

Five Ways to Confront Doubt

And put up your best offense in the battle to persevere

1. **PRACTICE SELF-AWARENESS** on a weekly basis, but make a mental/verbal/written promise to accept yourself and not beat yourself up
2. **BE WILLING TO CHANGE COURSE**. We all need to course correct, at times. We should always decide whether our plans, goals and feelings align with our mission and purpose. It's imperative to change course if what we're doing isn't in line with what matters most to us. But oftentimes, if you've done the work, if your intuition tells you that you're right, and if you've received validation and positive feedback from colleagues, friends and loved ones, you should proceed with what you're doing. To not do so, would be to doubt.

3. As Napoleon Hill says, **"INDECISION CRYSTALIZES INTO DOUBT, THE TWO BLEND AND BECOME FEAR!"**

Think about this — when you sense doubt coming on, do you find yourself sitting still and wondering too long? **DOUBT IS BROUGHT ON BY INDECISION**. That leads to fear. And before you know it, you've taken yourself out of the game. Be willing to move forward and know that you won't always have all the answers. Rely on faith, not doubt. Speaking of which...

4. **DIG DEEP IN YOUR FAITH AND IN YOUR VALUES STRUCTURE** — find the wins and positives in your life. As you build upon your previous wins, you build "compound interest" and grow. Faith is something which is always there for you, yet it's strengthened the more you utilize the muscle.
5. **USE YOUR EXPERIENCE TO SELF-TEACH** and then help others to overcome their doubt. Experience is the best teacher

(Source <https://medium.com/personal-growth/doubt-what-it-is-and-how-to-overcome-it-8532431b2f7>)

Make the Change You've Always Wanted Now!

I've found the best way to overcome the emotions and external forces that challenge us is to remove ourselves as much as possible from the situation both mentally and emotionally. Take a break. Then, spend some clear, deep thinking objectively analyzing things and ask yourself, **"HOW WOULD I ADVISE OR HELP SOMEONE ELSE IN THE SAME SITUATION?"**

So many people are embarrassed and flabbergasted about how to handle doubt and how to make sense of it. They're less likely to open up to others, because it's a blow to their ego. They think they're alone and they struggle, often in silence, yet it's the playback that occurs in their minds that can be truly destructive.

BE WILLING TO BE HONEST WITH YOURSELF and open up to others about how you feel. Doubt casts itself upon us like a spell and can rip our happiness away from us if we're not prepared. Fear is one thing — doubt and overpowering self-consciousness that leads to lack of confidence and self-happiness can destroy you if you let it.

KNOW THE SIGNS AND BE WILLING TO FIGHT BACK by sticking to your values, morals and past records of achievement that drive you toward happiness.

Don't waste life in doubts and fears; spend yourself on the work before you, well assured that the right performance of this hour's duties will be the best preparation for the hours and ages that will follow it." — Ralph Waldo Emerson

(Source <https://medium.com/personal-growth/doubt-what-it-is-and-how-to-overcome-it-8532431b2f7>)

What is My Purpose?

UNLOCK THE ANSWERS TO THE AGE-OLD QUESTION OF HOW TO FIND PURPOSE IN LIFE

<https://www.tonyrobbins.com/stories/date-with-destiny/what-is-my-purpose/>

It's a question as old as time: "What is my purpose in life?" As far back as the fourth century BC, Aristotle was pondering life's purpose and developing his theory of *teleology*, or the idea that everything in life has purpose. In today's fast-paced, technology-filled world where we are being pulled in many directions at once, finding the purpose of life seems more important than ever.

Many people spend their lives reacting to situations instead of being proactive and figuring out the needs and [values that drive them](#). Even when they think they know their purpose, they often mistake it with a short-term goal. Many others who are asking themselves this question truly want to find meaning – but they have no idea how to find purpose in life.

WHY YOU'RE SEEKING THE PURPOSE OF LIFE

Tony says, "**If you're not growing, you're dying**" – which is why [growth is addictive](#) to many of us. We naturally only feel fulfilled when we're improving ourselves or our lives in some way. Everything in life is calling to us to grow. When we stop growing, we start feeling pain, fear and [anxiety](#). We are then susceptible to envy as we look around and see what everyone else has that we don't. Instead of asking "What is my purpose in life?," we start coveting status, material goods and power. But all those things will ultimately leave you feeling empty.

[Goals](#), like buying a house or opening a business, yield a sense of achievement and are essential to living the life you desire. Purpose takes those goals to an even higher level. At Date With Destiny, Tony tells everyone in the room: "I will tell you right now, there's one word that will give you happiness, one. You'll remember it as long as you live: progress. **Progress equals happiness**. Achieving goals does not equal happiness." So if you're asking yourself, "What is my purpose?" What you're really asking for is progress – [a true sense of fulfillment](#). And fulfillment isn't a luxury or leisure activity – it's a necessity.

THE TWO THINGS THAT KEEP YOU FROM FINDING YOUR PURPOSE

You might think there are many things that prevent people from finding their true purpose. They're comfortable where they are and don't want to rock the boat. They have it all – money, family, house – and are fooling themselves into thinking they're fulfilled. Or maybe they just [don't have time](#). The truth is that there are only two things that prevent you from answering the question, "What is my purpose?"

1. Certainty. The need for stability and predictability is one of our [deepest human needs](#). Routines help us conserve mental energy, and staying in our comfort zones can keep us from feeling anxious and getting hurt – emotionally and physically. But it also prevents growth. It keeps us in [unfulfilling jobs](#) and [unhealthy relationships](#). It prevents us from finding purpose.

2. Limiting beliefs. The [stories we tell ourselves](#) about who we are can either hold us back or propel us toward fulfillment. Limiting beliefs – that we're not good enough, that we don't deserve to be happy – lead to limiting behaviors like [fear of failure](#) and [self-sabotage](#). Believing that we have no limitations in life gives us the confidence to find our purpose. As Tony says, "We can change our lives. We can do, have, and be exactly what we wish." Believe that and purpose will follow."

HOW TO FIND PURPOSE IN LIFE

There are many benefits of knowing your purpose – but how can you figure it out? It is a combination of the science of achievement and [the art of fulfillment](#) that creates the road to happiness and a life of meaning. To succeed in finding your purpose, you must master this balance.

(Source: <https://www.tonyrobbins.com/stories/date-with-destiny/what-is-my-purpose/0/10>)

1. SEARCH INWARD

The questions “What is my purpose in life?” and “[How can I be happy?](#)” are actually the same – and they have the same answer. You can never truly understand how to find your purpose by listening to others’ opinions and seeking outside approval.

Everything you need is within yourself. The only thing holding you back is your own [limiting beliefs](#). With each limiting belief you identify and replace with an [empowering belief](#), you develop greater self-awareness. And when you’re [in control of your emotions](#), you’re in control of your life.

2. PUT PURPOSE BEFORE GOALS

If you focus only on achieving short-term goals, you will never find your true passion or learn how to find your purpose. The goals you work toward must always be based on finding your purpose. If they’re not, you’ll only feel a fleeting sense of accomplishment and will soon be seeking something more.

You won’t be able to see that [life is happening](#) for you instead of to you.

When you set a goal, ask yourself: How will this help me feel more fulfilled? How does this relate back to my purpose? Use a journal or a system like Tony’s [Rapid Planning Method](#) to ensure you always keep your purpose top of mind.

3. FOCUS ON WHAT YOU HAVE

Developing [an abundance mindset](#) is like opening your eyes to life: You will see beauty and goodness all around you. With this new perspective, your purpose in life becomes much clearer. You question less and less how to find your purpose because you feel like you have more of the answers and that you are on the path to achieving meaningful goals.

When we focus on what we have, fear disappears and abundance appears. You’ll stop living in fear that you’re wasting your life and begin to attract positivity and joy. Finding your purpose becomes an exciting journey, rather than a stressful goal.

4. TAKE OWNERSHIP OF YOUR LIFE

True fulfillment comes from designing your own life. This is how you [unlock the extraordinary](#). To find your purpose, you must decide what’s truly right, and know it in your heart and soul. You must not let yourself be driven by fear or anxiety. A decision made from fear is always the wrong decision. It will not help you understand “What is my purpose?” but instead confuse the issue even more.

To truly take ownership, you must stop playing the victim. Realize that every circumstance in your life is a result of your own decisions, not anyone else’s. When you take responsibility for finding your purpose instead of blaming others, fulfillment follows.

5. THINK ABOUT WHAT BRINGS YOU JOY

Look back on your life and identify the times when you felt the most joy. Was it when you were [connecting with your partner?](#) Making a successful presentation at work? Creating art or helping others? When you discover what brings you joy, you usually discover where your passions lie.

Your abilities are connected to that sense of joy, so examine them, too: Can you pick up a pencil and sketch a lifelike portrait? Do your friends tell you that you’re a great listener? When you look closely at the activities or skills that come naturally and also bring you joy, you’ll likely stumble upon [passions that you can turn into a profitable career](#).

6. DEVELOP YOUR OWN LIFE VISION STATEMENT

Before you can ask yourself “What is my purpose?” you first have to know what an ideal world looks like and how you fit into it. Creating a life vision statement involves identifying what life would look like if everyone were living up to their fullest potential. This will help you develop a roadmap to guide you in the proper direction.

7. DISCOVER YOUR TRUE NEEDS

When asking themselves “What is my purpose in life?”, some people don’t even know where to start. If you fall into this category, it helps to examine the [Six Human Needs](#). Your top need – certainty, significance, variety, love/connection, growth or contribution – affects every decision you make.

Lack of awareness about your own needs can leave you with a false sense of purpose – one that is actually based on others’ expectations. This is why you can reach the top of the career ladder, find the “perfect” partner or be in the best shape of your life, but still not feel happy. Fulfillment begins with your innermost needs.

8. WRITE OUT YOUR STORY

Writing helps us organize our thoughts – and discover new ones we may not even know we had. It’s proven to help us reach goals, improve memory and decrease stress, which are all essential when you’re learning how to find your purpose.

Putting your life in writing can reveal hidden meanings you may not see otherwise. Start with this exercise: What strengths do you have that helped you get through tough times? How have you helped others? And how have other people helped you? Write it all down and you’ll [begin to see patterns](#) that will help you find your purpose.

HOW TO FIND PURPOSE IN LIFE

(cont'd)

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9. TAKE TIME FOR YOURSELF

“What is my purpose?” is a deep question that takes time and reflection to answer. When you spend all your time running from one commitment to another, you never have time to just sit quietly and [reconnect with yourself](#). Make sure you schedule enough personal time to reduce the noise and demands of the outer world and focus on what you want.

When you feel depleted searching for meaning in life, take a deep breath and center yourself. Take time for [self-care](#), whether that’s a spa day or reading a book in the park. It’s by looking within that you’re able to identify your values – the beliefs you hold most dear as a guiding force in life. You won’t understand how to find your purpose without first taking a step back and relaxing.

10. EMBRACE ACCEPTANCE

Part of finding your purpose is accepting your own limitations. Instead of getting frustrated with yourself, give yourself a break. Get to know yourself bit by bit, taking the role of observer. As you practice self-compassion while building self-awareness, you’re able to find the meaning you’re seeking.

Self-compassion means being patient with yourself. Feeling lost in life can be a very disorienting feeling. You may feel frustrated, but be gentle with yourself. Everyone who has ever asked themselves “What is my purpose?” began from a place of uncertainty. Their hesitancy was what prompted them to dig deep and find greater meaning.

11. FIND YOUR COMMUNITY

Finding your purpose in life is often about discovering where you fit in. When we meet our “people,” we feel like we are home: relaxed and at ease, able to truly be ourselves. Your community can often help you discover how to find your purpose, or to live your purpose once you’ve found it.

To find your community, follow your passions. [Join a volunteer group](#). Take a class to develop a skill you enjoy. Seek out support online. Find others who enjoy the same music, books or plays. The saying “[You are who your friends are](#)” is true – and when you find the right community, it’s a good thing.

12. BE FLEXIBLE

One of the hardest parts of learning how to find your purpose is letting go of old identities and interests that no longer serve us. Yet it’s something that must be done. Your purpose in life is also likely to grow and change as you grow and change. You must be willing to be flexible and to listen to your innermost wants and needs.

Finding your purpose is a lifelong journey. Being flexible lets you grow in integrity while being true to yourself. When you develop your core values and stop seeking external affirmation, you’ll find that the question of “What is my purpose in life?” is much easier to answer.

BENEFITS OF KNOWING YOUR PURPOSE

Research shows that finding your purpose is linked to [living longer](#). Researchers surveyed nearly 7,000 older adults on the relationship between mortality and finding your purpose. Participants who did not have a strong sense of meaning in their lives were more than twice as likely to die prematurely as those who had figured out their purpose in life. Having a sense of purpose also reduced the incidence of cardiovascular events like heart attack and stroke.

These results were universal, even when controlled for income, race, and gender and education level. Researchers concluded that finding your purpose helps you live longer. It’s also essential for happiness and fulfillment.

Achieving goals may not help you find the purpose of life, but knowing your purpose can help you achieve your goals. When you truly know your purpose, you’ll experience a sense of clarity like never before as you’re able to connect what you want to achieve to your ultimate fulfillment. You’ll feel passionate, driven and laser-focused. You’ll [stop battling with the past](#) and the future and start living in the present – and that’s the greatest gift you can give yourself.

MEDITATING ON THE SCRIPTURES

J.I. Packer, author of the book *Knowing God*, notes that *Lectio Divina* (Divine Reading) was introduced in the sixth century by Saint Benedict and his followers. The classical practice of *Lectio Divina* is divided into two forms: the monastic and scholastic. This form of meditation and prayer comprised several steps by which they focused on a particular text, thinking about it from various angles, pray with it, to draw out God's message to them through that passage.

This modified form of *Lectio Divina* entails:

1. **Silence** -- Take time to be silent: prepare to communicate with God as He expresses Himself to you in the passage of Scripture you have chosen. After a period of quiet, ask God's help as you enter this session of meditative prayer.
2. **Read**-- a short passage of Scripture aloud several times slowly. Allow its words and meanings to sink into your soul.
3. **Meditate** -- Meditation is like chewing. It is slow and thorough. Write notes about what you see in this passage. Make connections between the various sections. Ask yourself, "**What do these words from God say?**" "**What do they mean?**" Place who you are and what you do next to this passage and ask God to examine you. Continue to write your findings.
4. **Prayer** -- Pray using the passage as an outline for your prayer. Read the passage phrase-by-phrase, responding to God after each phrase or verse.
5. **Contemplation** -- Wait in stillness once more. Ask that God bring to your mind any areas of your life that you need to shape more closely to His design as revealed in this passage. Contemplate God's love and power as it is revealed here.
6. **Live It Out** -- What precisely ought you to be **believing, thinking, and doing as a result of this passage?** Make notes about how you hope to bring these words from Jesus into your current practice.

(Source: <https://www.cmalliance.org/devotions/tozer/>)

Reasons for Meditation of the Scriptures

"The bridge from scripture to prayer is meditation."

Martin Luther

The Psalmist gives 4 reasons for meditating on God's word

1. **To Focus:** *I will meditate on your precepts and fix my eyes on your ways. (Ps. 119:15)*
2. **To Understand:** *Make me understand the way of your precepts, and I will meditate on your wondrous works. (Ps. 119:27)*
3. **To Remember:** *I remember the days of old; I meditate on all that you have done; I ponder the work of your hands. (Ps. 143:5)*
4. **To Worship:** *But his delight is in the law of the Lord, and on his law he meditates day and night. (Ps. 1:2)*

Meditation "arrests" our hearts to delight in God's Word, which is vital for our spiritual strength, joy and fruitfulness

5 Questions to ask during Meditation

1. Why is this passage important?
2. What do I need to know?
3. What does it say about God?
4. What does it say about me?
5. How does this reading point to Jesus?

MEDITATION GUARANTEES THE WORD GETS INTO US

Meditation provides essential resources for a wise and godly life and enables us to "above all else, guard your heart, for everything you do flows from it"

The Four Failures that undermine Discipleship

Source: <https://www.emotionallyhealthy.org/wp-content/uploads/2021/03/EH-Discipleship-Study-Guide-2021.pdf>

Shallow discipleship and spiritual immaturity are largely considered normal.

Too many people accept without question a faith that promises freedom and abundance in Jesus, and yet never seem to notice how they remain imprisoned, especially in unbiblical ways of relating to themselves and others.

There are four fundamental failures that undermine deep discipleship and keep people spiritually immature.

#1: We tolerate emotional immaturity

We do so because we no longer measure our love for God by the degree to which we love others, and because we elevate the spiritual and distrust the emotional.

#2: We emphasize doing for God over being with God

In our efforts to serve God, most of us actually end up skimping on our relationship with God.

#3. We ignore the treasures of church history

The church has been shaped by misconceptions and ignorance about its own larger history.

#4. We define success wrongly

We define our success by the numbers, and bigger is always the goal. However, according to Scripture, success is becoming the person God calls you to become and doing what God calls you to do—in his way, and according to his timetable.

An Emotionally Healthy Disciple

The foundational definition of an emotionally healthy disciple: “An emotionally healthy disciple slows down to be with Jesus, goes beneath the surface of their life to be deeply transformed by Jesus, and offers their life as a gift to the world for Jesus.”

Seven marks of an Emotionally Healthy Disciple:

1. **Be Before You Do**
2. **Follow** the Crucified, Not the Americanized Jesus
3. **Embrace** God’s Gift of Limits
4. **Discover** the Hidden Treasures Buried in Grief and Loss
5. **Make Love** the Measure of Spiritual Maturity
6. **Break** the Power of the Past
7. **Lead** Out of Weakness and Vulnerability

My level of maturity in this area impacts my relationships in various ways.

► It impacts how I relate to God by . . .

► It impacts how I relate to myself by . . .

► It impacts how I relate to others by . . .

► It impacts how I relate to those I lead by . . .

Being an emotionally healthy disciple is not an all-or-nothing condition; it operates on a continuum that ranges from mild to severe and may change from one season of life and ministry to the next. In the process of becoming emotionally healthy, we progress through growth stages: emotional infant, emotional child, emotional adolescent, emotional adult.

(Source: <https://www.emotionallyhealthy.org>)

How to Achieve Emotional Health

(Source: <https://www.betterup.com/blog/emotional-health-examples>)

Life can be a challenge. Familial, societal, and economic pressures are constantly pushing us, and it can be overwhelming. That's where emotional health comes in — the ability to deal with those pressures in a healthy way. Maintaining it keeps us healthier and happier.

What is Emotional Health?

Emotional health refers to how a person is able to manage their thoughts, feelings, and emotions through the ups and downs of life. Someone with good emotional health and emotional wellness is aware of their emotions and has strategies to deal with both everyday situations and traumatic experiences (such as losing a loved one, losing a job, or [divorce](#)).

Why is Emotional Health important?

Emotionally healthy people are typically in control of their thoughts, feelings, and actions and can cope with life's challenges and bounce back from life's setbacks. Being emotionally healthy doesn't mean that we're never sad or angry or frustrated.

Having good emotional health is a key part of fostering resiliency, self-awareness, and an overall sense of well-being. Our emotional health also plays a role in how well we interact with others, including how we take in and respond to [feedback and criticism](#), how we give guidance, and how we observe and interpret what others around us are doing and why.

Having the skills to maintain good emotional health is key if we want to succeed and thrive in our professional and personal lives. We're also bound to face challenges in our personal lives, so our ability to have skills in place to manage both our positive and negative emotions is key.

What's the difference between mental health and emotional health?

1. Mental health is broader than emotional health

The scope of mental health is far wider than that of emotional health. According to the CDC, [mental health encompasses our "emotional, psychological, and social well-being."](#) Mental health is not just the absence of mental illness. The WHO ([World Health Organization](#)) defines good mental health "as a state of being where every individual realizes their own potential, can cope with the normal stresses of life and can work productively." Mental health, like physical health, is closely connected with how productively and easily we engage with our world over time without causing ourselves distress.

From this definition, we can see that emotional health is one big contributor to overall mental health.

2. Processing information vs expressing emotion

Emotional health and emotional well-being are about how well we manage our emotions and the impact our emotions have on us and the people around us. As noted above, mental health is concerned also with our engagement with others as well as how well our minds process and understand information.

3. Emotional health doesn't equal mental health

One distinction between emotional and mental health is that someone can be in a good place with their emotional health but still struggle with their mental health or experience mental health problems. For example, if someone lacks the energy to go to work, they may still be able to use emotional health strategies to get through the day. Their lack of energy may be pointing to a deeper mental health issue that requires further attention.

8 Signs you are Struggling with Emotional Health

1. You feel drained all the time or have energy than usual
2. You're either sleeping too much or too little
3. Your performance at work is beginning to suffer
4. Taking care of your hygiene and personal health feels like too much
5. You find that you're eating too much or too little
6. You're often anxious or irritated with loved ones
7. You have physical symptoms of stress, like high blood pressure or heart palpitations
8. Your confidence or self-esteem is affected

5 Characteristics of an Emotionally Healthy Person

1. **They're self-aware** -- perceive themselves accurately and understands how their behavior comes across to others.
2. **They have emotional agility** -- knowing how to draw insights from their feelings and use them to adapt, align, and perform at their best.
3. **They have strong coping skills** -- strong and healthy coping skills that help them in testing and trying circumstances.
4. **They live with purpose** -- there will always be an element of trial and error when it comes to discovering a sense of purpose.
5. **They manage their stress levels** -- Identifying what's causing stress in your life makes it easier to start [implementing](#) stress management strategies

THE **10** ESSENTIAL TRAITS OF EMOTIONAL HEALTH

Dr. Hal Baumchen



STAY HONEST

Stay honest with yourself and others. Personal strength and emotional stability is built on integrity and transparency.



STAY DETERMINED

Find your primary reason for doing the work of emotional recovery and keep it first and foremost.



STAY PEACEFUL

Make every effort to be a peacemaker, overlook offenses, and stay serene and calm.



STAY INTENTIONAL

Get rid of haphazard and random living. Stay deliberate, determined, and purposeful.



STAY GRATEFUL

Remain humble and accepting. Be grateful for another chance to get your life back.



STAY BALANCED

Keep work, love, projects, and people integrated in a finely tuned harmony.



STAY POSITIVE

Keep a positive, upbeat, and optimistic attitude. Smile, laugh, and enjoy your life.



STAY STRONG

Be known for the best attitude, best effort, and best character. Finish strong.



STAY CONNECTED

Stay close to those who support your recovery and distance yourself from those who do not.



STAY HOPEFUL

Remain confident that your future is filled with the promise of good things to come.

The Mental Health Self Care Wheel

<https://www.betterup.com/blog/emotional-health-examples>



Managing our emotions is part of being human. Learning to manage your thoughts, feelings, and emotions in the face of stress is a skill that pays dividends — both in your relationships with God, others and your relationship with yourself.

The Following Daily Habits can have a Positive Impact on our Mental and Emotional Health

- ▶ Start and maintain an exercise regime
- ▶ Meditate for a few minutes every day
- ▶ Carry out random acts of kindness
- ▶ Journal about a positive experience for two minutes everyday

- ▶ Show humility and be open to new experiences and new points of view.
- ▶ Spend quality time with those close to you
- ▶ Commit to one day per week where you don't complain about anything

8 signs you are struggling with emotional health

1. You feel drained all the time or have energy than usual
2. You're either sleeping too much or too little
3. Your performance (e.g. at work, church) is beginning to suffer
4. Taking care of your hygiene and personal health feels like too much
5. You find that you're eating too much or too little
6. You're often anxious or irritated with loved ones
7. You have physical symptoms of stress, like high blood pressure or heart palpitations
8. Your confidence or self-esteem is affected

How to achieve emotional health?

1. **Cultivate a positive mindset** -- small positive habit changes can dramatically affect the way our brains process the world and transform someone with a genetic predisposition to pessimism a lifelong optimist
2. **Smile** -- It's been proven that smiling does, in fact, make us happier
3. **Seek or accept help and support from others** -- support can make all the difference when you're going through a difficult time
4. **Practice gratitude in your daily life**
Being grateful for your situation shifts your mindset from wanting more to being thankful for what you have. Commit to one day per week where you don't complain about anything.