3 *steps to uncover* LOVE, CONFIDENCE, & FREEDOM

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3 Steps to Uncover
LOVE, CONFIDENCE, & FREEDOM

Woohoo!!! Here's to YOU finally getting to the DESTINATION, He has determined for you. Reaching the direction to begin walking with authentic confidence in your God-given purpose and begin daily action steps to uncover Love, Confidence, and Freedom.

The 3 D's

- Destination
- Direction
- Daily Action Steps toward those goals

Destination

Essential Elements for you Strong Comeback
This is a vivid, specific goal that inspires you to persevere while you're in the storm.

Your destination should be CLEAR and so Compelling that it propels you to move forward even though you face many roadblocks.

As you forge ahead, you MUST war against temptation and focus intensely on your destination.

Don't stare at your mountain…SPEAK to your mountain…as you speak to your Mountain glance at it occasionally so that it STIRS up your motivation!

Direction

Based on the direction, you are headed to identify whether or not you are headed in the right direction.

Goals are not ACTION steps.
Goals are Measurable, Purposeful objectives that lead to your direction.

Each goal should be designed to give you specific direction and provide you with markers to measure your progress.

Don't stop …keep it moving. This will provide you critical momentum toward achieving your strong come back!

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Daily Action Steps

"For the dream comes through much effort
and the voice of a fool is many words"
Ecc 5:3

Don't just talk about it! Be about it! Your Strong comeback must include daily actions.

Specific steps that move you closer to your destination

- These daily actions are deliberate
- They are direct steps to your intermediate goal

Identify those actions that are manageable so you have the satisfaction when accomplishing them.

Each small amounts of success will motivate you to continue steps toward your TEXAS size goals.

In the meantime, clothe yourself in self-efficacy "we use this term in education"

It is believing you can achieve what you need to do.

You build muscles of self-efficacy through small successes that in turn enhances your confidence to try bigger goals! After setbacks, you are vulnerable to self-doubt and lack confidence.

The antidote to this is generating "wins" that counters vulnerability.

Baby steps, consistency in the right direction will lead you to your destination.

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Coaching questions:

HANDS ON EXERCISE

Grab a pen/paper
We will look at some powerful questions to help you get to your destination, go in the direction you want to go and implement daily action steps!

DESTINATION:

1. What about this destination will inspire you even when you face obstacles in your path?

2. When do you hope to arrive at your destination?

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Coaching questions:

HANDS ON EXERCISE

DIRECTION:

1. As you forge toward your destination, what milestone will you aim to accomplish?

2. What red flags will warn you if you're moving in the wrong direction?

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Coaching questions:

HANDS ON EXERCISE

DAILY ACTION STEPS:

1. Choose one goal that is absolutely important to you?

2. What red flags will warn you if you're moving in the wrong direction?

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Resilient People Know

Practicing patience in the small things prepares you to be patient in the Big Things!
Thank you for entrusting me on this journey with you…
I wish you many blessings and successes.

Marcia

Just recently, I felt burned out and stressed and unfulfilled in my former role as a literacy coach. I felt as though I was merely going through life with no purpose rhyme or reason. As a result of these experiences, I began to tap into my formal training as a life coach with a background in positive psychology.

I found these using core principles in resiliency not only helped me bounce back quickly, but I also became more explicit about my core purpose to help professional women unMask, walk with authentic confidence in their God-given purpose by equipping them with the God's word, resiliency principles that help them navigate through tough challenges. My core values include encouraging women, providing them with resiliency principles, and being their life cheerleader by ensuring they get back on track quickly by living the life they have always imagined!!!

Let's go deeper. Schedule a Consult.

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