



LUMINARY
BAKERY

Future Focus

Building Confidence
Part 2

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This week in part two of 'Building Confidence' we're going to look at some of the challenges we may face with failure and how we can turn it into a positive experience instead of a negative one.

One of the main challenges we may face when starting something new is the 'What If's' going around in our minds. 'What if we don't do well?' 'What if I can't do the job right?', 'What if no one likes me?' The list is endless. But today we're going to change those 'What If's' into positive ones by looking at how failure can actually benefit us more than we realise.

GREAT IDEAS TAKE TIME

Knowing that great ideas and ambitions can be hard to accomplish is a helpful way to deal with tasks when they go wrong. Being aware that you may face difficulties or have to overcome obstacles will help you maintain a positive perspective.



FORGIVE YOURSELF

Learning to forgive yourself is so important, and experts have found that forgiving yourself is possible but can take time to become a habit. Let go of guilt, gain confidence and love yourself to move forward.



KNOW THAT YOU'RE NOT ALONE

By acknowledging the fact that failure is common and can occur for mostly everyone in the world, we can feel comforted and supported in knowing that we are not to blame and we are not abnormal in this process. You are human and alike to the rest of the world.

USE YOUR SUPPORT NETWORK

If something hasn't gone the way you planned then you may need to talk to someone that you trust to let out your frustrations. This can help with accepting failure and provide determination to find a new route with more potential.



SHIFT YOUR PERSPECTIVE

By using failure to your advantage, you can find even greater success than you had hoped for. When met with failure, shift your perspective to consider the failure as a gift, as if it were a sign that you were going down the wrong path. By thinking of the failure as a way to progress you can form new solutions to do even better.

ACCEPT IT FOR WHAT IT IS

If you deny failure or pretend that it doesn't exist, you won't be able to channel it into new creative energy and you won't give yourself the necessary closure to accept that one path has been proven not effective and that a redirection is in order. When you dismiss fears, thoughts and desires, you stall the ability to do something productive.



IMPOSTER SYNDROME

What is Imposter Syndrome?

Impostor Syndrome is the overwhelming feeling that you don't deserve your success. It convinces you that you're not as intelligent, creative or talented as you may seem. It is the suspicion that your achievements are down to luck, good timing or just being in the "right place at the right time."

Impostor Syndrome can be linked to other feelings of self-doubt, such as fear of success, fear of failure, or self-sabotage.

Impostor Syndrome often strikes at moments of success: starting a new job, receiving an award or promotion, starting your own business. This is when you might re-think your goals and become less ambitious, which can prevent you from fulfilling your true potential.

"EVERYONE FEELS LIKE AN IMPOSTER AT SOME POINT AND THAT'S OKAY"

Everyone suffers with Impostor Syndrome at some stage in their life but some may suffer with it more than others. Luckily, we don't have to always live like this and it can be changed with time.

Here are 4 ways to can get rid of that 'imposter':

1. Talk To Others:

By sharing your experience you will soon begin to realise that pretty much everyone has felt the same in the past. By opening up you are taking the power out of the thoughts of self-doubt.

2. You Are Not Alone:

As mentioned before, pretty much everyone suffers with self-doubt at some stage in their life and everyone makes mistakes. If we never make a mistake then we would never learn anything new.

3. Accept Compliments:

When someone compliments you, accept it and embrace it. Be proud of what that person is complimenting you on. You are enough.

4. Be Proud Of Who You Are:

Be gentle with yourself when trying new things, it takes a lot of courage to step out of your comfort zone.

We've worked through a lot of information around resilience, positive mindset, our strengths and endurance throughout our self-development sessions and our weekly packs. The tips and advice we've discussed will be beneficial in helping our mental and emotional well-being daily but is essential in helping us take the next step towards our future goals with confidence, self-belief and help us deal with failure / setbacks better than we did before.

Thinking about the future can cause anxiety but the chances of the thoughts really happening is very low. This is a time you can take back control by working on techniques that help your mental health. In self-care pack week 1&7, there are lots of useful techniques to try out.



Look for inspiration, who inspires you? Who do you know has kept going?

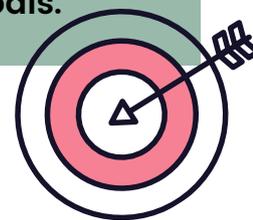


Write down your strengths. What are your top 3 strengths? How will you use them in the future?



Creating goals gives you something positive to focus on. You might think that you don't have any goals but grab a pen and paper and give it time to let them come to mind. Refer back to 'SMART' goals in self-care pack week 10 to help guide you through setting goals.

Create a positivity jar (shown in part one of 'Building Confidence') it's a little jar of motivation to use when you're feeling doubtful or nervous.



"NEVER A FAILURE, ALWAYS A LESSON"



Helplines

As Luminary Limited is a charity registered within the UK, the following helplines are UK only.

In the event you are concerned for your, or another persons' health or wellbeing, you can seek further information and help from the following:

If you or someone else is in immediate danger **always** phone 999.

For health queries that are not an emergency but you feel are urgent, you can call 111.

Mental Health

If you are experiencing Self Harm or Suicidal thoughts, call NHS: 111 and your GP for an urgent appointment.

Papyrus HOPELINE (under 35's): 0800 068 4141

Samaritans 116 123 or text Shout to 85258
www.mind.org.uk

Domestic Abuse

The National Domestic Abuse Helpline 0808 2000 247

National Stalking Helpline 0808 802 0300

Helplines

Homelessness

Shelter 0300 636 1967
shelter.org.uk

Local Authority Housing Options Teams (HOST) have a duty of care if someone presents as homeless. You can find the phone number for your HOST at:
www.gov.uk/homelessness-help-from-council

Modern Slavery

Modern Slavery Helpline - 08000 121 700
modernslaveryhelpline.org



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