



15 Things People With Calmfidence® Do Differently

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They get out of their own way.

People who strive for Calmfidence® tend to forget about themselves by focusing on others, focusing on the job at hand, and focusing on being of service and bringing value to the people around them. Whether it's a public speaking situation, meeting, or just communication and interpersonal skills in general, they avoid getting stuck in their head by taking on a "volunteer mindset." Studies show that those who volunteer with the intention of helping others, and to be of service to others, have better physical and emotional health. When people adapt this mindset to work and communications situations they become less worried about how they look, act, and sound and more interested in those around them.

They compartmentalize

Those who practice mindfulness find their calm. These folks don't try to bring yesterday into today or tomorrow into today. They focus on the here and now, taking one hour at a time, one meeting at a time, and one responsibility at a time. They understand that there really is no such thing as multitasking, but that it's really just bouncing between tasks diluting their effectiveness. They try to finish one thing at a time so they can devote their full attention, effort, and energy to it. They don't live in anticipation of what's coming next until its time to cross that bridge.

They don't fear mistakes & they accept their imperfections

People with Calmfidence® focus on their strengths so their weaknesses take care of themselves. Knowing that most progress is made after a series of mistakes helps them let go of the fear of making mistakes. They understand that different people have different gifts and that no one can be good at everything. They don't hang around with their "failures". They leave the past behind and move forward. Calmfidence® comes from not fearing to be wrong.

They celebrate small wins and practice gratitude

Folks with Calmfidence® know that happiness is in the journey not the destination. They know that being happy first with what you currently have actually leads to more abundance and satisfaction. People with Calmfidence® are often thankful in advance rather than waiting until after they receive or achieve. They tend to be list makers and receive satisfaction from checking things off their list while celebrating the small steps and wins.

They take time to get into a calm and clear state of body and mind

Calmfidence® can be found in the practice of meditation and they understand that finding their calm almost always proceeds finding their confidence in any given situation. They know that calmness doesn't always mean quite, low-key, low energy, but a sense of balance. It's an internal steadiness. It's doing what it takes in advance to get their act together across body, mind and spirit. When these folks start to feel overwhelmed they take notice and pause. They regroup through putting things into perspective, deep breathing, positive visualizations, and positive affirmations. They develop personal rituals that ground them and interrupt anxiety and stress with thoughts of gratitude.

They own their space and their voice

People with Calmfidence® use their bodies and voices differently. They have a presence that is open, accessible, sturdy, free flowing, and definite. They are aware of their body and their body language, and know that posture and body positioning can either boost their sense of self-assuredness or hinder it. They project their voice from a deeper internal foundation with good volume and are in command of their mind's microphone- their vocal power. They like the sound of their voice and know how to use it differently in different situations, and also know when not to use it.

They are curious and look for ways to learn and improve

People with Calmfidence® have a growth mindset. They are interested in the world around them and the people around them. They are self-assured but always open to new ideas, opinions, and are comfortable understanding that they do not have all the answers. They consider themselves life long learners.

They build others up

People with true Calmfidence® don't knock others down to build themselves up. They are generous with compliments and recognize others for their achievements and individual talents. People like to be around them because they are comfortable in their own skin and make others around them comfortable as well. They surround themselves with people who build them up and lift them higher and they return the favor.

They avoid gossip and negativity

People with Calmfidence® don't waste time and energy jumping on the gossip bandwagon. They look for the good in people and situations. They are solution oriented. They know that what they focus on expands so they try to focus on what's right, good, and inspiring. They understand that everyone is struggling with something and try not to judge others.

They are their best inside coach

They know that the most important thing they will ever hear is what they say to themselves. They remind themselves that what they think of themselves is much more important than what other people think of them. They work on their character, have high personal standards, respect themselves and respect others. They do their best to treat themselves with TLC, kindness, and patience. They accept that there will be good days and bad days. They cut themselves slack and give themselves permission to be imperfect human beings. They know that they are simultaneously a masterpiece and a work in progress. When their inner critic kicks in with all its doubts and fears they remind themselves that it may not go away but they don't have to take direction from it.

They have the 3 P's –Passion, Purpose, and Persistence

They live with passion. They pursue their passions. Their passions give them purpose. They start with their "Why". Their combined sense of passion and purpose is the guiding force of their persistence. They look at life's goals as a calling. They like what they do and they like how and why they do it. They don't compare and despair. They stay focused on tending to their own garden, focused on their own target.

They have faith in something bigger than themselves

People with Calmfidence® tend to be spiritual in nature. They may have a deep religious faith, faith in a cause, faith in humanity, or faith in universal goodness and fairness. They may have faith in a higher intelligence, faith in laws of nature, faith in science, but nevertheless faith in something larger than themselves. This faith runs through everything they do. It's the thread that holds them tightly together through thick and thin. It's the thing that grounds them. It's where they find their calm, and their composure.

They accept full responsibility and take ownership

They are self-reliant. The buck starts and stops with them. They don't make excuses. They take responsibility for their actions and their circumstances. They know that it is not the situation that makes or breaks them, but how they react to the situation at hand. They are not directed by their past but by their future. They create their life instead of waiting for others to create it for them, living life by the motto "If it is to be it is up to me."

They view problems as something to be solved and not derailed by

People with Calmfidence® know that obstacles and set backs are a part of life. They know that overcoming problems and adversity will eventually make them stronger. They look for the lessons that can be learned and know that even when they get off track that they will have the ability to get back on course again eventually. These folks accept the peaks and valleys on the road to their dreams and goals as a necessary part of the journey. They are resourceful and are not afraid to ask others for help.

They plan ahead and do their homework

People with Calmfidence® don't just wing it. They prep, they plan, they prepare. They think ahead with hope and expectation. They pay attention to detail. They make their plan then work their plan. They allow for flexibility and make adjustments along the way. They earn the right to trust themselves, their choices and their decisions. They're not afraid to ask questions. They research, network, and build and nurture relationships in all areas of their personal and professional lives. They work to remember names, birthdays, favorite foods, and hobbies of those they interact with. People with Calmfidence® know if your name is Kathy if you spell it with a C or a K. Most importantly they plan for success, happiness, and joy – and then they work that plan as well!

