

Strategies for building confidence

Confidence is believing in yourself and also having a level of arrogance under control.

The problem with confidence is that it is not easy to acquire. It requires you spending time changing thoughts within moments and areas of life and overcoming self-burying thoughts that stop you from believing that you can be successful at accomplishing anything. For example; if you think that you're going to fail an exam then you have low levels of confidence. But now the issue with thinking that you're going to fail means that you haven't put in any time or deliberate practice towards your exam so therefore your chances of failing are greater.

Think of athletes and leaders who perform at high levels like Cristiano Ronaldo, Stephen Curry, Anthony Joshua, Eric Thomas and even individuals like your head teacher. Although they perform under pressure, think about how they would feel. The whole world or school district is watching them, coaches and organisations expect them to perform, and most importantly, their family is dependent on their success. If they have low levels of confidence or perform with low levels of confidence, then it's more likely that they can or will fail with performing at high levels. But today, we're going to dive into and find out where your confidence is.

There are two ways of finding your confidence:

1. Scale
2. Paradigm table

And we're going to find out where your confidence is and how we can start to build momentum to finding confidence. (With one or both of the tactics below, mark where your confidence is)

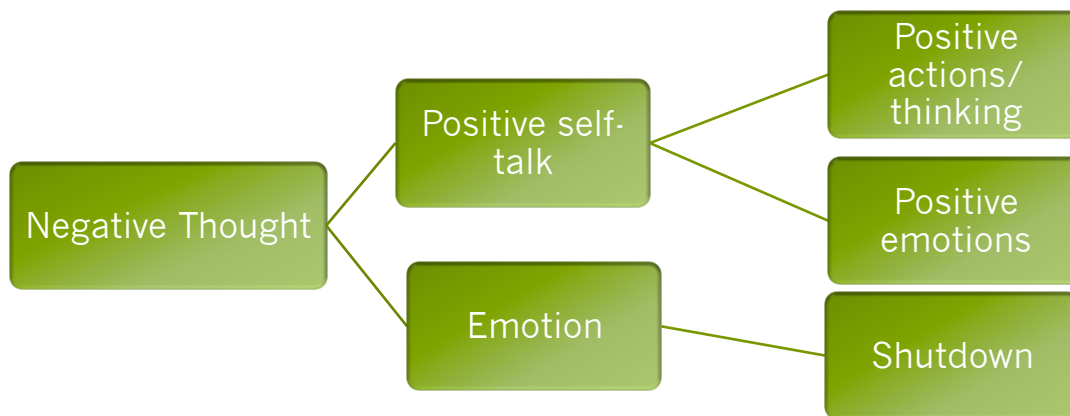
1. Scale



2. Paradigm

Very confident	Somewhat confident
Not very confident	Not confident at all

So hopefully you've found where your confidence is whether that's very confident or not confident at all. If you're very confident then that's great but remember to keep it under control but however, if you've found yourself in one of the other boxes then we have some positive work to do. Our goal now is to understand the importance of confidence within you and to develop confidence being around other people. Below is a diagram connection graph to help you understand how thoughts can affect our confidence.



When you have a negative thought, you can choose to respond in one of two ways; **negatively** or **positively**. When you respond to your thoughts with emotion or negatively, you can potentially find yourself worse off than you did before. Most times when using emotion there's no rationale or justified reasoning behind giving your thoughts emotion and then acting on them. Also, since it's a negative thought then your emotions are likely to be negative in which then can lead to experiencing a shutdown within your brain's thinking, or better yet, the part of 'you'. Unfortunately when you've reached a shutdown, now there's nothing that can be done and unfortunately no progress has been made towards building your confidence.

But when you have a negative thought but then choose to respond with a positive thought or positive self-talk, then you're able to develop a new plan of action in knowing how to deal with your thought. Positive thoughts can lead to a change in inner dialogue that will help you feel better about yourself. Below is an exercise that will help you see your thoughts out on paper and what the objective of the exercise is to see how you can combat your thought with something positive and automatic.

Finding confidence within changing your inner dialogue

In this exercise, we're going to find your confidence. Write down 3 negative thoughts that make you feel a certain way about yourself or something that somebody has said to you that you didn't like and made you feel less worthy, angry, disappointed and so forth. Think about those thoughts and now put them into perspective.

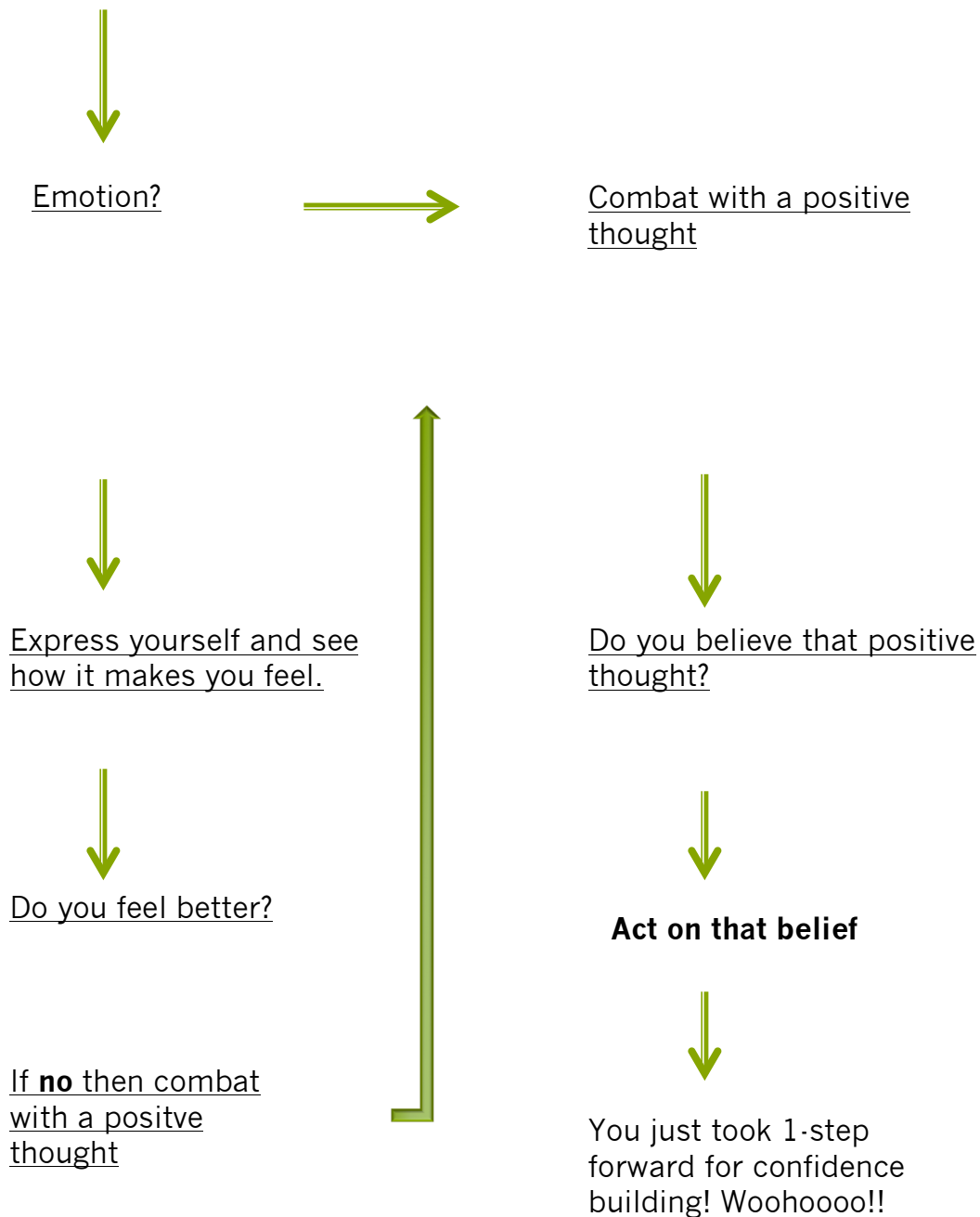
1.

2.

3.

After you've wrote down those thoughts, now its time to start cleaning out your thought bucket so new positive thoughts can come in. Here's how it works; the graph below will be used for you to find out what it's like to go both ways and for you to distinguish which course of action to take.

Negative Thought (#1)



Guess what? We've just discovered how to change negative thoughts that disengage your confidence with positive ones that engage your confidence. Now what we're going to do is do the same thing for the other thoughts that are also negative and that make you feel less worthy or are self-defeating.

Negative Thought (#2)



Emotion?



Combat with a positive thought



Express yourself and see how it makes you feel.



Do you believe that positive thought?



Do you feel better?



Act on that belief

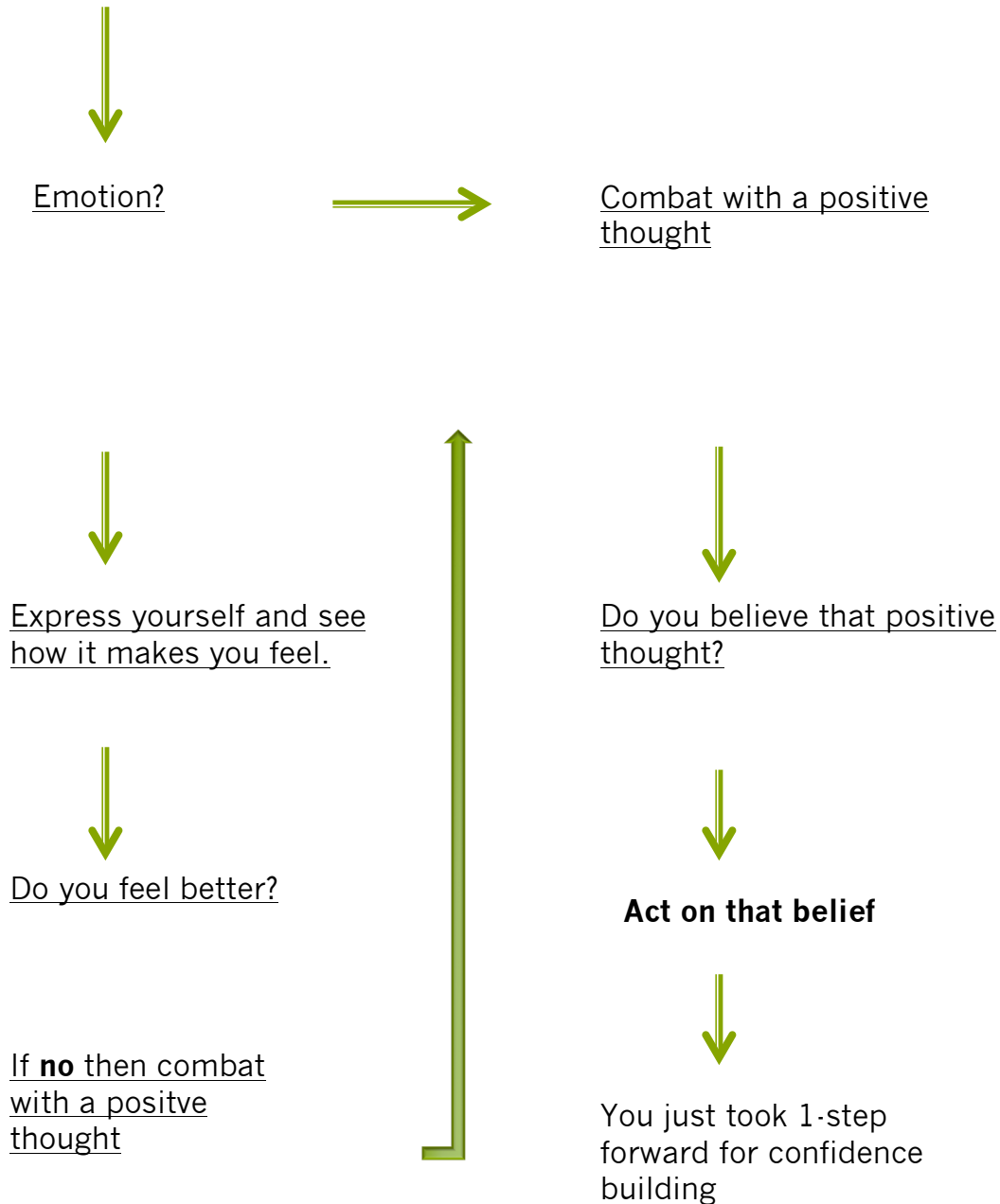
If **no** then combat with a positive thought



You just took 1-step forward



Negative Thought (#3)



Conclusion:

Now that you have just found a successful way of changing your thoughts to building confidence, think about other things that make you feel less confident. Can those negative thoughts be combatted that can help you feel better about yourself and believe that you can overcome whatever it is that you feel or think is holding you back? Only **you** can discover....

Thank you!