

WHAT IS SELF-CONFIDENCE?

Self-confidence is the inner feeling of certainty. It is a feeling of certainty about who you are and what you have to offer to the world. It is also the feeling that you are worthwhile and valuable.

Everyone craves to possess self-confidence because it makes life so much easier and so much more fun.

Self confidence gives us the energy to create our dreams.

Self confidence is an essential element to being able to create powerfully.

There are so many aspects to feeling the power that comes through certainty.

WHAT SELF-CONFIDENCE IS NOT

Self-confidence is not acting like you are better than others.

Self-confidence is not feeling like you are better than others.

Self-confidence never feels false. It is not something that you should feel guilty for wanting.

Self-confidence is not the ability to step on others or promote yourself by tearing someone else down.

Many people are afraid to desire great gifts for themselves. They feel if they desire great things for themselves it will mean that they are filled with pride and may mean they are not worthy, loving people. But, nothing could be further from the truth. It takes a level of self-confidence to desire great things for yourself and you never achieve great things without first having the desire for them.

Having self-confidence does not mean you are unworthy. It does not mean you should feel guilty for wanting to possess it. Self-confidence is not boastful or mean or taking advantage of others.

WHAT WILL SELF-CONFIDENCE DO FOR ME?

Having self-confidence is the same as having a magic wand in your pocket.

Self-confidence opens doors for you almost like magic.

When you are confident people are attracted to you. You find that people want to be around you – for all kinds of reasons – to date you, to learn from you, to play with you, to experience life with you and for many, many other reasons.

Self-confidence is attractive. It is powerful.

You will find that by taking the time to learn to be self-confident, life will begin to change for you in almost every way possible.

What would you like to have more than anything?

Take a minute and list ten things you would love to have in your life.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Now, take each one of these desires, and list two ways that you could achieve them if you possessed incredible self-confidence.

1. a.

b.

2. a.

b.

3. a.

b.

4. a.

b.

5. a.

b.

6. a.

b.

7. a.

b.

8. a.

b.

9. a.

b.

10. a.

b.

Does that make you want to have more self-confidence in your life?

Before you can powerfully create anything in your life, it is imperative that you have a strong and consuming desire for it.

Hopefully, the above exercise helped you begin to feel this way.

It is also necessary that you have a belief system that gives you self-confidence. Your beliefs create the world around you.

They affect how people respond to you and how you respond to people. Changing your beliefs can deeply affect your self-confidence.

WHAT STOPS US FROM FEELING SELF-CONFIDENT?

Our confidence is cut off at the knees when we are feeling fearful. It is also completely stopped when we feel guilty or discouraged.

I don't feel discouraged often but when I do, I learned to decide that I will allow myself to feel it – and enjoy the feeling. Now, this may sound a bit strange to you, but the power in this is that it releases the pent-up feelings that are causing the discouragement.

When I decide to enjoy the feeling while it is there, I also decide to take it easy on myself and stop criticizing myself. Here is what I say to myself, "Okay, if I am going to feel depressed today – at least I am going to enjoy it because I don't get to feel it very often." Then I laugh and think about how I can enjoy feeling like a victim for the day.

The simple statement and behavior takes the pain out of the moment and pretty soon my discouragement lifts.

I know it sounds a little crazy but try it and see if it works for you.

Try a little experiment, ask yourself, then write down the answer to this question.

What would it feel like to allow myself the complete freedom to enjoy my misery for a day or two?

Too many of us beat up on ourselves way too much. This process literally kills our spirit and our drive.

A very simple and effective trick you have heard a million times (but it always works) is to just put a smile on your face. It is amazing how this can make you feel different. Smile and don't let the smile leave your face for twenty minutes!

Know that it is a temporary feeling and that many times it is the darkest before the dawn.

As soon as you wake up every morning, before you get out of bed - put a huge smile on your face and name 10 things you are grateful for in your life. In fact, do it right now!

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Simple actions like this on a daily basis WILL change how you feel.

Fear

When we feel fearful, we are not self-confident. Fear is a killer. When we feel fear, we feel like we are not good enough. There needs to be a distinction here. If you are feeling fearful because you haven't done your homework and are lacking critical preparation for whatever it is you are fearful of, then you need to stop and do your preparatory work. Being self-confident also means we have prepared ourselves as best we can. But, if your fear is because you live in fear most of your life, there needs to be a drastic change.

I read a great book once called "Feel The Fear and Do It Anyway." I would recommend it to anyone.

Self-confidence comes from walking through our fears. Every time we walk through a fear, no matter, how small – we build our self-confidence.

What is something you are afraid to do right now?

Decide that you will do it, no matter what. It doesn't even matter if you do it well. It doesn't matter if it doesn't work out for you. The only thing that matters is that you step through your fear and do it.

So many times we criticize ourselves for our perceived failures. We took a step and "failed." A secret to self-confidence is to not judge yourself this way. Instead, look at the action you took and honor yourself for being brave enough to take it! That is what really counts!

A lot of the things we do, don't work out. So what? Better to die trying than to not try at all.

But again, the important point is, if you walk through your fear and take the action, your self-confidence will improve, especially if you honor and praise yourself for taking the action.

Try it!

Remember: Honor yourself for stepping past your fear and taking action. It doesn't matter if the action works out! What matters is you conquered your fear!

And now your comfort zone has expanded. Once you continue to do this, you will find your comfort zone will get larger and larger until there is nothing that you are afraid to do. Your self-confidence will be explosive.

Guilt

The next thing that holds us back is feeling guilt.

Personally, I don't believe there are very many things in life to feel guilty about. If you are honestly trying to do your best, why feel guilty?

Guilt saps our strength and our power.

Allowing others to make us feel guilty is not productive.

It is usually their own insecurities that cause others to try and make us feel guilty. Choose right now, not to allow anyone to make you feel guilty.

List the things that you are feeling guilty for in your life right now:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

I hope you didn't have enough things to fill out all ten lines, but if you did, you will find yourself feeling amazing self confidence once you have eliminated each of these things from your life.

Now, I want you to take each of those things that you are feeling guilty about and write what it would feel like (what you would feel like), if there was no reason to feel guilty about them anymore.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

How would it feel, if you weren't carrying around all this guilt-baggage?

Now, I want you to get real creative – real creative – and list three reasons why you shouldn't feel guilty for each of these things.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Now, I want you to refuse to feel guilt from this point on. And notice how you life and feelings begin to change, especially your self-confidence.

AN AMAZING ACTION THAT WILL CHANGE YOUR LIFE AND YOUR SELF-CONFIDENCE

I am going to teach you an action that you have probably never done before and possibly never heard of before.

What I want you to do every morning and every night is to take a few minutes – alone – and honor yourself.

The way you do this is simple. You just say to yourself,

“I am going to honor myself for . . . “

Instead of stopping at one thing, think of as many things as you can. And feel the honor when you acknowledge yourself!

These are examples of things you can honor yourself for:

“I am going to honor myself for getting up early today, not staying up late and watching TV when I needed my rest, making a healthy choice for lunch, not yelling at someone, washing the dishes, exercising, making a phone call, doing an action that I was afraid to do, sending love to someone . . . “

It doesn't matter how small it is, what matters is that you feel honored, acknowledged and special. Why wait for someone else to do it when you can do it yourself (and probably do it better than anyone else)?

Getting into the habit of doing this will boost your self confidence tremendously. And it will give you a greater sense of peace and joy.

You are special and you deserve to be acknowledged – constantly. You can give yourself this gift – just as I do every morning and every night.

It is so important to feel special, to feel worthy, and to feel valued. This is a gift you can give to yourself.