

I act with courage and confidence

I act with courage and confidence.

I hold my head high and look the world straight in the eye. Regardless of circumstances, I have enough faith in myself to stand tall and face my challenges directly.

I avoid hiding from my difficulties. I know that what I seek lies on the other side of them. I have the courage to always be moving forward and the confidence to expect success.

Courage leads to freedom, and freedom leads to happiness.

What I want most in life is happiness. The best way to find happiness is through freedom. This is true freedom - freedom over myself and my fears. This type of freedom is possible through courage.

Courage is ultimately the mastery of fear.

I can have courage and still be afraid. In fact, courage is only possible in the presence of fear. I am okay with feeling afraid. **Fear is only a type of negative energy passing through my body.** I allow it to exist and to pass through. I face my fears on a daily

basis.

I have the confidence to believe I can accomplish anything as long as I am committed.

Courage gives me the ability to deal with fear. Confidence gives me the certainty that everything works in my favor in the end. **I am confident in my abilities, strength, and fortitude.**

Today, I act with new levels of courage and confidence. I confidently and courageously confront my challenges. I face my fears and overcome them.

Self-Reflection Questions:

1. What fears in my life am I avoiding?
2. What can I do today to show more courage?
3. Where am I lacking in confidence? Why?