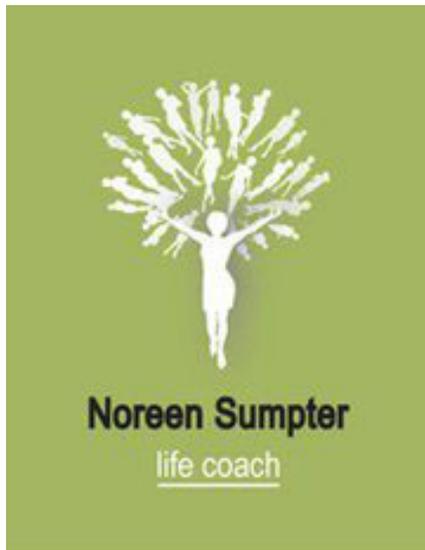


# How to Live Life Your Way:

Ten Principles for Personal Confidence and  
Self-Esteem from the Inside Out

by Noreen Sumpter,  
Personal Life Coach



# 1. Be Present in the Present

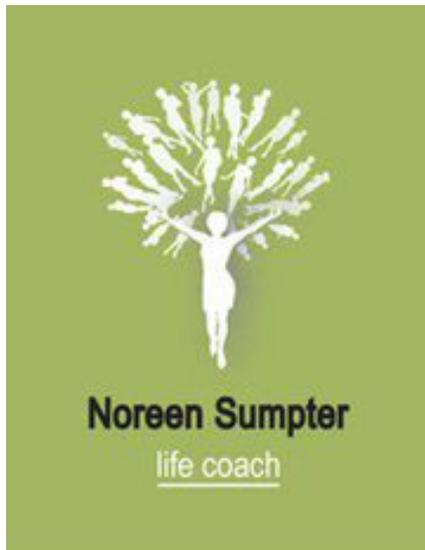
**Life occurs in the present moment** and it is in the present moment that you realize your life is not working or going the way you desire. It is in the present moment that **you decide you would like something different**, that what you really desire is a certain way of being, and that what you're doing is not supporting you in achieving it.

Losing the experience of your present moment costs you your creativity, spontaneity and life, by **robbing you of time**. This judgment generally causes **anxiety** and leaves you open to **creating forms of stress** that debilitate you. This makes thinking straight difficult and prevents you from creating new possibilities.

When you **spend too much time focusing on the future**, you probably **see what you have not done yet in your life**, or what you are **not doing**. When you go too far into the future, you find **no freedom**. It is as though the **future has a chokehold** on you. You **start experiencing** your life from your place of **limiting beliefs and you engage in sabotaging behaviors** you're not always conscious of. All the things you **dream** about achieving **become unattainable** and life is filled with "blahs."

Likewise, **when you go the past you find fears and guilts** that can make you feel even more "blah" than speeding into the future. You rummage through pieces of your past **looking for answers** to questions that most often cannot be answered in the present. A lot of good things live in the past. But if you visit your past not looking for good things, but for validation, you feel empty. **There is nothing empty about you in the present moment**. Rummaging around your past will not help you find what is lacking, as there is nothing lacking in you.

The only time that exists is NOW, the present; the past and the future do not exist. There is no fear in the present moment, only in the past and the future. The present is forever. It is clean, healthy, and free of guilt. **Being in the present eliminates disempowering conversations about yourself** that strip you of your personal confidence, self-esteem, energy and vitality.



## 2. Be Fully Responsible

You, and only **you, are responsible for yourself, your life**, the things and people that you bring into your life. Being fully responsible is more than just paying the bills and taking care of all your external needs.

It's your responsibility to **find ways to feel good about yourself and build up your personal character**. Being responsible means that you are able to self-validate and become conscious of yourself. Being responsible means that you are able to recognize situations that diminish your sense of self or your well-being, that you can remove yourself from the circumstance without ever having to prove yourself or defend yourself in any way that decreases your power.

It's your responsibility to be **loving to yourself**. It is your responsibility to be happy. It is your responsibility to be responsible for all things, thoughts, and feelings that you bring into your life.

It is important for you to have **relationships with people in a mutually respectful way**, and to recognize that people are not put here for inauthentic entertainment and amusement. You are responsible for you, now.



## 3. Make Conscious Choices

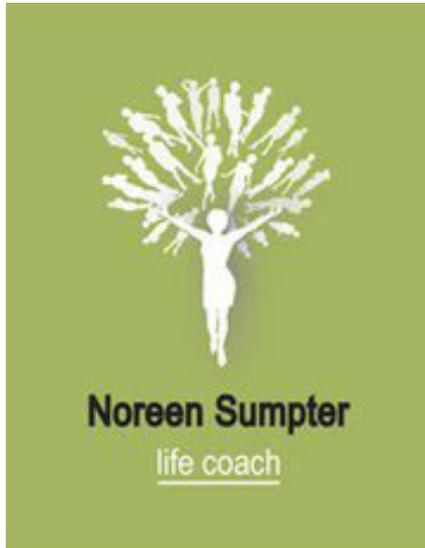
As a human being **you are always making choices**. Even when you are not choosing, you are making choices. Become conscious of how to make deliberate, conscious choices.

Your choices should build you up. It is never about the size of the choice; it is about the choice itself. **Learn to choose the things you want in your life**. Don't waste time avoiding the choices you do not want to make.

Choice is an important part of human development. **Choosing deliberately lets you develop a strong sense of freedom**. When you have a strong sense of choice, you automatically know when you are not exercising your right to choose.

There is **real power in the yes and no answer** to any question. When you become comfortable with your choices, you develop a real sense of honesty with yourself and **you have a strong feeling of being grounded in your life**. You learn how to stand apart from anything and will never blame another for the choices you make.

Learn how **to take deliberate steps**. You will become aware of when you're not exercising your choice and developing your **divine confidence** and self-esteem.



## 4. Be Your Honesty and Truth

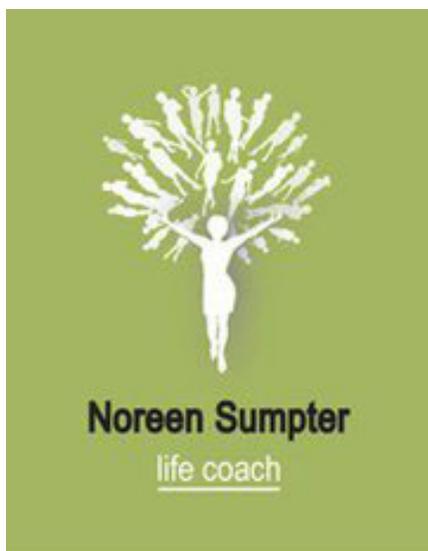
First and foremost, **be honest with yourself** so you can begin to **dissolve** all the internal conversations and **limiting beliefs** you have **about yourself** that limit you and strip you of your personal confidence and self-esteem. Honesty is an essential part of identifying who you are and what it is that you really desire. When **you lie to yourself about who you are**, you cannot truthfully know yourself or your beliefs. This kind of behavior becomes ingrained in your being, and you continually **tell yourself that *who you are* is not good quality.**

**Dishonesty with yourself undermines** you. When you operate on this premise, you can't get clarity within yourself and **thus it becomes difficult to** achieve **your dreams** because the direction is not your own. It is impossible to have a direction and be satisfied with something that is not your own and gaining clarity in your life becomes exceedingly difficult.

**Self-deception and denial of your truth** are ways of avoiding issues that could be stopping you from being your true self. They **cause you to avoid circumstances and keep yourself stuck.** They are also a form of self-sabotage that perpetuates degradation of self-esteem.

**Dishonesty and lack of truth** at every level of your life is **akin to having** negative **personal affirmations**, lies about who you are which you **continually repeat, confirm, and reconfirm** that you are ***not good enough.***

Because this kind of **lie it does not have any foundation**, when the time comes for you to make deliberate choices you can't. Then you discover that your foundation is insecure and faulty; this realization creates a lack of clarity. This kind of **dishonesty is solely based upon your ego** and **causes you to remain in a position, lifestyle and behavior that misrepresent your life and yourself.** When you discover this a sense of fear and a vicious cycle transpires.



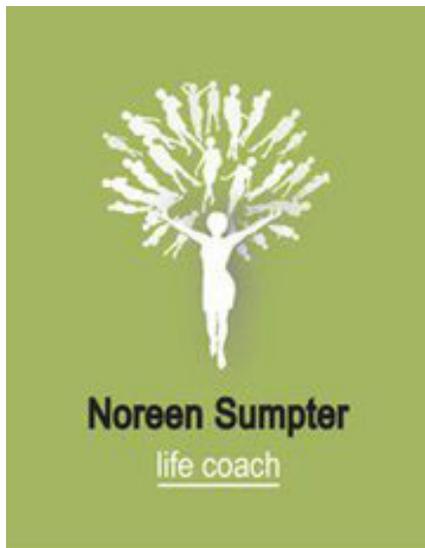
## 5. Develop a Spirit of Deserving

Live in a world of deserving; **so many things are out there in the world for you** to have if you create a spirit of deserving. Without a spirit of deserving, you live a place where you put yourself on the back burner of life. Without a spirit of deserving, you put yourself in a place where you cannot give to yourself and you begin to live in fear and upset.

When **you believe you do not deserve**, you automatically set yourself up to fail. **You cannot get into alignment with the things you want** in your life. You don't believe that you *can have* and you begin to begin to think that you are not as good as anyone else. You start to compare yourself to others in a way that diminishes you and **you begin to believe that everything about you is wrong.**

When you live in a place of not deserving, you think that everyone has it made except you and you continually beat yourself down. You beat yourself down so hard that you create a space of confusion. **You don't know why you cannot succeed in your life. Although you are able to do so much for other people** and that is very easy for you, when it comes to doing things for yourself you are stuck and you do not have the energy to even get off the couch and make your own life happy. You cannot believe what you are capable of.

Finding out that you live in a place of not deserving is extremely painful. The first thing that you automatically want to do is figure out why you got yourself into this place. Is it necessary to find out why? Sometimes finding out way is actually a waste of precious time. **What is necessary is to move forward and start deserving.** Develop a spirit of deserving. Start with R-E-S-P-E-C-T, develop a sense of respect for yourself. Learning the steps of respect is one of the tools of deserving. When you learn to respect yourself, you will start to recognize when you are feeling disrespected.



## 6. Ask for what you want authentically & with integrity

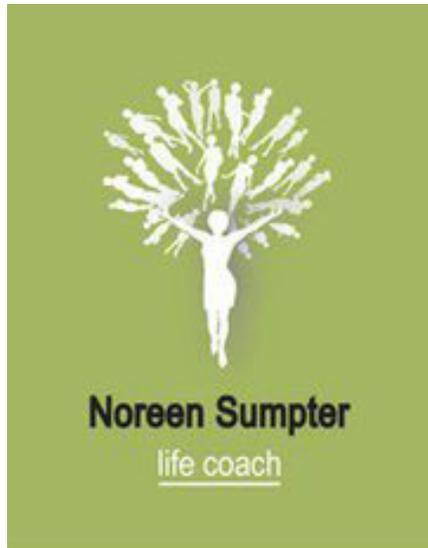
**Asking for what you want for yourself and your life is one of the best gifts you can give yourself.** Create a plan and work the plan, asking all the way. Become aware of how you focus your energy, since that is how you bring things into your life.

The ability to ask for **what you want authentically is one of the greatest gifts you can give yourself**, for it is accepting the fact that *you have to ask* which makes the magic happen. Asking, asking, asking, that word *asking* has so much power!

The word *ask* has a magical and tremendous amount of energy. **It gives a sense of freedom** when exercised. **When you learn the power of asking and the freedom that comes along with it**, everything is aligned and available in one's life.

It is important to **ask for what you want authentically and to deliberately** allow all manner of such things to enter your life. When you learn the art of asking, you learn that you don't have to convince anyone into anything. You learn that ***no* is not a disease or a thing to fear**. You learn to trust yourself and also understand that everyone has the right to say *no* to you without you making yourself wrong.

You will understand the amount of **freedom you expand into your life**. **You release the fears that block your life and interfere with your growth**. Learning to ask for what you want in your life is like taking a big gulp of fresh air.



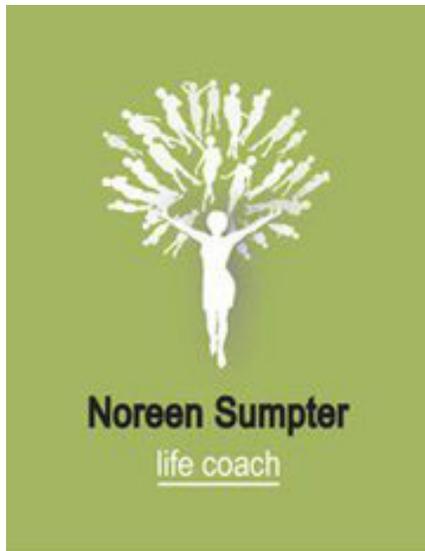
## 7. Set Personal Boundaries

Creating and **setting clear personal boundaries in every aspect of your life** is important. You are a whole being and thus you should have whole and complete boundaries. It's important that you have respect for the boundaries that you create in your life.

To have **respect for your personal boundaries** you need to follow through on them; they need to be shared. It is important that people understand and know what your boundaries are. If you demand that people honor your boundaries, then you will have a hard time. **No one has to respect** them because people get to choose. Instead, practice them; others will see that you are serious and they will automatically fall in line.

**Boundaries give you balance and a sense of power and control in your life.** When you have no personal boundaries, you allow yourself and other people to trample all over you. When **you have personal boundaries**, you realize that **you do not have to fight for your right to be, do, and have what you want.**

In turn, these **clear boundaries let you understand other people's boundaries and respect them also.** You do not have to agree with anyone's anything, all that is asked is that you respect a person's right to be, do, and have what they desire.



## 8. Forgive Others and Yourself

First and foremost **forgive yourself**, for the things you have done to yourself and the things you have not done, for all the limiting beliefs you allow to stop you and block you from **making yourself right**.

Then forgive others. **Until you forgive, you are trapped** in that painful moment continually reliving the event. When you do not forgive, the events become suppressed in your subconscious and continually devour your mental, physical, and emotional energy. You bring the events to every relationship, where they spew out their poison. You look for similar behavior in every aspect of your life. You are **continually waiting for people to do the same thing to you**.

If you are stuck in your life, then it is important to see if there is **anything unforgiven in your past that is hindering you**. It is important to forgive everyone, especially yourself.

**Become a person who treks through life free of burden and free of guilt.** Forgive yourself; let it go and have a wonderful, amazing life.



## 9. Create Self-Trust

What does trust look like in your life? Learn to use yourself as **trust**, by trusting **your own personal blueprint**, learning to **listen to your gut** feelings. **Trust your instinct**. Trust what you intuitively know about yourself, whether it is real or not--it's what you are creating about yourself.

**Understand that good judgment is something you** have to learn and that you will sometimes make mistakes, but that is how you learn. Learn to listen to the things you are constantly talking, fussing, or fighting; they are signs of confusion.

When you learn self-trust, you never have to **seek validation of yourself and your choices**. Self-trust is confidence and having faith in yourself. Self trust is something you learn in every given moment. You need to develop self-trust so that you can trek freely in the world.

Creating your own sense of **self-trust gives you the power** you want over your own life, asserting your own values and truths.



# 10. Value Your Self-Worth

You **self-worth is a measure of the unconditional love you give yourself**. Observe your self-value and your self-worth, looking at how you self-care. Learn how you **represent your worth in the present moment**. Know when it is time for you to bow out of situations that no longer serve you or that cause you emotional disturbance.

Give value to yourself and understand the value that you give to others; that is how you prioritize your needs and individual happiness. When you develop a strong sense of **self-worth, you begin to love yourself** unconditionally in all situations and areas of your life. When you have a high sense your self-worth, you **understand that you will make mistakes** and do things that are considered ridiculous and **you'll still continue to love yourself** no matter what.

Your self-worth is not contingent on the relationships that you have with people; your self-worth just is. **When you have a high sense of self-worth, you value yourself just as much as you value another person; never more, never less**. You understand that what you do to yourself and ask of yourself, you could ask of another and be open to the answers that you could be given.

With your sense self-worth, **you feel equal value in all relationships**, and you can free yourself of the burden of carrying dead relationships that do not serve you without making yourself feel wrong. People that you do not honor have no place in your life, and you sometimes (not all the time) freely remove them with good will. Your love for these people will be practiced in a manner that causes you little or no upset. You are able to leave them behind, remain healthy, and move on with your life. When you are able to comfortably honor your self-worth, your **confidence will soar to heights you never thought possible**. You will live free of malice and resentment.

*Learn more about these principles and how they can be applied in your life today. As your Confidence and Self-esteem Personal Life coach/expert, I can help you break through your doubts and fears; learn that confidence and self-esteem is a value added to yourself and live the authentic, loving life that you so richly deserve. I am always ready to talk with you—pick up the phone and begin your new way of being. **Live Life Your Way**.*