

# Calmfidence



*How to Trust Yourself,  
Tame Your Inner Critic,  
and Shine in Any Spotlight*

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 **sounds true**  
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# 1

## Calmfidence Boosters

Every morning starts a new page in your  
story. Make it a great one today.

*Doe Zantamata*

Wouldn't it be wonderful to feel calm and confident every day, no matter what was happening in your life or what was going on in the world around you? I think we all know that really isn't realistic for most of us, unless you are a yogi living in an ashram, the Dalai Lama, or maybe Deepak Chopra. The rest of us have to consciously create ways to give ourselves a boost of calm and confidence daily. Like brushing our teeth and showering, it's something we should aim for every day if we want to begin with a fresh start each morning. But it's not always that easy. It's especially hard if you are going through a stressful time in your life or have an upcoming event that you're feeling very anxious about. I think it's important here to really define what I mean by the word *calm* in Calmfidence. It's not a mellow, low-energy, emotionless type of calm where you don't have a worry in the world. It's an energizing calm that helps you feel more balanced and sure of yourself. The good news is, there are a lot of things we can do to create this type of calm and confidence in our daily lives. Start with checking in on your baseline—your state of Calmfidence each morning.

## State of Calmfidence

What state of mind do you generally live in? Each day can start out very differently depending on what's happening in our life and how we're feeling about it. Our state of Calmfidence will affect how we show up each day for our family, our work, our friends, and, most importantly, ourselves. Most of the time we get up and go through the motions; we let the day run us instead of us running our day—or worse, we launch into our day with a form of dread, anticipating stress or even just a general sense of anxiety. Think of the last time you were super calm and confident. How did it feel? How did your body feel? Were you standing tall? Was your attitude unstoppable? Did you take charge and just know what you had to do and why you had to do it? What if you could do something that could bring you back to that empowered place on a daily basis, especially when things aren't going so well? Tuning into your state of Calmfidence each morning can help you tap into a self-awareness that can influence the kind of day you will have. A self-check-in like this is the first step to implementing Calmfidence boosters that can help you to remember how to find your balance and gain a sense of control over the day. Each morning, ask yourself:

- Do I feel balanced, or overwhelmed?
- Am I feeling encouraged, or am I discouraged?
- Is my energy positive, or negative?
- Do I feel in control, or out of control?
- Do I want to feel the way I am feeling? If not, what actions can I take to feel differently?

## A Boost of Proof

There's so much research on how we can support and boost our calm and confidence. Universities, medical journals, and health and wellness reports are full of scientific proof that show our thoughts, choices, and actions can have a direct impact on our body, mind, and spirit in either a positive or negative way. We are in the driver's seat. We can grow, change,

and transform no matter what our age or stage of life. But all the proof in the world means nothing if we do not actively *choose* to boost! We cannot always control what happens to us, but we can always choose how we are going to respond to it. Calmfidence boosters help you create a foundation of inner strength, wisdom, and self-trust.

### BOOST #1: CHECK YOUR FOCUS

What we focus on expands. What we focus on becomes our reality. We have all faced many challenges over the past few years: a pandemic, social unrest, recession, job insecurity, and lack of health care among them. Consumer confidence, confidence in our country and government, and confidence in ourselves are put to the test daily. Essentially, our lives, our work, and our purpose all boil down to what we choose to focus on. We can choose to focus on the positive or the negative. Yes, we should be informed. Yes, we should be concerned about others. But if we let ourselves be inundated, overwhelmed, and broken down by bad news, we cannot focus on cultivating and strengthening our own lives and resources. The world goes on around us, but we all actually create our own little personal universe each and every day.

American philosopher Ralph Waldo Emerson was known to say in his lectures and essays, “A man is what he thinks about all day long.” I have found this to be true. Of course, we cannot and should not minimize our need to focus on a serious or troubling situation. But if it is our only focus, it will consume us. Each day, check your focus by giving your attention to what is going right. Focus on solutions to problems, not just the problems. Focus on what is good. Focus on **DOING** good. Be aware of the things that are trying to catch your focus as well. We are constantly bombarded by people, media, social media, advertising, and a world that says “look here!” There are so many things competing for our attention, and many of them do not serve us well. Choose wisely. Be careful who and what you give away your precious focus to. So often we also give away our time by focusing too much on other people’s lives. We turn away from investing in ourselves and appreciating our own lives and spend hours watching how others live on social media, on television, and in magazines. Protect your focus as if it were gold because it truly is priceless. Shift your focus to the

good stuff. Look for good news. Focus on things that encourage you, like uplifting stories, positive people, empowering books, websites, movies, hobbies, and music. Focus on trying to look for the positive in yourself and everything around you. Remember, what you focus on expands. It becomes your reality.

Checking your focus boosts your calm by:

- Keeping you from feeling overwhelmed.
- Giving you a better sense of balancing the good against the bad.
- Creating a positive outlook that can help minimize stress and worry.

Checking your focus boosts your confidence by:

- Helping you be in control of where your attention goes.
- Helping you devote time to things that build you up and increase your sense of well-being.
- Helping you look for the good in yourself and in others.

## BOOST #2: GRATITUDE CALMFIDENCE

The human brain cannot focus on both positive and negative thoughts at the same time, so you can't be grateful and anxious simultaneously. This means you can actually interrupt feelings of anxiety by focusing on something you are grateful for! According to a 2020 article in *Psychology Today*, research shows that gratitude can minimize stress, improve mental health, and increase positive thinking. Gratitude stimulates a part of the brain called the hypothalamus, which regulates anxiety. Once your brain starts looking for things to be grateful for, it begins to notice more and more things to be grateful for. You will actually attract more positive things into your life. So start off each morning and pick a few things you can be grateful for. Maybe it's just as simple as being grateful that you get a brand new day to start fresh, that you can see the sunrise or smell a warm cup of coffee. End each day with gratitude (even if it wasn't a great one) thinking about at least one thing you can be grateful for. Practicing a nightly gratitude ritual can even help you sleep better. When you have gratitude

for what you already have, no matter how small, it opens the door for the bigger things that you want more of in your life. Most of all it's having gratitude for where we are right now. Gratitude for what we've got right now: the good, the bad, and the ugly. Because this is it—your life is happening right here, right now. Gratitude is what makes people truly happy.

Having gratitude boosts your calm by:

- Minimizing stress.
- Increasing feelings of happiness.

Having gratitude boosts your confidence by:

- Helping you appreciate who you are and what you have right now.
- Increasing positive feelings of self-esteem and self-sufficiency.
- Increasing feelings of value and self-worth.

### **BOOST #3: HAPPY CALMFIDENCE**

How happy are you on a daily basis? Research shows that happy emotions increase wellness, confidence, energy, and longevity. Happiness expands your vision of what is possible with hope, expectation, and enthusiasm. Negativity narrows your vision. People generally are poor predictors of what they think will make them happy. "I'll be happy once I \_\_\_\_\_." You fill in the blank. So often we do this. We hold our happiness hostage until a later date, some vague time in the future when all the stars align and we finally get all the stuff we want and all the circumstances we want unfold just perfectly. But that day never seems to come because there will always be some new thing we want, a new goal, or some new obstacle in our way. Sure, things, experiences, goals, and achievements will give you boosts of happiness when you attain them, but many times they are short-lived and it's back to reality. The only time you can choose to be happy is right here and now. Abraham Lincoln said, "We are as happy as we make up our mind to be." When you make a conscious decision to choose joy right now, so many things change. You change. You don't have to be over-the-top happy every day, either. How about happy enough? It's not a constant



state. Try to incorporate happy moments here and there. Sprinkle in little things that bring you a smile or maybe bring someone else in your life a smile. A 2012 study by the Association for Psychological Science showed that smiling actually changes your mood. It's a mind-body connection trigger. Even if you don't feel like it, putting on a smile can alter your state of mind. Anything you can do to influence it or take charge of your state of mind puts you in control. Smiling is also a universal language; it influences others around you, and you don't even have to say a word.

Choosing happiness boosts your calm by:

- Increasing feelings of joy in your life.
- Minimizing negativity.

Choosing happiness boosts your confidence by:

- Knowing you get to decide your own personal definition of happiness—not someone else or something else.
- Knowing that you are the only one who can truly make yourself happy frees you from depending on others to find it.
- Making the most of each moment and not delaying feelings of happiness.

#### **BOOST #4: GROWTH MINDSET CALMFIDENCE**

Most stress and anxiety come from a feeling of being stuck. Often this is due to having a fixed mindset. A fixed mindset is the belief that things can't or won't change or that we can't or won't change. A fixed mindset usually develops over time. It can take hold from the way we were raised, by how others defined us, or from the people we hang out with. It can come from a bad experience that we feel has left us scarred or affected in some way that we cannot change. When you have a fixed mindset you tend to believe you are born with a certain level of talent, ability, and even intelligence and that it does not change. A fixed mindset can lead to feelings of hopelessness and discouragement. When we shift to a growth mindset, we are now giving ourselves permission to

change, learn, grow, and evolve. Hope and expectation are two of the most important things we can have to keep us from getting discouraged and feeling defeated. When we have a growth mindset we feel we can keep advancing. Rather than believing that our traits and abilities are fixed, a growth mindset helps us see that we can continue to learn and grow all throughout our lives. Even when we have experienced an injustice, a tragedy, or a huge disappointment, when we shift our perspective to a growth mindset our brain starts to look for ways to turn those negative experiences into something positive that can help us or to be used to help others. An example of this would be when a client says to me, “I am not a confident person” or “I can’t do this!” I immediately begin to get them to change their statements to “I’m working to increase my confidence” or “I can do this if I work hard and learn new skills.” When a person insists that “This is just the way that I am” or “I’m too old to change,” they are literally locking themselves into being stuck. Yet when other people truly believe that they can reinvent themselves at any point in their life, their mindset works to make that true. Start to think of yourself as a lifelong learner. Be as open-minded as possible. Know that you can change yourself and change your circumstances if you can start to believe it’s possible. Each day ask yourself:

- What can I learn today?
- How can I improve?
- What do I have the power to change right now?
- Are my beliefs about myself really true or have I just accepted what someone else or what society has told me?
- How have my challenges made me stronger?
- How can my experiences help others?

Choosing to have a growth mindset boosts your calm by:

- Helping you feel that you are no longer stuck.
- Increasing your level of patience and compassion for yourself.

Choosing to have a growth mindset boosts your confidence by:

- Helping you know that you can keep fine tuning, keep improving.
- Knowing that hard work and persistence are an important part of developing talent.
- Learning that challenges and struggles are needed for growth.
- Giving you determination and perseverance.

### BOOST #5: CALMFIDENCE COMPARTMENTS

No one can live yesterday, today, and tomorrow all at once and stay calm and confident. Dale Carnegie wrote of the notion of living in “day-tight compartments.” That essentially means blocking yourself off from everything but the day at hand. It is overwhelming to live life in the past, present, and future simultaneously. Yesterday is gone. It cannot be changed. Let go of past mistakes and failures. Don’t talk about them. Don’t think about them. And tomorrow does not exist yet. The only reality is right here, right now. No matter how stressful, bad, or upsetting a day is, most individuals can make it from morning till night if they just deal with what’s happening on that day without adding yesterday and tomorrow into the equation.

I’ve taken this a step further in my own life and with my clients by editing it down into even more digestible chunks and attempting to deal with life in hour-tight and minute-tight compartments. I recommend breaking down days and moments into segments, with a time and place separate from the rest. I have clients who used to wake up every morning with knots in their stomachs from thinking about a speech that is two weeks away. Other clients spent days dreading an interview that would only take fifteen minutes or a TV appearance that would last three minutes. The buildup is worse than the actual event could ever be. The anticipation was literally making them sick. They lived the event in their mind many times before it happened, and usually in a negative light, only visualizing all that could go wrong.

I helped them to get out their calendar and select chunks of time to plan ahead and prepare, to visualize only what they want to have happen and when, and to see success instead of dread and worry. When they focus

on things in smaller chunks, taking one step at a time, and pace themselves throughout each day, they stay calmer and feel a sense of control. And many times, they tell me they actually get more done in less time.

No matter what your day holds, you can do this, too. When you plan and fully digest small moments in time, do what you can, do the best that you can, then close up shop on the topic and move on to the next, you will get a better handle on both big and small things that normally would stress you out. You can outline and prioritize your day and decide what each time frame will focus on. You can even decide which time frame you will choose to express your anxiety if you wish but limit that time and stick to it. Using an egg timer or cell phone alarm to commit to the designated time frames to focus on one thing at a time works really well. By focusing on just what's in front of you hour by hour, and minute by minute, you are less likely to get overwhelmed, worry all day, or live in a negative anticipation of what's to come.

Compartmentalizing helps boost your calm by:

- Making your day easier to manage.
- Making worries more digestible and less overwhelming.

Compartmentalizing helps boost your confidence by:

- Knowing you can handle what's right in front of you.
- Helping you feel a better sense of control over your emotions and how and when you want to deal with things each day.

### **BOOST #6: SEIZE THE DAY CALMFIDENCE**

In the movie *Dead Poets Society*, Robin Williams plays a teacher who gathers his students around a very old photo of a group of students from the same school. He explains to the current students that the group of boys in the photo all had hopes and dreams, passions and desires, but that their time is gone. They can no longer accomplish anything in this world. Their time is over. He begins to whisper "Seize the day, seize the day," as if the boys in the photo are calling out from beyond the grave through time and space saying, "You are here, you get to do it, you get to be there."

When you seize the day—in Latin, *carpe diem*—you boost your Calmfidence. What can you get done today? Why put it off? When you think about putting things off to another day, ask yourself if it would be okay if they never got done. This is a good barometer to play with. Don't die with that book in you. Don't die with your song in you. Don't die with your talent or idea never realized. What seed is planted in you? Is there something you have been dreaming about? Something you want to change or accomplish? When you pursue the thing that has been placed in your heart and mind, your confidence begins to soar.

There are many people who had goals they never realized. Many people who procrastinated or waited for the right time that never came. Then there are those who did achieve great things but ran out of time to do more. You get to be here right now. Calmfidence comes from being fully present in the current moments of your life. Here are some things to ponder:

- Each person on this planet gets the same number of hours in each day and the same number of days in each year. No one has more or less time than you. Anyone who has achieved anything great did it in the same allotted time that any of us are given in an average lifespan. Legendary people throughout history had to make use of the same twenty-four hours a day that are given to each of us while we are here on this earth.
- Each new day truly is a gift. A gift that is not given to everyone.

Remember and respect those who have gone before you. Who do you know who doesn't get to be here anymore? Family, friends, acquaintances, and people you only knew from a distance are no longer with us.

I've had a strange and wonderful experience over the past several years. When I was going through an extremely difficult time in my life, I began to feel the presence and see images in my mind's eye of two women from my past who had lost their young lives tragically. One died violently before she even had the chance to finish high school, a beautiful and friendly, talented artist who would have done amazing things in this world. The other was a wonderful, sweet young mother taken in her twenties by a terrible disease, who never got to see her daughter grow up. They would take turns just