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# Cultivating Confidence From the Inside Out!

Lucy V. Cantú - [www.lucyvcantu.com](http://www.lucyvcantu.com)

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Life is meant to be lived with great confidence. Living confidently means knowing you are highly capable of creating and leading a life you love. It means knowing you deserve to experience joy, success, meaning, wellbeing and many other good things. It also means trusting yourself and your ability to overcome challenges, obstacles and limitations you confront throughout life to achieve the desires of your heart.

Interestingly, the meaning of the word *confidence* stems from “con-fi”, which has French and Latin roots meaning “with faith and trust.” Confidence is about believing in yourself and your abilities and it’s about believing in a greater power that’s gifted you with those abilities. I like to think of this greater power simply as divine, a “force for good” which is within us.

It’s important to remember that each of us is born with the capacity to achieve our life dreams and desires. This capacity is also known as our greater potential. If you are a parent, it is very important to understand that this applies to your children as well. It is your job to not only believe wholeheartedly in them and to help them believe in themselves. Like you, they are born with gifts and talents meant to be expressed during our lifetime. Unfortunately, many people are unaware of their unique potential and often settle for less than they’re capable of achieving.

To cultivate confidence, I designed the C.L.E.A.R. Method to help remind you of five key capacities you possess. Make it your goal to put these capacities into practice every day from now on. Doing so will yield results which, in time, will cause your confidence to soar

## The C.L.E.A.R. Method

**C is for “Creativity”:** Let’s be clear: creativity is not just for artists. You were born to create! From the time you wake up in the morning, until you go to bed at night, you are creating your life. If you’re not happy with it, you can create better for yourself. Creativity is how we solve problems. We use our creative capacity to think, to envision, and to plan steps for achieving a more ideal life. We use creativity when we express our talents and when we work towards achieving our desires. Creative power is in you! Own it. Use it.

**L is for “Leadership”:** For this method, leadership is about courageously taking initiative on something that is important to you. It is about initiating efforts to get something done without being told, expected to do so, and without expecting reward or recognition. It is about doing something because it is in your heart to do so.

**E is for “Enthusiasm”:** Enthusiasm comes from the Greek word “*entheos*” which means “God within.” Enthusiasm speaks to the “force for good” which I spoke of earlier. I like to think of this word as love or goodness within. Live and work each day with love in your heart. When we do, we become energized and content. The people we are around will be inspired, sometimes without even knowing why. Love is an energy we forget to tune in to, but when we do, it magically affects what we do and others. Naturally, our confidence increases too.

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**A is for “Attitude”:** There’s a great cartoon of an older lady named Maxine that I’ve used in some of my trainings. While sitting, donating blood, Maxine exclaims, “Big surprise. Even my blood type’s negative.” Wow! This speaks to being conscious about the power of our attitude. It is important to become conscious of our attitude. Make it a point to check your attitude throughout each and everyday. If it’s anything other than caring, uplifting, encouraging, respectful, considerate...you get my drift...then leave it at the door, before you enter any room. Strive to bring the best of who you are everyday to what you do and the world will reflect the best back to you. In the process, your confidence will soar!

**R is for “Responsibility”:** Too many people blame others for their situations, often playing “victim” to their life circumstances. The truth is that we have always have the power of choice. We can choose to stay in the victim mindset or choose to take responsibility for taking action to resolve our problem and move on to better in life. Recognize that you, and you alone, are responsible for creating the life you desire. You are responsible for each and every choice you make, as well as the consequences, positive or negative, which result from them. Knowing we are responsible for the choices we make, gives us the confidence to choose differently and turn our life situation around and for the better.

### **Putting the CLEAR Method into Practice**

Take a few minutes to dream about 5 goals or desires you would love to achieve in the next 3 months to a year (*Creativity*). They can be as simple as beginning an exercise routine, painting a room, taking a business class, or as complex as earning a college degree.

On a piece of paper, write them down along with a specific date you believe you would be able to achieve them (*Leadership*). Then take another few minutes to review them and choose 3 you would absolutely love to achieve. The key word is “love” (*Enthusiasm*)! Next, write 1 or 2 simple steps you can take this week for each of your desires, steps that will move you towards realizing them. On the page, jot down a brief description of how you will feel once you take steps forward (*Attitude*). Finally, commit to taking at least one of these steps within the next 24 hours and do it (*Responsibility*).

Once you take a step forward, you have set the CLEAR Method fully into practice. Recognize that it takes much courage to follow through on your commitment. However, you will be surprised by how achieving even one of your goals will boost your confidence immensely. And, your confidence will keep you motivated to continue pursuing the desires of your heart.