

Future Self

Thank The Past And Move On

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Future Focus

Many of us have pasts that were full of pain and negative circumstances. We feel we've had many failures or have been through challenging experiences. When we define ourselves and our future abilities by these past attempts, we become discouraged and filled with regret.

There's no reason to argue with the past or wish it were different. It's a waste of emotional energy. Instead, take that energy and focus on your future—something you can affect. The truth is, you can't go back. The past is over. For some of us, this is a blessing. The good news, however, is that the future is yours for the taking. Many times, when I ask a past focused person what their plans are for the future, they have no idea where they're going. They're being defined by who they used to be without taking control of who they want to be.

I can tell when I'm working with someone who is past focused because they'll say things like "That's just how I have always done it." "That doesn't work for me; I have tried it." "I've had this issue my entire life." "This is just how I am." "I am not the kind of person who can do that."

They are just thoughts. Very unhelpful ones.

Imagine a rudder on a boat. If you move it just slightly today, you will end up in a completely different location five years from now compared to where you'd be if you'd just left it alone. It's not as if we must make a massive change in our current lives to create the future we desire.

Moving Forward

If you are on your way to where you want to go, congratulations and hold steady. But if you want to be somewhere different in ten years, the time to change is now.

How much money do you want to have? Where do you want to be living? What kind of work do you want to be doing? How fit do you want to be? Where will you be in five years if you keep living this way? Where will you be in ten, twenty, or thirty years? What exactly is it that you want to have many years down the road? Are you on the path you need to be on? What can you change to put yourself on the path to achieving what you most want in your life?

Lay your foundation. Go and get what you want. Even if we ran at full, focused speed our entire lives, courageously seeking and fulfilling our dreams, we couldn't come close to fulfilling our potential. With belief in this truth, we can always be growing or becoming. No matter how old or how busy we are, we have potential to tap and dreams to consider. At the end of our lives, we still won't have fulfilled our full potential, but it would be nice to know we died trying.

Allow other people to go after their dreams because they watched you having fun going after yours.

Wouldn't it be amazing if someone looked at you and was inspired? Not impressed by what you do, but inspired by who you are? Maybe someday someone will look at you and say, "If they can do it, maybe I can too." If someone were to use your life to illustrate a point, why would they use you as an example?

Build Your Self Confidence

The definition of self confidence is being secure in yourself and your abilities. It's your ability to trust yourself, knowing that you can experience any emotion (including failure) without being harmed, and it's your overall opinion of yourself. Let's break each of those down.

Ability to trust yourself

This comes down to knowing you will do what you have said you will do. You will follow through on your plan. You will take care of yourself. You will do the responsible and useful thing for yourself, **even when you don't feel like it**. This is very different from saying you will do something and then hoping you follow through. That leaves room for self doubt, which is the opposite of self confidence. You weren't born with self confidence; you earn it from yourself by keeping your word and doing what you say at the highest level

Ability to experience any emotion

The worst that can ever happen is an emotion. Truly, emotions are what make life bad when it's bad. Most of us spend too much time in self doubt because we don't know that we can handle anything that comes our way. The ability to feel is like our safety net for anything we want to do. It takes the risk out of everything and gives us a "bring it on" attitude.

Self Confidence

Your opinion of yourself

What you think of yourself is what generates or depletes self confidence. If you think about it, confidence is a feeling, and self confidence is a feeling about the self. All our feelings are going to come from our thinking, so the way we think about ourselves will determine whether we feel confident. A self confident person is going to think they are good, and capable, and worthy. They are going to think they are strong and competent. Now, notice that this doesn't have to be proven or true—self confidence is a feeling that creates a result, and that result doesn't have to be completed perfectly to create the feeling.

Self-confidence is never arrogant. Arrogance is thinking you're better than someone else and then trying to prove it. Arrogance actually comes from a place of creating false self confidence by trying to put others down. Arrogance works by trying to raise your opinion of yourself by comparing yourself with others. Often, instead of building yourself up, you accomplish this by putting others down. Ironically, arrogance typically comes from a lack of self confidence. Self confidence, when genuine, understands that all humans are awesome and capable. It doesn't need to or even allow you to put others down.

Self-confidence, on the other hand, says, "We are all capable and amazing. I can handle fear or any other negative emotion." It's an abundant feeling, not one of scarcity.

Increasing Self Confidence

It's not necessarily loud and outgoing. A self confident person is not bossy or controlling or a know-it-all. Self confident people have no problem admitting when they don't know something or don't have the answer or when they fail.

Increased self confidence comes from changing your thoughts about yourself. You can increase it by considering the possibility of what you can create in the future. The more certain you are of a possibility, the more confidence you will have moving toward it.

Afraid of failure? Afraid of disappointment? Imagine your life if you were willing to feel both of these feelings without fear. Your identity is built on your beliefs about yourself. Your identity beliefs determine a consistent state of being. Do you need to change your identity? Your identity isn't fixed. It's created daily. Your brain does not produce self confidence naturally. It does produce fear, worry, and doubt, however.

You have to train your brain to produce self-confidence naturally. Fear doesn't prevent self confidence—the unwillingness to feel it does. We have to be willing to experience discomfort consistently in order to be self confident. Your willingness to experience the vibration of the worst case scenario leaves you with nothing to lose.

Start by appreciating your achievements. Build the mountain of evidence to support your opinion of yourself that you are capable of anything you put your mind to.