

# The Confidence Effect: 7 Truths to Help You Lead with Grace

By K.Kay Rothermich - My I Can Story blog

For the woman who's ready to grow into the leader God created her to be—without losing the gentleness and grace that makes her unique.



#### You Were Made to Lead

You may not feel like a leader. You may feel unqualified, overwhelmed, or like someone else would do it better.

But here's the truth: **Leadership isn't about being loud, perfect, or fearless. It's about showing up with intention, rooted in faith.** And confidence? It's not something you have to wait to feel before you move—it's something God cultivates in you *as you move*.

This guide is for the woman who's driven, thoughtful, and maybe a little tired of secondguessing herself. It's for the woman who loves Jesus and knows there's more to her story.

Let's uncover the 7 confidence truths that will help you lead with grace and strength, right where you are.

# Truth #1: Confidence Is a Spiritual Practice

Confidence isn't just a personality trait—it's a mindset rooted in trust. And for us as believers, that trust starts with God.

"Blessed is she who has believed that the Lord would fulfill his promises to her." - Luke 1:45

You don't have to be confident in yourself. Be confident in **what God is doing through you.** He equips those He calls.

Reflection Prompt:

What's one area where I've been relying on my own strength instead of trusting God?

### **Truth #2: Grace and Grit Can Coexist**

You don't have to become someone else to be a strong leader. Your gentleness, your intuition, your compassion—they are your strengths, not your weaknesses.

"Let your gentleness be evident to all. The Lord is near." - Philippians 4:5

Lead with both grace and grit. You were created to reflect God's strength and His tenderness.

📝 Reflection Prompt:

Where have I been holding back because I thought I needed to be more "tough" to lead?

# Truth #3: Fear Doesn't Mean You're Failing

So many of us wait until we *feel* fearless before stepping out. But what if fear is just a sign that you're growing?

"For God has not given us a spirit of fear, but of power and of love and of a sound mind." - 2 Timothy 1:7

Don't run from fear-face it with faith. Courage isn't the absence of fear; it's deciding that God's calling is bigger than your comfort zone.

Reflection Prompt:

What fear is holding me back from saying yes to the next step?

## **Truth #4: Leadership Starts with Stewardship**

You don't have to run a team or have a title to be a leader. Leadership starts when you take ownership of the gifts, time, and influence God has placed in your life.

"Whoever can be trusted with very little can also be trusted with much." – Luke 16:10

Start where you are. With what you have. Leadership is faithfulness in action.

Reflection Prompt:

What has God placed in my hands today that I can steward with greater intention?

# **Truth #5: Comparison Steals Confidence**

You weren't meant to run someone else's race. Confidence comes from clarity-and clarity comes when you stop looking sideways and start looking up.

"Fixing our eyes on Jesus, the author and perfecter of our faith..." - Hebrews 12:2

You are *not behind*. You are not missing anything. God is writing your story on purpose, with purpose.

#### Reflection Prompt:

Where am I letting someone else's journey distract me from my own?

# Truth #6: Worth Isn't Earned, It's Given

No amount of hustle will make you more worthy. You are already chosen, called, and deeply loved.

"You are a chosen people, a royal priesthood... that you may declare the praises of him who called you out of darkness into his wonderful light." – 1 Peter 2:9

Confidence blooms when we stop striving to be "enough" and start living like we already are.

### Reflection Prompt:

What would change if I lived like I truly believed I'm already enough in Christ?

# **Truth #7: God Doesn't Waste Preparation**

You may feel like you're "in between" – not quite where you want to be yet. But God is using this season to prepare you for what's next.

"And we know that in all things God works for the good of those who love him..." - Romans 8:28

The waiting isn't wasted. The wondering isn't wasted. Confidence is built in the quiet places where you choose to trust God's timing.

### Reflection Prompt:

What is God developing in me during this season that I might need later?

### You Can Lead With Grace

Leadership doesn't start "someday." It starts now-with how you speak, how you show up, how you live with intention. Confidence is already rising in you.

So take the next step-messy, unsure, or slow. Do it anyway. Because you're not doing it alone.

You are grace-filled. Spirit-led. Called to lead.

This is The Confidence Effect.

#### **k** Ready for more?

Download the "Confidence Check-In" worksheet to help you take inventory of your thoughts, fears, and wins each week as you grow in confidence.

**←**Confidence Check-in Worksheet

Or dive into the full Confidence Effect Series on the blog.

The Confidence Effect: 20 Ways Believing in Yourself Changes Everything

<u>5 Profoundly Positive & Simple Ways to Achieve the Confidence Effect in Your Life</u>

Wake Up Calm and Confident: 12 Scriptures to Memorize When Anxiety Strikes at Night [Free Download]

5 Noteworthy Prayers to Solidify Your Grit - The Confidence Effect Part 3



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