

Day 12: Showing up for yourself builds accountability and confidence

The most important relationship you have is with yourself, and showing up for yourself only makes that relationship stronger.

This is about you doing what you say you are going to do.

There's a book called the four agreements by Don Miguel Ruiz and the first agreement in this book is "Be impeccable with your word."

What this means is that not only do you need to do what you say, which is building trust and accountability but it's also about using your word with integrity. Not being self critical or betraying yourself using your word. It's about being honest and saying kind things to yourself as this builds confidence, self trust and ultimately leads to self love.

When you show up for yourself you start to build self trust and confidence which is the way to living a life loving who you are and keeping yourself accountable so you can create what you want.

Showing up for yourself creates accountability which is taking responsibility for your thoughts, feelings, decisions, choices and actions. And the act of observing yourself show up, builds confidence. The more you show up, the more the momentum builds. When you are able to show up for yourself, you show yourself that you are willing to do what it takes to create a different outcome. When you do this, you start to believe in yourself. You start to have experiences where you know you can do what it takes to create the outcome you are looking for. Believing in yourself is true empowerment. It's where you know that whatever happens that you can find the resources mentally, physically, emotionally, and spiritually.

So let's talk about confidence because that's really what you are looking for...Confidence is the state of feeling certain about the truth of

something. Being confident means that you know whatever you are faced with you will be able to handle it.

Self-confidence is your belief in yourself and your abilities. It's about knowing and acting as if you are worthy.

When you feel confident, you can show up feeling secure, you know who you are, you feel good about yourself, and you know what you are capable of. When you are confident your existence is felt when you show up. You know you've got what it takes, you know you deserve to be there, be seen and be heard, and this exudes from your being.

Are you being accountable for what you say you are going to do? Are you following through on what you said you wanted to do for yourself? Are you showing up with confidence?

Here are some reasons why you may not be showing up for yourself:

- You could feel insecure about accomplishing what you set out to do which a lot of times are limiting beliefs.
- You could be listening to and valuing what others say more than you value your own opinions, needs, or wants. If you are unable to rely on yourself you will look to others which is completely disempowering, and it isn't their responsibility to take care of your needs, it's your responsibility to create what you want.
- You may not believe in yourself.
- You could be in victim consciousness where you are placing blame elsewhere.
- You could be making excuses as to why something can't get done.
- It could be you aren't aligned with what you are doing. If you hate what you are doing, then it's really hard to show up for yourself. You have to be more aligned with your values and engage in activities that make you feel good. And if there are situations about your life that don't feel good, you

need to change them. If you aren't able to change them right now, this is about you finding ways to be more at peace and find joy in other ways.

You also have to set realistic goals for yourself so you don't over extend yourself and then can't follow through on your word. Acknowledge what you are good at and focus on these things. Speak up for yourself, use your voice. It matters. And set healthy boundaries with toxic people, places and things in your life.

The process of building self trust is having the experience of doing what you say you are going to do. It's then looking at whether or not this turned out the way you thought it would. It may or may not. It's then reflecting and looking at what happened and asking how can I do this better and lastly it having compassion for yourself. If you are hard on yourself you aren't building self trust you are saying you aren't enough. Compassion is key!

You have to love yourself enough to say what you want and have quiet moments with yourself, make a commitment to yourself that you are going to do what it takes to have what you are asking for. You have to back up your word with inspired actions, you have to be conscious of what you are thinking and take a moment to make choices that move you closer to what you want. You have to show up and trust everything inside of you more than what other people are saying. And once again it's listening to what your soul or your higher self is saying. When you are connected to your higher self, there is nothing more powerful and no one has that connection except you. You can show yourself you are worthy of having what you desire..and you are the only one that can make that happen.