E R I E S

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Tip #1

Ask Yourself the All-Important Purpose Questions

What do I constantly imagine myself doing? What am I passionate about? What makes me truly happy and fulfilled? Am I living according to my personal values? What thought patterns, habits or traditions may be limiting me, and am I willing to change them to find success? These questions will help identify and clarify your deepest desire.

PROJECT: Write out your response to the two questions that most impact you.

Tip #2

Ask the Vital “What If” Questions to Expand Your Horizon

What would I attempt if I knew I couldn't fail? What if I furthered my education? I am single, but what if I married this individual? What if I found a new job? What if I moved to a new city? What if I started that business?

PROJECT: Take some time and reflect on the question that speaks most closely to your heart. What negative and positive emotions are associated with each question?

Tip #3

Ask Others Their Perspective to Gain Insight

Who knows you better than your family and closest friends? They can frequently identify individual strengths that perhaps you don't even see! Ask a friend, family member or coworker what they perceive as your strongest characteristic, special gifting or what makes you unique. Before doing this, answer the questions yourself. Write the answers down and then compare yours with theirs. How does this impact your thoughts about the future?

PROJECT: Now, on a blank sheet of paper, label two columns: **Positive Emotions / Negative Emotions. Contrast the positive and negative emotions generated from the above questions within this section.**

Tip #4

Order Your World

In her bestselling book, *The Life-Changing Magic of Tidying Up*, Marie Kondo offers insight into releasing ourselves from the clutter that produces chaos. Her how-to book has gained traction globally by helping people reform their own spaces -- physically and mentally. In other words, decluttering your space helps declutter your mind.

PROJECT: Today, find time to organize. You **WILL** be less stressed and more focused!

Tip #5

Remember to Think Like a Child

What made you happiest as a child? What did you dream you would do one day? What toys did you enjoy? What activities did you love the most? Often seeds of greatness start in childlike hearts and attitudes! Jesus said, "Hinder not the children for of such is the kingdom of heaven." (Matthew 19:14 paraphrased) Your divine ideas may be found in your childhood experiences.

PROJECT: Identify and ponder two things that significantly influenced you as a child.



Tip #6

Learn to Meditate on God's Word

Biblical meditation is about thinking, pondering, imagining, muttering and speaking the Word of God. It is not the process of emptying yourself; rather it is the process of filling yourself with God's thoughts and ideas. Biblical meditation will help you clear the mental chatter, focus your thoughts and identify your pathway. The Holy Scripture says, "Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do." Joshua 1:8 NLT.

PROJECT: Ponder two scripture references from the Bible that hold special meaning for you.

Tip #7

Identify Your Internal Conversation

Each of us conducts a conversation with ourselves about the world around us. This is also called "self-talk." Are you an optimist or a pessimist? Positive internal dialogue can generate favorable expectation while negative internal dialogue raises stress. Capture your thoughts. Write them down. Find a standard by which to measure your thoughts! Philippians 4:4 says, "Whatever things are of good report, think on these things..."

PROJECT: Identify, write down and ponder five optimistic thoughts about your life and surroundings.

Tip #8

Don't Play the Blame Game

Will you allow your ideas to be challenged? Defensive behavior is not confidence. It is arrogance. Making excuses is often a coping mechanism to avoid the real issue. Take responsibility for your actions, and take responsibility for your life! Remember: a good idea will face obstacles. Don't make excuses. Listen and learn!

PROJECT: Identify three areas of your life where it is time to stop making excuses!

Tip #9

Identify Negative Cycles

Do you find yourself constantly repeating the same negative behavior? Have you asked yourself why? Often repetitive cycles are the result of unresolved issues. Are you angry at someone? Are you angry at yourself for a past failure? Forgive yourself, forgive others and move on! Christ is the ultimate example of someone who lived a sinless life; yet, he forgave those who sinned against him. You can forgive, too!

PROJECT: Ask yourself if you have any negative behaviors that require modification.

Tip #10

Overcome Unrealistic Expectations

Do you avoid reality? Are you so busy talking the big idea that you have forgotten to address the daily routine of life? An all-things-are-possible mentality does not deny the reality of daily responsibility. Unfulfilled expectations lead to discouragement but according to Proverbs 13:12 fulfilled desire is a tree of life! True personal success is found where expectation meets accomplishment. Take some time and consider if you have defined an action plan that will help you reach your goals.

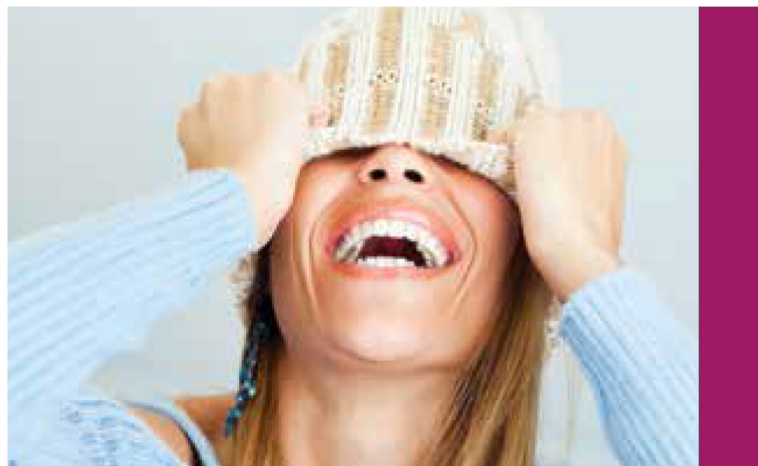
PROJECT: Review your action plan. Are your timelines and goals realistic?

Tip #11

Laugh at Yourself

Keep smiling! Don't take yourself too seriously! Yes, your goals and aspirations are meant to rock the world, but, while you are developing the strategy that will loose the next greatest invention for modern man, take some time and laugh at your mistakes. My husband is a natural comedian! Or rather he thinks he is! We often get more enjoyment at watching him laugh at his own jokes than we do enjoying the actual joke! The world could certainly use a few more comedians. Enjoy life, become your own best comedian and recognize that everyone makes mistakes!

PROJECT: Buy a joke book!



Tip #12

Take a Personality Test

Personality tests can identify how we function in stressful environments, how we approach practical problem solving, whether we are competitive in nature and how well we work in teams. They can help us discover whether we are suited for certain careers. For my English-speaking friends, I recommend the Kendall Life Languages test. It helps identify your strongest and weakest styles of communication. It also gives insight into career paths that are often associated with your communication style. Kendall Life Languages: <https://www.lifelanguages.com/the-klp>

Tip #13

Try a New Activity

What have you wanted to do but been afraid to attempt? Your greatest fear could be overcome by trying one new activity! Why not take an online course? Or go back to school? If you have trouble getting started and staying on track, find a coach or trainer who can motivate you in your new activity. Many free online training tools are available!

PROJECT: Consider becoming a volunteer. There are many places in need of volunteer help where you can learn a new skill or release hidden talents! Get busy – do something now!



MEET DR. LESLIE MCNULTY

Internationally acclaimed public speaker, author, certified John Maxwell coach and TV host of Divinely Inspired Ideas for Life, Dr. Leslie McNulty is a global strategist and teacher.

She was catapulted onto the global stage in 1988, when her career changed from that of bank manager and commercial loan officer to public speaker and worldwide ministry outreach. Her 10 years of experience living in Russia, planting new works, humanitarian aid, establishing church denominations and humanitarian partnerships has developed a unique, intense perspective for today's global environment.

As a global communicator, visiting over 60 nations, Dr. McNulty is known for her simple and passionate message. She has addressed crowds of 5,000 to 250,000 and has won acclaim as one of the emerging international women's voices. Co-founder of Christian Adventures International, with offices in the U.S., Russia and India, and pioneer of the Eurasian 100-Tent Project, she regularly conducts national leadership training conferences, as well as "Women of Miraculous Destiny" and "Voice of Life" conferences.

Tip #14

Track Your Progress

Create your idea journal. Keep a notepad by your bed. I like to call it my morning think pad. Never minimize the importance of capturing your early morning thoughts! Your heart, mind and soul are working overtime while you are sleeping, devising a strategy and journey for your life! Start each morning by capturing every early morning revelation in your idea journal!

PROJECT: Need to simplify? An electronic journal, cellphone or voice recorder can help you capture your new ideas and the answers to your soul-searching questions!



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