

# Believe In Your Inner Knowing

By Terri Norvell

Belief in our self is essential to trust our inner knowing. When we trust our inner knowing we save time, stress less, gain confidence and access unlimited information. It takes inner strength and self-confidence to take the actions that you believe to be correct. So how do we gain self-trust and confidence?

There are four sources of information that we typically draw upon in choosing an action.

1. What we know ...our knowledge & memories
2. What we think ...our thoughts, judgments & interpretations
3. What we feel ...our feelings & emotions
4. What we intuit ...our intuition.

All of the sources are important in effective decision making. However, we rely mostly on our logical mind and the logical mind of others. This leaves a vast unused reservoir of inner knowledge that is also relevant in evaluating our choices. Here's an example of blending information sources.

I have a client who "should have" terminated a supervisor for an action that put many people at risk. But she didn't. She believed in him and knew this misjudgment was incongruent with his past performance. Because she trusted herself and her instincts, she began looking for evidence to support the decision to not terminate. Giving him a "second chance" was the best decision as he is now one of the company's top performers.

Think about decisions in your personal and professional life. How many times do you have an inner knowing of the right course of action? You then take one of two actions:

- Find evidence to support your belief OR
- Ignore it and not listen to yourself.

Choose listening to yourself to gain increased results. Here's how:

1. Listen to the voice inside of you
2. Believe what you hear
3. Have the confidence to take one step
4. Know that clarity of the next step will come to you.

Often times we are afraid to believe and take the first step because we do not know where it will lead us. Know that confidence and clarity comes with practice and patience. You can achieve anything you want in life...by believing in yourself and believing that you can. If you don't believe in yourself, why should anyone else?