



DR. STACY THOMAS
DESIGN YOUR LIFE

FUNDAMENTAL UNDERSTANDINGS

- You are a complete, intrinsically valuable, spiritual being, having a human experience.
- This life is for you - but it's not about you. You are here with a purpose.
- Challenges bring clarity to purpose.
- Your authenticity is your strength. Sharing it is essential for others to connect with you and your brand.
- Perfectionism is Fear in a very clever disguise. Learning to confront it is essential to your success.

PRACTICES for ACCESSING YOUR VOICE

- Learn how to “dim the noise” by developing a regular, mindful practice (yoga, meditation, self-hypnosis).
- Learn how to image yourself embodying your potential while facing the very situation you fear.
- Journal your thoughts/ideas with whatever tools allow you to best capture your stream of consciousness (consider going old school with pen and paper)
- In the early stages of formulating your ideas, avoid looking at what others are doing
- Be conscious of your environment and the messages you consume; boost the positive, limit the negative.
- Surround yourself with secure and positive people, who are and are good at listening and reflecting your voice back to you, see your potential and nurture it.

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PRACTICES for DEVELOPING CONFIDENCE IN YOUR VOICE

- Allow yourself the opportunity to follow where your heart leads with an attitude of openness and curiosity
- Understand and use your strengths
- Decide to do before you completely know what you are doing
- Clearly articulate and write out your mission/your purpose. When in doubt, come back to this as a way of grounding yourself. A focus on your purpose will allow ego to recede along with the fear that controls it.
- Focus on process (what you have control over) not just outcome (which is not completely in your hands)
- Recognize your “wins” no matter how small
- Rate your sense of confidence on a 0-10 scale and analyze the reasons for your rating. Why isn't it lower? What would it take for it to be higher?

RECOMMENDED RESOURCES

VIA Institute on Character for assessment of your character strengths. <http://www.viacharacter.org/www/>

Year of Yes: How to Dance It Out, Stand In the Sun and Be Your Own Person by Shonda Rhimes

Big Magic: Creative Living Beyond Fear by Elizabeth Gilbert

The Inner Game of Tennis: The Classic Guide to the Mental Side of Peak Performance by W. Timothy Gallwey