Jamie Kern Lima Billion Dollar Resiliency

- Overcoming Self-Doubt
 - Everyone deals with self-doubt.
 - Your greatest source of self-doubt can become your greatest source of fulfillment and contribution.
 - The things we think are our greatest setbacks can be God's setups for what is supposed to come next in our life.
 - Knowing when to let go of a dream is as important as knowing when to go after one.
- Overcoming Rejection [09:26]
 - When our gut is telling us we are supposed to be doing something, but everything around us is saying we are wrong, how we handle those moments can change our lives.
 - Turn down the volume on self-doubt and rejection and turn up the volume on intuition.
 - We need to look our fear straight in the eye and remember our faith is bigger than the rejection.
- The No or the Knowing [19:28]
 - Do we listen to the no, or do we listen to the knowing?
 - Every one of us has a knowing if we get still, ask for it, and listen.
 - God has made you with everything you need to accomplish the dreams on your heart.
- Believe You Can [22:15]
 - No one can tell you how big your dream can be.
 - When you are someone with a dream, God gave it to you, not everyone else, so you should not be surprised when not everyone understands it.
 - Make the decision to believe that you can.