

You  
can  
do This

*Seizing the Confidence  
God Offers*

**TRICIA LOTT WILLIFORD**

# Great Books for the Confident Girl

Henry Cloud and John Townsend. *Boundaries: When to Say Yes, How to Say No to Take Control of Your Life* (Grand Rapids, MI: Zondervan, 1992).

Brené Brown. *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead* (New York: Avery, 2012).

Beth Moore. *So Long, Insecurity: You've Been a Bad Friend to Us* (Carol Stream, IL: Tyndale, 2010).

Rebekah Lyons. *You Are Free: Be Who You Already Are* (Grand Rapids, MI: Zondervan, 2017).

Debbie Lindell. *She Believes: Embracing the Life You Were Created to Live* (Grand Rapids, MI: Revell, 2016).

Mary Anne Radmacher. *Courage Doesn't Always Roar* (San Francisco: Conari, 2009).

Gretchen Rubin. *The Happiness Project: Or, Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun* (New York: HarperCollins, 2009).

Elizabeth Gilbert. *Big Magic: Creative Living beyond Fear* (New York: Riverhead, 2015).

## **ALSO BY TRICIA LOTT WILLIFORD:**

*And Life Comes Back: A Wife's Story of Love, Loss, and Hope Reclaimed* (Colorado Springs: Waterbrook, 2014).

*Let's Pretend We're Normal: Adventures in Rediscovering How to Be a Family* (Colorado Springs: Waterbrook, 2015).

# Notes

## INTRODUCTION: YOU CAN DO THIS

1. See Psalm 57:7, GNT.

## CHAPTER 2: WEAR YOUR NAMETAG

1. Proverbs 14:10.
2. Luke 18:1-8.
3. Luke 15:8-10.
4. Matthew 13:33, GW.
5. Matthew 9:20-22.
6. Luke 7:13.
7. Luke 10:38-42.
8. Isaiah 43:1.
9. Psalm 139:7.
10. Psalm 139:17, NLT.
11. Joshua 1:9.
12. Exodus 14:14.
13. Jeremiah 29:11.
14. Psalm 119:68.
15. 2 Corinthians 3:17.
16. Psalm 62:6-8.

## CHAPTER 5: PLAN YOUR DINNER PARTY

1. Mary Ann Shaffer and Annie Barrows, *The Guernsey Literary and Potato Peel Pie Society* (New York: Dial Press, 2009), 10.
2. Glennon Doyle Melton, “Three Rules for Surviving a Creative Life,” Momastery (blog), January 20, 2016, <http://momastery.com/blog/2016/01/20/three-rules-for-a-creative-life/>. Emphasis in original.

## NOTES

3. Brené Brown, *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead* (New York: Avery, 2012), 56.
4. Oprah Winfrey, interview with Rob Bell, *The RobCast*, podcast audio, October 11, 2015, <http://www.robbell.podbean.com>.

### CHAPTER 6: THE ART OF DINING ALONE

1. Lulu Miller and Hanna Rosin, “The Secret Emotional Life of Clothes,” *Invisibilia*, podcast audio, July 22, 2016.

### CHAPTER 10: SHARE YOUR KINDNESS

1. Shakti Gawain, *Creative Visualization: Use the Power of Your Imagination to Create What You Want in Your Life* (Novato, CA: New World Library, 2016), 29. Emphasis in original.
2. Judges 6:12-13.
3. Judges 6:14.
4. Judges 6:15.
5. Joshua 1:9.
6. Psalm 139:14.
7. Psalm 34:10.
8. John 10:10.
9. 2 Timothy 1:7.
10. Psalm 29:11.
11. Philippians 1:6.
12. 1 Corinthians 6:20.
13. Psalm 57:7.

### CHAPTER 11: CARRY A SHARPIE IN YOUR POCKET

1. Matthew 5:37.

### CHAPTER 12: NEVER DROP THE SAME PLATE TWICE IN A ROW

1. Bishop T. D. Jakes, Global Leadership Summit, Willow Creek Community Church, South Barrington, Illinois, August 11–12, 2016.

### CHAPTER 13: BE WHERE YOU ARE

1. Gretchen Rubin, *The Happiness Project: Or, Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun* (New York: HarperCollins, 2009), 300.

### CHAPTER 15: THE UNDERBELLY OF CONFIDENCE

1. Sarah Young, *Jesus Calling: 365 Devotionals for Kids* (Nashville: Thomas Nelson, 2010).

## *You Can Do This*

### **CHAPTER 16: PUT FEAR IN THE BACKSEAT**

1. See *Merriam-Webster's Collegiate Dictionary*, 11th ed., s.v. "foreboding."
2. See *Merriam-Webster's Collegiate Dictionary*, 11th ed., s.v. "joy."
3. Brown, *Daring Greatly*, 121–24.
4. Elizabeth Gilbert, *Big Magic: Creative Living beyond Fear* (New York: Riverhead, 2015), 26.
5. Luke 16:10.
6. Mary Ann Radmacher, *Courage Doesn't Always Roar* (San Francisco: Conari, 2009). Emphasis added.
7. See 2 Timothy 1:7.

### **CHAPTER 17: WHEN YOU FEEL OVERLOOKED**

1. Luke 1:41.
2. Matthew 11:2–3, NLT.
3. Matthew 11:4–6, NLT.
4. Hebrews 11:39, MSG.