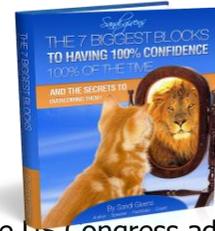




## Independence starts in your Mind!

Why am I talking about independence?

Well, those of you that know me might remember I am originally from the USA - and today is America's **Independence Day**, celebrating America's declaration of independence from the Kingdom of Great Britain.



Some very brave men wrote this Declaration of Independence, which the US Congress adopted on July 4th, 1776. To this day, children at school study this document, of which one of the most well-known passages is:

***We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.***

Even as I type those words, as strange as it may sound, I get a slight shiver up and down my spine.

All men (read 'people') are created equal.

So that includes **you**.

In my work, I meet so many people who ...

- lack confidence in themselves and their abilities
- worry they might be seen as 'bragging' if they speak of their skills and capabilities
- consider themselves unworthy of praise and recognition
- are 'hiding their light under a bushel'
- fear they are 'not good enough'

And yet these very same people are unhappy and unfulfilled. They want more - more enjoyment, more learning & growth, more responsibility & challenge, more laughter, more success.

If this is you, this month I want to encourage you to slowly but surely shed the baggage of your past that may be filled with limiting beliefs and self-doubt, and begin to step into your power, your absolute magnificence and your leadership.

Here's how:

## Steps to claiming your Independence

1. **Stop worrying excessively about what other people think of you**

Sure, you can be interested and care about other people's opinions - but **be mindful of when you might be allowing other people's thoughts about you to become more important than your own opinion of yourself** .

2. **Commit to doing 1 thing each day to make someone else's day brighter or easier**

It's amazing how shifting our focus to other people can lift our own spirits and cause us to feel more powerful and in control.

3. **Commit to doing 1 thing each day to make your day brighter or easier**

You don't expect your car to keep running when the petrol tank is empty. So why expect yourself to be able to keep going and going and going without replenishing your spirit and your soul?

4. **Focus on what you can control - and let go of the rest**

I know - this is easier said than done. But it's important. The late Stephen Covey explained this in his book, **The 7 Habits of Highly Effective People**. *Reactive people* focus their attention on issues in their Circle of Concern, wasting time and energy on things outside of their control. *Proactive people* work within their Circle of Influence and are able to have a much greater and more positive effect in their lives.

5. **Find your voice - and use it**

Start speaking up in situations where, in the past, you've allowed others to have their say and have simply gone along with them to keep the peace. Yes, it will take courage - and time. But it **is** possible and incredibly liberating when we learn how to speak up with confidence, honesty and respect for others as well as ourselves.

Now ... go live your **independence - and your leadership!**

## Quote for the Month

**"Just do it. It's less painful to do it than it is to sit around and think about it or feel guilty that you haven't started yet. Once you get started, things will get done."**

- Craig Ballantyne -

Hear, hear!

The amount of time we spend feeling guilty that we haven't done something - or worrying about how we're going to do something ... well, Craig's right.

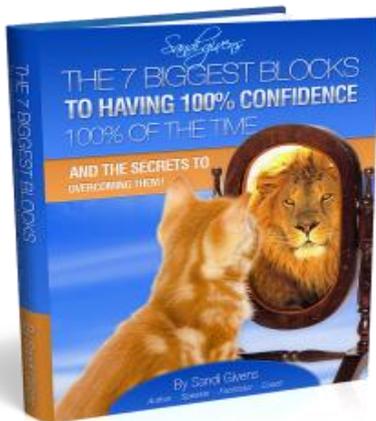
We need to simply allow ourselves to get started.

Take a deep breath.

Take the first step.

Then let yourself fly!

**PS. For those that want more help (read on ...)**



**Independence** and **Confidence** go hand in hand.

And because so many of my clients told me they needed **practical** and **specific techniques** that would lift their confidence, I wrote an eBook to provide exactly that solution.

### **The 7 Biggest Blocks to having 100% Confidence 100% of the Time (and the Secrets to overcoming them!)**

is 31 pages packed with strategies for **both individuals and organisations** where an increase in confidence is both wanted and needed.

Whether you **fear failure**, are concerned about **causing conflict** if you speak your mind or are worried about **job security**, there are **answers in this book**.

**I promise this eBook will provide you with tangible and practical ideas that you can implement immediately - that's my 200% guarantee.**

200% guarantee?

Yes, that's right.

Buy the eBook, implement the ideas, and if you don't believe you've increased your confidence in all areas of your life, we'll refund your purchase price in full - **and** let you keep the eBook.

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