

The Happy Feminist Challenge

Workbook



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Day 4

CONFIDENCE

Today we learned that in order to create the big-picture happiness we want in our lives, we have to create more safety with ourselves.

In order to live a life you won't regret when you die, you have to be willing to do things differently, take risks, and go for what you want.

But it's hard to do that when you fear your own self-criticism and shame if you fail.

We think confidence is thinking we're amazing. But actually, it's just feeling safe with ourselves to try and fail.

We think we fear failure and rejection for their own sake.

But in fact, what we fear most is the mean thoughts we will have about ourselves. If we fail and our thought is, "I'm so proud of myself for trying," it feels a lot different than, "I'm such an idiot. I never should have thought I could do that."

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So today you're going to practice creating confidence in a new way.

Rather than try to think that you're amazing at something, you're going to practice thinking thoughts that create self-compassion and self-safety. And then see what happens to your confidence when you do.

Here are some examples of self-compassionate thoughts to try practicing today. That means literally saying them to yourself in your mind as much as you can today — or even out loud! You can also write them down 10 or 20 times to help your brain learn the idea, or set it to a little tune and sing it to yourself.

I am proud of myself for trying something even if I fail.
I don't have to know something will work to be allowed to try it.

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It's more important to me to show up for myself than to succeed or get it right.

I am a good person even if there are things about myself I struggle with.

I can be a good _____ even if _____ (e.g., I can be a good mom even if I yell at my kids sometimes).


I am a good person having a hard time.

I am deserving of love even if _____ (anything about yourself you have self-critical thoughts about).

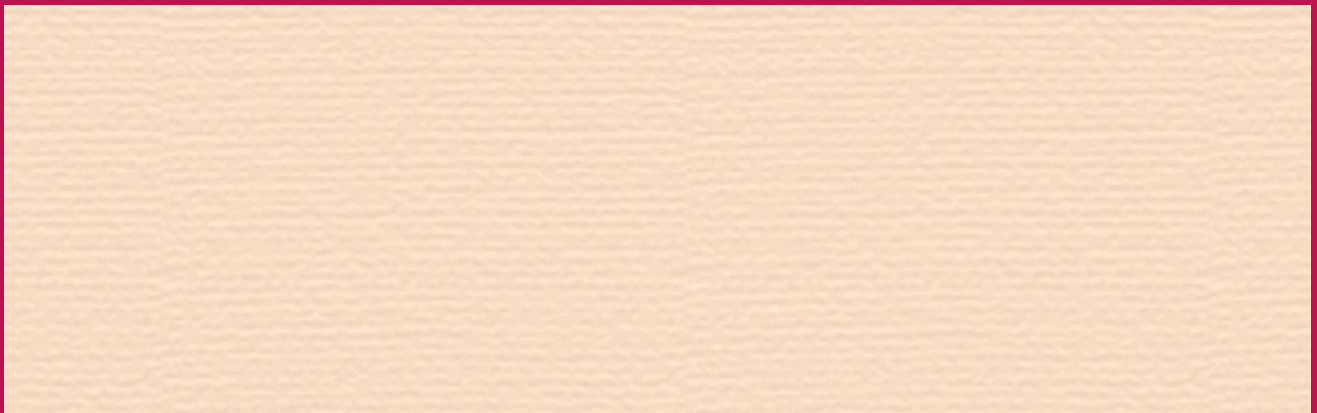
You can also create your own thought, as long as it's self-compassionate!

Come back and complete the following questions at the end of the day.

What thought did you choose?



How did your body feel when you practiced that thought?



What did you notice over the course of the day as you practiced?

