

# *The Secret to Confidence*

A CHRISTIAN WOMAN'S GUIDE TO  
DITCHING YOUR INSECURITIES AND  
DISCOVERING YOUR REAL SELF



MELISSA CLARK, MA, LPC-S

Hi! My name is **Melissa Clark**. I'm a wife, mom, and a professional counselor. It's my desire to help amazing people, just like you, discover your God-given talents and how to live with vision, passion, and purpose. This life isn't reserved for a select few. I believe within each of us is a God-sized dream woven within the blueprint of our identity.

For years I struggled with the same lie that so many of my clients talk about struggling with too. I, for far too long, believed a lie. The lie that I was "too much" or "not enough", often at the very same time. This left me feeling exhausted because I tried so hard. But it never felt like enough or I would be told by others that I love to stop trying so hard. It seemed like no matter what I did, I was left with a sinking feeling that it wasn't enough.

Social media reinforced these lies.

Comparison added fuel to the fire.

I'm on a mission now to tell anyone and everyone who will listen, that **your life matters**. You are one-of-a-kind custom creation. There is no one else quite like you. Science actually backs this up.

I want to share some simple truths. Things you've likely thought about, but maybe didn't have the words to verbalize how you thought and felt. I don't just want to give you information. Thanks to Pinterest and the internet, you and I contain a surplus of information. Instead of more information, I want to give you tools to organize and execute your dreams by understanding who you are and how to connect through God.



If you only learn one thing from this book, I want it to be this:

**You are worthy.**  
**You are valuable.**  
**You are lovable.**

Not because of anything you can ever do, but simply because you bear the reflection of the One who made you.

God created you with a specific blueprint, a design meant uniquely for you. There is no one else like you. Within you represents an infinite amount of untapped power, unfulfilled dreams, unwrapped gifts ALL waiting to be harnessed and unleashed for kingdom purposes.

Within you is a God-sized, God-given dream written within the blueprint of your DNA. My pastor says it like this, **“You are a solution to a kingdom problem.”** Do you see yourself as a solution or a problem?

It may sound cheesy, but you were made with **a purpose, on purpose.** Jesus came so that you would have an abundant life. John 10:10 says “I have come that they may have life and have it to the full.”

**Are you living a full life? An abundant Life?**



Unfortunately, events (big or small) may have occurred in your life that have left you hurt and confused and most likely believing false things about yourself, others, and God. You are more than what others say about you, and more than what you say about yourself.

**Based on my experience, both professionally and personally, I believe people don't have confidence because they don't know who they are.**

When we don't understand our true identity, we begin to feel lost, *questioning our existence*. When we don't understand our identity, it's impossible to feel significant or a sense of belonging.

If you don't know who you are, you certainly won't know whose you are, and this leaves you vulnerable to destructive patterns, toxic relationships, everything but the abundant life Jesus desires for you.

These are common questions I've asked and heard others ask indicating an identity crisis:

**Who am I?**

**What's the point of my life?**

**Why am I here?**

**Do I really matter?**

You may have asked these questions at some point in your life. We seek answers but often come up empty-handed or the answers we find don't satisfy. My hope is through reading this book you will get the answers to these questions by understanding your true self and remove toxic labels that are holding you back.





## **Are you ready to ditch insecurities and discover your real self?**

If so, you can't just read the following information. You'll need to take time to answer the questions and meditate on the scriptures.

### **Without further adieu let's begin.**

God took special care when he made you. Before he formed you he knew you (Jeremiah 1:5). In fact, He made you to reflect His own image (Genesis 1:27). We are the only ones in God's creation designed to bare his image. He sees the blueprint and design of who we really are.

Take a moment and let that sink in.

**Now consider, how would your life be different if you looked in the mirror and instead of seeing everything that is wrong with you, you began to see the handiwork of your creator?**

Take a moment and record your thoughts below.