

Eileen Wilder
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"Stop playing nice with fear" - Eileen Wilder is an author, coach, and pastor. For 20 years, she dealt with the crippling and isolating effects of anxiety and depression. When she discovered that a brain is malleable and not forever stationary, she not only conquered these issues but has soared to great success. She can teach you how to deal with fear and insecurity by using techniques and incorporating Biblical truths into your life.

Caitlin: Well, hey everybody! Welcome back to the Work-At-Home Summit. I am Caitlin Pyle, and I am here with Eileen Wilder. She's a best-selling author, speaker, and pastor who loves helping women gain confidence to go further faster. Like many, Eileen suffered the triple threat of eating disorders, depression, and severe anxiety attacks for years. After finding out how to pivot negative thoughts towards truths, she achieved radical lasting changes in her confidence, mood, and weight. Now, through her Biblical success coaching, she teaches women thought containment, mood mastery – ooh, this is really going to be good, you guys, I'm excited – and other proven strategies that will enable them to become the fearless, bold, hot versions of themselves that have always existed within. Eileen, welcome to the Summit.

Eileen: Thank you, Caitlin. I'm so excited to be here.

Caitlin: Well, you have a very key topic to talk about. I know a lot of women are tuning in, a lot of my main friends in this space and students and podcast guests. Everybody that I've worked with mostly are women. I've got quite a few dudes, but – and we're bros or whatever – but most of the people I work with are women, so this is a very key topic to talk about with our audience today, especially me. I've definitely battled with that, body image issues, confidence. A lot of people want to have confidence before they get started, and one thing that I shared with them is that confidence is a, especially when it comes to work-at-home, confidence is a by-product of taking action, and we can't always expect to have the confidence before we take action, and sometimes we just have to do it scared. We're going to talk about that today. One of the biggest struggles of starting a business is just having confidence in ourselves before we get out there and get started. You're here to talk about that with us today. But before we get into all of that, I want to know more about you and how you got to the confident woman that you are now. And I know that your story will just speak to a lot of people today. So let's get into that. Who are you?

Eileen: Yes. Who am I? I know, yeah. Well, I'm still on the journey. I'm just like anybody here watching. I think there are levels we can grow in in confidence, but I know that where I am now is light years different than where I grew up. I think for 20 years I really wrestled with incredible insecurity. I mean, to whoever feels that they're the most insecure person watching this, I feel like I could beat you because I was just so riddled with insecurity. If you were coming towards me down the street, I would just cross the street because I couldn't even look you in the eye. I had so much social anxiety. I had total fear of what other people thought. I was addicted to people-pleasing. The amount of issues that I had, I could go on and on and on. But I even kind

of stemmed later into anxiety attacks because I didn't know how to handle so many of the emotions that I was feeling, so before I would go into a situation that was a little tense, I would go full fledge into an anxiety attack. I mean, I was terrified of what people thought and it just controlled my whole life. So I'm really just saying to anybody watching this that I can relate, and I can understand even if you've been on any realm of that spectrum. I definitely wrestled with confidence. Yeah.

Caitlin: Yeah. So did I, especially just starting out my business, and it started for me seven years ago, a little over seven years ago. I got fired, and that did a number for my confidence especially because I was put in a room with the managers who told me that I was trash and that I would die alone, and they extorted me for money, and it was just a very terrible situation. I was 24 years old. These women were all old enough to be my mother. If there's anybody that's out there listening who's been in that kind of situation under that kind of negativity and especially at that age and naivety level, then they know what I'm talking about. And as you were talking about your past life, the past version of you, that's not you anymore, but I know that there are women out there and men probably, too, that are just like, "Mm-hmm, girl, let me tell you, you're speaking my language." And in your teaching and your speaking and your writing, you focus on turning the negative into the positive. So can you give us some insight on the steps that you can take to do that?

Eileen: Absolutely. Yeah. Because I didn't know that, really, change was possible. I thought that this was my personality, and this was going to be my whole life. I literally was picturing myself as a 70-year old woman afraid to go out of my house. I mean, I thought that what you were given when you were born was how your whole journey was going to look. So what happened was I started researching kind of how to get better. I started reading a few books, and I started learning about neuroplasticity which is, for many of you guys watching, you know, is the changing of your brain. I started finding out that your brain wasn't permanent. It was malleable; it could change. I was just blown away with what could be possible in that instance because what it meant for me was that there was hope, that I wasn't stuck, that there were things I could learn, tools I could adapt, habits I could incorporate into my life that maybe – maybe I wouldn't get there overnight, but maybe I could start changing my brain. So that opened up for me a whole new world where I was like, "Oh my gosh, I can be different." Or, "I could be somebody that I've always dreamt I could be. I could be somebody that could even maybe own my own business. I could even be somebody who could public speak." I mean, the opportunities started opening up just like that when I started understanding that my brain could be trained.

Caitlin: Yeah. I think you're totally – I've got a little bit of goosebumps right now because birds of a feather flock together, and I'm thinking in my mind like for the last three years – and I've overcome a lot of mindset stuff, and it's, like you said, a journey. I'm definitely still on it. I still deal with that, and I think that the voices in your head never go away. They just change what they're saying. And the fear never goes away. It changes its face. I have long said that your brain is not at capacity, and it's kind of the growth versus fixed mindset where a lot of us grow up thinking, oh, I come from this background with this family and this small town and this degree program or lack of degree program, and they just feel stuck there. And my message has always

been, and it is in the Work-At-Home Summit, the Work-At-Home School, constantly, that your brain is not at capacity. You can learn new things, and you can completely transform your life. In that same vein, learning changes everything, and that sounds like exactly what you did. You just learn new skills, new habits. You can train your brain to completely think differently, and you're not stuck with where you are. The human brain is the most amazing computer machine, and as cool as my \$3,500 MacBook Pro is, my brain is way cooler. I look at my computer in awe, but what my brain is capable of doing and creating is so much more – and anybody watching, your brain is fancier than your computer and my computer, the most fancy Bill Gates whatever computer, Steve Jobs – God rest his soul – computer in the whole world. And we lack that understanding, or we take it for granted. I find that I've done that in the past, and I know that there are a lot of peoples nodding their heads. So you said it took you a bit of time to get where you are today. What do you do with the women that you work with that are really experiencing fear and anxiety in a similar way? Before I get to that question, actually, relating back to the subject of working at home, you were talking about severe social anxiety, and I have to say I feel you on that, too, because especially when we're working at home, we are in this isolated environment sometimes. We're feeling, "Okay, I'm at home. I'm working." Then we're only communicating through the computer, occasionally on the phone, by a text or whatever, and I actually found myself regressing with my social skills. So something I've had to do in the last year-and-a-half, especially in the last year, is get myself out of my shell. And maybe that's a good lead-in to my next question which is how do you guide women to beat that fear and end that anxiety that they may be experiencing sooner rather than later?

Eileen: Yes. And that's such the key, like you said, is because there's actually fast-tracking. You can actually short circuit – took me 20 years, but now I can help people in a matter of weeks. It's just knowing kind of the right strategies and they're not difficult. I think sometimes you can think, "Oh my gosh. Neuroplasticity. It's going to take my brain 45 years to figure..." I mean, it's just not like that. It's much quicker if you can just learn the shortcuts, and one of the shortcuts you already mentioned is action. What I started learning was that the quicker I could learn to take action, small action – I'm not talking about major action. I'm talking about like I woke up ten minutes earlier, and I could mention a few other things, just small little things. But you can't get more confident by just desire. Confidence grows by competence, so the more competent you and I become at skills, the more confidence we get. It's called a confidence-competence loop. It just keeps increasing and increasing, so if you and I can do a few skills just a little bit better, our confidence is going to start to go through the roof. We're going to start to feel like the people that we know deep inside of our heart that we are. I teach people that it's by action. You know, W. Clement Stone, who many of you guys know is a great philanthropist, and inside of his organization, he had his employees say this phrase 100 times a day. So if you worked for him, you would have said this phrase 100 times a day. You would say, "Do it now. Do it now. Do it now. Do it now. Do it now." He was training his employees to become more action-oriented and less procrastination-oriented, and he said that "thinking will not overcome fear, but action will."

Caitlin: That's so, so, so true. I like to say that hope is not a strategy, and not that it's not useful, but you should combine it with action. There's a saying and you've probably heard it, that God

sends the wind, but you have to steer the ship sometimes. He has certain expectations of you and stuff. So there's probably a lot of your people tuning in right now that are just like, yup, that's totally what it is. You've got to combine it with action, and that completely just changes the game. And I love the idea of the cycle or the –

Eileen: Confidence to competence?

Caitlin: Yeah, yeah. Creating – you can't expect to have confidence without doing anything.

Eileen: Right. It won't happen.

Caitlin: It's like people who want momentum and traction and motivation. They want all that stuff before they get started. They want all the answers before – they want to know what happens in ten years before what happens in ten minutes. There are people, for example, in my Proofread Anywhere program and at this point, Work-At-Home School, where they're thinking, hey, if I don't know what's going to be happening exactly in a year from now, then no. I'm out. So they have all this fear that's holding them back, and what happens is a year from now? They're back right here watching me and Eileen, or me and any of the other instructors, have a conversation about where you could be in a year. And they're like, well, don't have all the answers still, so I'm not going to do anything. It's self-sabotage. Would you say you've seen that a lot with people you work with, that they allow not having all the answers before getting started to sabotage them essentially?

Eileen: Absolutely. Absolutely, Caitlin. I think that somebody – yeah, the scientist calls it the decay of delay. The longer you wait to do something, the harder it becomes and the less likely statistically that it will occur. The longer we wait – and I think I heard that in regards to our purpose. So if you and I procrastinate on our purpose, we start to experience decay inside of the moral fiber of our being. We start to feel lost at some point, so the trick is – the game is to beat procrastination, and you can do it by saying these phrases, "Do it now." I remember that one of the very first small actions I started doing was writing down three simple goals that I could do every day toward my purpose. Not big things, you know? I wanted to start a blog, so I wrote, "Research what a blog is." I didn't know what that was. I wrote down "schedule to get a photo taken." I wrote down "think of a name of my blog," and by crossing those three things off is what I'm saying to you guys, it started building competence. The fact that I was doing three very small things a day, and I still do that practice today, three very small things a day. I keep my confidence up. I keep my competence up and my confidence keeps going up. So it doesn't have to be large big actions sometimes. I mean, obviously, when we talk about taking a big risk, that actually can really boost your confidence. But just small things that you're doing every day, your confidence can – I even challenge anybody watching this. In seven days, if you just started writing three things down and doing those three things, taking action, your confidence is going to explode.

Caitlin: Yeah. I do not doubt it, and you've actually answered a question I had on my list. I was going to ask how is goal setting related or vital to keeping a positive mindset and you nailed it.

It's funny. I haven't even made it to three things yet, which a lot of people are going to be like, what? But at this point, it's the 20% of the work that's getting 80% of the results. There's a lot of research on that as well as just leveraging your time. A lot of times I don't make it to three things. I'll write down one thing which I call my bare minimum that I'm going to get done every day, or I'll say I'm going to work on sales copy or write for an hour. Then when that's done, I can feel like a winner. A lot of times what happens is I do that hour and I'm like, "All right." The hardest part was getting started, right? So I'm in the zone. I'm writing. Then I continue to write, and I get back that confidence because I'm like, "Okay, I can do this." I mean, it's just like speaking a foreign language. I learned German in high school; I lived there. And sometimes, I'm like, "I haven't spoken it to a person in so long, can I still do this?" But then I'll have a dream in German, or I'll hear somebody in Old Navy speaking in German, and I'll be like, "I can still do this," you know? It's just that competence breeds that confidence. I love that. And another word for competence, I think, is just skills. You continue to develop the skills, and then with those skills is what you're going to be able to provide value. And it's not just the results that you see for yourself. It's the results that you get for your clients. So, as relates to working at home, working with people – as you do and as I do and as everybody watching wants to do – you find the people that you're going to serve, and you get results for them. You solve their problems and, in essence, your problems just resolve themselves. And when I say problems, usually what I mean and what most people mean is money problems. You want to make money. You go into it thinking about me, me, me, me, me. I've got make money. I've got to make money. It's this narrow-minded thing, tunnel vision toward just solving your own problems, and you don't see all the other people that want to give you money, but you don't see them. So those problems don't get solved, and you don't solve your own problems. But if you flip the switch, take off the blinders, you see all these needs out there, what people need. Then that gives you an exact road map to say, "Hey, okay. These are the pain points. These are the things that people are struggling with in my community. I want to work with this niche, that niche, these two niches, whatever." Then you could figure out how to cultivate the competence and become confident when you are solving their problems and, in essence, that just creates this motivation. I mean, you don't get that motivation until you get results, I think. People are waiting and waiting and waiting at the bus stop of motivation for the bus that's not coming. They're like, "I'm going to get on the motivation bus and then I'll be going." I'm like, "Nope. You've got to do it without motivation, and then when you get the results and take action even when you don't feel like it, showing up every day when you don't feel like it, you get those results then." So I want to kind of switch gears a little bit and just talk about taking care of ourselves because I know as women, this is going to be a hot topic for a lot of us. We have this mindset that you've got to put everybody else first especially if you're parents or you're married. I'm married. I have a dog. I don't have children of my own at this time, but that may be an option for me in the future. And I know that it's ingrained in us to put everything else first, even affects our businesses. Like sometimes I find myself being a workaholic and it's business first, business first. I think I'm prioritizing myself because it's my business, and then I find myself completely burnt out and stressed and sad and flighty and shaky and weird feeling. So I want to talk about self-care and putting ourselves first, prioritizing ourselves. Let's just talk about that.

Eileen: All of the above. No, I know. It is such a constant struggle, and I think especially because we as women – but we're speaking at the girls out there watching – we're generous by nature, giving by nature. It's the nurturing part of us that wants to take care of everybody else, and we become last on the list. But what I've started learning is that the greatest way that you and I can actually serve other people is being our best self, our best version of our self. That is actually taking care of other people, and really serving other people is when you and I place value and honor upon some of the self-care practices that may look different for you than it does for me. What may make me feel really great may look different, but by placing that value and that honor, you're actually teaching your family. You're teaching your friends. You're teaching everybody that you're influencing, online even, what it looks like to live that best life that you and I know we're destined to live. So I think when I started turning it on its head that, no, actually it's more selfish for me to put everybody else first and put myself last. That's actually being selfish. I'm not honoring; I'm not helping anybody. And I think we know that down to our core, but it kind of requires putting in some little habits, I think, that set us up for success. That can be a bit of a struggle, but it doesn't have to be a lot. You can do an incredible amount of self-care in 10 to 20 minutes.

Caitlin: Yeah. I completely agree, and it's really about having that competitive edge, too, for your business. So you think putting your business first, business first and more productivity, like, "I'll eat when I'm done. I'll sleep when I'm done," all this, whatever. Even sometimes I'll sit here and I'll have to pee and I'll wait. Two hours will go by and I'll still have to pee, just things like taking care of my basic human needs, hunger, rest, and having to pee. You know what I mean? I neglect those things, and then I think I've just got to push through it. I'm losing focus. But if I go and I have lunch and I pee and I breathe and maybe lay down and listen to some music for a while, I can get up and keep working and get more done in the next hour than I could have done in the next three hours when I was ignoring my own needs. And as it relates to serving other people, if you take care of yourself first, they see the best version of you. They get the best version of you. You get more done. You can make more money, and you can give more. It's like tending the garden. You're watering all these other seeds, but then you don't water yourself. You don't grow as your own person, and then, at that point, you have less to give and everybody suffers for it. So it's like another cycle, right?

Eileen: Yeah. One funny thing I just learned – I did this recently was I actually asked and I hired a makeup artist to come and teach me how to do my best makeup in less than ten minutes. She said, "I'm going to come over. I'm going to teach you how to do cute and carpool." I was like, "Oh, I don't know what that means. I'm in." She came over and she said that, especially if you work at home, "If you can just do ten minutes of makeup, when you see yourself around the house in the mirror or in your car, you'll start to think that you've got it all together." She said, "Even if it's just less than ten minutes," she told me to do three things with my makeup. I was like, "Okay. I can do these three things." And I have found that those little, little things and just kind of honoring or treating yourself like that make a big difference throughout the whole day.

Caitlin: Well, I know everybody's thinking, what are the three things, Eileen? What are they?

Eileen: Oh, the makeup things? Oh my gosh. Okay. She said – actually, it was so strange. She said to put – it was eyeshadow. I didn't think it was eyeshadow – eyeshadow, lip gloss, and concealer. So I don't know. It wasn't what I had thought, but I don't know. Ever since I'm doing – isn't that funny, the three things that – but I think it becomes more important especially if you work from home to just treat yourself in honoring – and can I also just say this, Caitlin? I read a study that women who work at home, who pay someone else to do something that will save them time, have increased life satisfaction and actually report being happier. But only 30% of women who work at home do it.

Caitlin: Mm-hmm. I actually spoke to – it was Monica Froese. She is a huge proponent – she's an instructor in Work-At-Home School as well, and she's a huge proponent of outsourcing. If you're wanting to start your own business and you have kids, hire some 18-year-old high school student, 20-year-old college student to come into your house while you are there. Pay them like \$9 bucks an hour, federal minimum wage or state minimum wage if it's higher, and then have them take care of the kids. Have a 16-year-old who wants to practice driving drive two miles to the grocery store and get your groceries for you, things like that. We don't allow ourselves to outsource things, and I can definitely vouch for outsourcing. We hired a full-time assistant this year. One of the best things I ever did, but there's a stigma attached to it. I mean, my husband's parents – and I hope they're not watching, but they know how I feel, so it's like, I'm just joking – but they they're in their 60s, and they don't have any help. They still do all their own ironing, and they're very, very wealthy, in the multi-millions. They don't have anybody wash their car. They do all their own yard work, and it keeps them young, so I'll give them that. They're obviously retired at this point. But I don't like hearing complaints when they're like, "We spent all day in the yard doing work" and blah, blah, blah. I'm like, "Why?" I look at it as helping the local economy as well, and it's like an investment. So it's not you spending money. It's allowing other people to have a livelihood doing something that they're good at and that they enjoy and allowing them to solve your problems and solving their own problems. It is so cyclical, and I really feel like the future of business or the future of life is in collaboration. The more we can just help each other, the more we all win. I can definitely vouch for us having a clearer head. I don't have to worry about laundry. I don't have to worry about cleaning. I don't have to worry about any of the stupid little things that I used to have to worry about. Now, if you find it therapeutic – sometimes I'll just mop my floor at night because it's like, okay, it's dirty. The dog came in from the yard or whatever and it's dirty and it clears my head. So I'm a huge proponent of it if it's something that you want to do for ten minutes a day. It's just meditative, put on some music, make it fun. If you like washing dishes, whatever, do your thing. But if it is something that is stressing you out and is affecting your productivity, affecting your happiness, if it's something that you find yourself feeling like, "Oh, I can't work until I get the house clean;" if it's something like that, then that is a huge red flag – beep, beep, beep – get that stuff outsourced. You can pretty much get anything you want done for \$12 to \$15 an hour, and it's amazing what somebody who's skilled at those things can do in an hour, too. Especially if you can use that time to earn double your money basically. If you can do something for \$30 an hour when you're paying \$15, it's like you still come out on top, and you're helping somebody else. So what if you're super busy? Do you have a strategy specifically for prioritizing self-care when you're busy?

Eileen: Well, I think sometimes, many people don't struggle with this, but I know I struggled with a great morning routine. I know when you're really, really busy, it becomes more valuable, that morning time, and especially if you have kids. My kids wake up so early. I'm like, "Kids, what is wrong with you? You need to be staying in the bed - sleep." So I know that that can be a little bit of a struggle, but if there is a way that you can possibly wake up 10 to 20 minutes earlier than you normally do, you can start to practice some habits. For instance, when I started learning this, I learned that you've got to become very selfish with your time in the morning hours. You've got to become focused only on you. I started waking up just a little bit earlier than my kids. And I know many of you do this already, but I started writing down three things I was grateful for. I spent a little time meditating, spent a little time in prayer, and I found just doing those two or three things, I was so ready to greet the day, and I was so ready to then later tackle my three priorities or be sane with my kids. It was just, I think, figuring out what works for you and knowing that you need to do that in order to care for other people. And don't feel guilty about being selfish with that morning time.

Caitlin: Yeah. I like to call it being a fierce guardian of your time where you're just like, "Nope." I had to train myself to stop checking my email on my alarm clock, my phone. Every morning I would be like, "Oh, I'm trying to wake up. I'll just start reading email" or whatever. I had to train myself to not do that. I'm training myself slowly to not be the kind of person who lays in bed before they go to sleep at night checking email because then what's the last thing – first thing on my mind is work, last thing on my mind before I go to bed is work. I don't sleep as well when I do that. I don't have as much fun when I do that. So I've taken to maybe watching a nice show, going for a walk, listening to some music, and just blissing out and just laying there smiling at nothing. You know, just smiling and being happy and relaxing and just having that downtime. It's very, I find, therapeutic. And definitely something that in your, especially in the morning, just like the way we start our day, and we talked about putting on makeup and stuff. I was not a winner in that department, but usually I am and it's something that I've trained myself to do although I do have my eyebrows tattooed, and I do like the eyelash extensions, and I put on some tinted lip gloss. That's kind of my bare minimum, and I did it because I'm a little bit lazy sometimes. So I did that to save myself time in the morning. Then, yeah, when you walk by a mirror, you're like, "All right, I'm still looking 85%, I'm there." You can go to the grocery store, or go out and run an errand or two without feeling like a little mouse or feeling kind of frumpy, and that word comes up a lot in circles of women, you know? I feel so frumpy! But you can combat that frumpy feeling by just prioritizing you in the morning, getting out of your pajamas, and that's really hard when you work at home. I did not win at that, either. I slept in this shirt, and I put on some shorts, so I'm winning in that department halfway. I changed out of my pajama pants. I just kind of took it not too hot. But you can start your day and do a workout. I have a fitness trampoline, super fun. If I don't feel like exercising, I'll just kind of bounce on my trampoline, get my heart rate up, watch a TV show. I'll take a shower, put on some perfume. I found out my favorite perfume is at Ross for \$20 bucks, so I was hoarding it for years thinking it's super expensive, and I found it at Ross for \$20 bucks. I'm putting it on every day, feeling great, putting on just a little bit of highlighter just to feel pretty and nice and put together and clean. It just makes me feel a little bit cleaner, and it does set the mood. I feel so much better putting on actual clothes. I don't know. A lot of women can probably relate to this as well. You go and you go shopping and you buy

stuff, but then you wear your lounge clothes and your workout clothes during the day because you're like, "Oh, I'll save those nice clothes for a special occasion." Then months, maybe even a year or two can go by, and you didn't even touch that nice dress. You didn't touch those nice pants and the nice blouse with the necklace and the earrings and whatever. I'm telling you, you put that stuff on on a regular day and see what it does to your mood. Speaking of mood, moods can fluctuate, right? So my final question – because, unfortunately, we're running out of time – my last question is dealing with moods. We can be on a high one day and same day – and as women this is so relevant – that mood can just shoo [indicates down], like hormones and stuff just sky – like just plummet down to the bottom, and we are feeling like garbage. I say I have 19 good days, 10 okay days, and 2 really bad days every month. It's like clockwork and I learned how to expect that, but sometimes you just can't control those feelings. So what is your strategy? What do you do personally, and how do you coach your people on what to do when those bad feelings that you worked so hard to get past start rearing their ugly heads again in your life?

Eileen: Well, I can just totally say I relate to that so much. And it's not perfect; we can't do every day perfect. And just give yourself grace. There's grace for off days, and we're all going to have them. We're all going to feel – so don't feel ashamed or judge yourself or anything like that because that's just life. I think it's just normal. One of the little tactics that I started incorporating in the past couple years, it's really helped me when I'm starting to feel those off days, or when I'm about to encounter a tense situation. I'm about to launch something. I'm about to start a new project. I'm about to apply for something. I might be giving a speech or doing something. And I start to feel those feelings of insecurity and lack of confidence, and I'm concerned about what people are going to think, and I start to get this performance mentality again. Oh my gosh. And it just starts to rise. I can feel it like that. And what I do is I – I read a scientific study where researchers said if you can say the phrase "I am so excited," they say that your heart rate decreases, and you actually shift from a threat mindset into an opportunity mindset. You can say this phrase as many times as you need to, "I am so excited. I am so excited." So I'm thinking about this presentation, or I'm thinking about this new opportunity, or I'm thinking about signing up for a course, or I'm thinking about going to this coach. I'm not really sure, but I'm tense. I start to say, "I am so excited. I am so excited about" this thing. And I start to just switch that mentality, and I start to feel better. I start to feel like, I don't know, like life's worth living for again. That life is fun; that I can make this fun. This doesn't have to be work. This can be awesome, and it's not going to be what's going to go wrong. It's what could go right. What kind of doors and new levels could open up? I mean, you just don't know what's on the other side of that opportunity. So it's a little phrase. It's helped me a lot. I say it almost every day. I just say, "I am so excited." I'm so excited even when I'm going to write a blog post. I'm like, "I'm so excited!" I just want to infuse life and fun into everything I'm doing, and I'm sure so many of you watching do, too.

Caitlin: Yeah. I think we take ourselves too seriously sometimes. So when we are in that moment where we're just thinking – on one of my two bad days a month and maybe some of the okay days that are just downhill from there – I've got to think, "Hey, this happens every month. I'm so excited about my 19 good days are coming back, and I'm going to take advantage of this

downtime as well. I'm so excited to get some time to just kind of relax." Because we just need that, and we can teach ourselves to take advantage of that. And, yeah, just infusing fun in everyday life and knowing that if something goes wrong or whatever, it's just all in how we look at it and looking at supposed failures as just stepping stones, and especially as we're trying to figure out what we want to do in our work-at-home life. And if you don't know what kind of skill, and so you start doing the things that you know how to do even though you don't love it, but it's through doing that you can potentially find the thing. I mean, I was a freelance proofreader. Out on my butt, got fired in 2011, started doing freelance proofreading, built my business to full-time, and then I started a blog in 2014 and now, here I am. Things can change so quickly if you just do what comes naturally to you and have fun with it and not take it too seriously and not write yourself off, but prioritize yourself. Well, Eileen, thank you so much for spending time – investing time with our audience today to really get clear on confidence and where it really comes from, how to cultivate that, and that it's not a magical little fairy dust thing. It's something that we can cultivate through taking action and cultivating our competence. And, guys, we talked about cultivating competence and self-care. She has a super cool freebie for everybody watching the Work-At-Home Summit right now. It is her super motivating 21 Day Self-Care Challenge, so if you're watching right now and you have ten minutes, just ten minutes a day even if it means you have to get up ten minutes earlier. I'm actually going to do this myself. Eileen is going to help us use those few minutes every morning to change your mindset for the better. And Eileen, as well, she's an instructor with us here at Work-At-Home School, so if you're ready to change your mindset and start setting and meeting goals with confidence, Eileen's awesome Ultimate Confidence course is included in the Curious Curriculum Package within Work-At-Home School. It's about finding your God-given identity and learning how to gain self-confidence and self-acceptance with who you were made to be. It's a four-week course designed to help you take charge of your life by removing negativity, doubts, and fears. Again, that course is included in Work-At-Home School's Curious-level Curriculum Package. Links for everything I just mentioned are below this video. Thanks so much for joining us today, guys, and thanks again to you, Eileen, for being here with us.

Eileen: Thanks, Caitlin. Thanks for letting me be a part.