

# EMPOWERING WORDS TO BUILD YOUR CONFIDENCE

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***"It's not about 'what can I accomplish?' but 'what do I want to accomplish?' Paradigm shift."***

**~ Brene' Brown**

Hi, I'm Stephanie Stewart and I'm a Certified Christian Life Coach and Certified Professional Life Coach.

After years of studying personal development and experiencing successes and failures in my life, I began to understand that the common denominator for both results was confidence.

When I felt sure of myself, I believed and achieved whatever I set my mind to. When I wasn't confident, I sought approval from others to keep pushing forward. Without that approval, I failed.

Once I realized how important it is to believe in ourselves, I dove into learning everything I could about building confidence. And it all begins with renewing our mindset.

I believe that in order to live a life of freedom, hope, and contentment, you must first be comfortable with yourself. You should be your own best friend. And you have to trust that you were created by a loving God who designed you to be exactly who you are. When you rely on others to build you up, you're giving your power away.

Many people spend their whole lives just reacting to what happens around them instead of taking control and making things happen. It's often because they lack the confidence they need to live their life on purpose.

They struggle with the feeling of insecurity. They look at the best moments of others' lives and compare them to the ordinary moments of their own. From there, it's a slow fade into feeling inadequate, inferior, and undeserving.

I created this book to help kickstart the process of renewing your mind. Inside, you'll find some of my favorite scriptures and quotes to remind you of your inherent value and how deserving you are of God's blessings. My hope is that it will help you cultivate confidence in yourself.

# Empowering Words to Build Your Confidence

“You is kind. You is smart. You is important. Ever morning, until you dead in the ground, you gone have to make this decision.” ~ from The Help by Kathryn Stockett

“Talk to yourself like you would to someone you love.” ~ Brene’ Brown

“For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.” ~ 2 Timothy 1:7 (NLT)

“I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.” ~ Nelson Mandela

“For You created my innermost parts; You wove me in my mother’s womb. I will give thanks to You, because I am awesomely and wonderfully made; Wonderful are Your works, And my soul knows it very well.” ~ Psalm 139:13-14 (NASB)

“What you believe, you can achieve. Start writing your own success today! Set your goals and hang onto them until they are a reality. You’ve got to believe it before you will ever see it. Whatever the mind can perceive and believe, you can achieve.” ~ Mary Kay Ash

“Don’t be afraid, for I am with you. Don’t be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.” ~ Isaiah 41:10 (NLT)

“No one can make you feel inferior without your consent.” – Eleanor Roosevelt

“You’re chosen by the One who will never unchoose you. You’re loved when the crowd cheers and when the lights go out and they all go home.” ~ Sheila Walsh

“But blessed is the one who trusts in the Lord, whose confidence is in him.” ~ Jeremiah 17:7 (NIV)

“There is no limit to what we, as women, can accomplish.” – Michelle Obama

“Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.” ~ Joshua 1:9 (NIV)

“Above all, be the heroine of your life, not the victim.” – Nora Ephron

“So let’s not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don’t give up.” ~ Galatians 6:9 (NLT)

“Vulnerability is not about winning, it’s not about losing. It’s about having the courage to show up when you can’t control the outcome.” ~ Brene Brown

“But as for you, be strong and do not give up, for your work will be rewarded.” ~ 2 Chronicles 15:7

“Faith does not make things easy. It makes them possible.” ~ Unknown

“Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, “This is the way; walk in it.” ~ Isaiah 30:21 (NIV)

“You are more powerful than you know; you are beautiful just as you are.” ~ Melissa Etheridge

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” ~ Jeremiah 29:11

“Being brave means trusting God even when you can’t see the way.” ~ Beth Moore

“For I can do everything through Christ, who gives me strength.” ~ Phillipians 4:13 (NIV)

“God loves you as though you are the only person in the world, and He loves everyone the way He loves you.” ~ David Jeremiah

“Don't be intimidated by what you don't know. That can be your greatest strength and ensure that you do things differently from everyone else.” ~ Sara Blakely

“It is God who arms me with strength, and makes my way perfect.” ~ Psalm 18:32 (NKJV)

“I can do things you cannot, you can do things I cannot; together we can do great things.” ~ Mother Teresa

“But to all who believed him and accepted him, he gave the right to become children of God.” ~ John 1:12 (NLT)

“I believe that happy girls are the prettiest girls.” ~ Audrey Hepburn

“And I will be your Father, and you will be my sons and daughters,” says the Lord Almighty.” ~ 2 Corinthians 6:18 (NLT)

“Each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women.” ~ Maya Angelou

“She is clothed with strength and dignity; she can laugh at the days to come.” ~ Proverbs 31:25 (NIV)

“Every woman's success should be an inspiration to another. We're strongest when we cheer each other on.” ~ Serena Williams

“Then our sons in their youth will be like well-nurtured plants, and our daughters will be like pillars carved to adorn a palace.” ~ Psalm 144:12 (NIV)

“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.” ~ Helen Keller

“For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.” ~ Ephesians 2:10 (NIV)

“You cannot have a positive life and a negative mind.” ~ Joyce Meyer

“Your life may not be perfect, but God can still use you to bring about miracles.” ~ Joel Osteen

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, ‘Who am I to be brilliant, gorgeous, talented, fabulous?’ Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.” ~ Marianne Williamson

“But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.” ~ Isaiah 40:31 (NLT)

“Sometimes you have to let go of the picture of what you thought life would be like and learn to find joy in the story you are actually living.” ~ Rachel Marie Martin

“I lift up my eyes to the mountains - where does my help come from? My help comes from the Lord, the Maker of heaven and earth.” ~ Psalm 121:1-2 (NIV)

“The enemy wouldn't be attacking you if something very valuable wasn't inside of you. Thieves don't break into empty houses.” ~ Unknown

“Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.” ~ Joshua 1:6-9 (NIV)

“Successful people aren't born that way. They become successful by establishing the habit of doing things unsuccessful people don't like to do. The successful people don't always like these things themselves; they just get on and do them.” ~ William Makepeace Thackeray

“Although difficult, change is always possible. What holds us back from making the changes we desire are our own limiting thoughts and actions.” ~ Satsuki

## A Final Note

As you turn the last page of this book, know that the journey you've embarked upon is just the beginning of your transformation. Confidence isn't a destination; it's a lifelong adventure of self-discovery, growth, and resilience.

Within the pages of this book, you've found not just words of inspiration written by others who have felt insecure, too, but also words of reassurance from your Father. Use them as tools to reshape your mindset, cultivate self-belief, and embrace your unique strengths. Think of each verse of scripture or encouraging quote as a stepping stone, guiding you toward a greater understanding of yourself and the power you hold within.

As you step out into the world armed with the wisdom and encouragement found here, know that challenges will arise. But with each challenge comes an opportunity to apply the principles you've learned, to stand tall in the face of adversity, and to emerge stronger than before.

Believe in yourself, for you are capable of achieving remarkable things. Let your voice be heard, your actions speak volumes, and your confidence shine brightly.

I pray that the words within these pages will continue to inspire and empower you as you begin to create a life you truly love.



With confidence in you and hope  
for your future,

*Stephanie*