

# The Journey To **CONFIDENCE**



**Copyright© 2019**

**[www.franwatson.ca](http://www.franwatson.ca)**

## Table of Contents

<b>INTRODUCTION</b>	<b>4</b>
<b>HOW TO PREPARE YOURSELF FOR CONFIDENCE</b>	<b>5</b>
<b>BEGINNING THE CONFIDENCE JOURNEY</b>	<b>6</b>
<b>STAYING ON TRACK</b>	<b>8</b>
<b>KEEP MOVING TOWARD THE ULTIMATE GOAL</b>	<b>9</b>

## Introduction

You may have absolute confidence in one area of your life (such as the career you trained for) and be totally unsure of yourself in another area(s). You probably know confidence when you see and experience it. It may be the advice from a trusted physician or financial advice from an estate planner – if you don't feel that confidence, it's likely you won't take his or her advice.

Becoming the confident person you want to be may be especially difficult if you've lost self-esteem or have experienced severe criticism in your life. Even if you're well-trained in a certain field, you may find it difficult to succeed if you lack confidence. For example, if you're a well-educated engineer, you may still find it hard to present your knowledge to others without feeling nervous and stumbling.

There are ways to overcome your lack of confidence and move on to the success which comes from the proper training, personal qualities and values and experience. No matter what areas of your life you need help in gathering confidence to succeed, you can do it with a little work and lots of patience.

# How to Prepare Yourself for Confidence

Preparing yourself to receive confidence boosters means that you first must understand what real confidence is. Some go overboard when pushing for more confidence and become aggressive. But, confidence is actually more self-efficacy and an innate sense of self-esteem rather than aggressiveness. Aggressiveness can too easily turn into bullying.

Confidence is knowing that if you work hard, learn skills and meet goals, you'll reach the success you're striving for. Others need to sense your confidence – so you should learn to act and present yourself in a certain way which exudes it. People may assess confidence in you by the following ways:

1. **You take risks.** When others know that you'll get the job done or may fearlessly set out on an unknown path, they'll have more confidence in your ability to lead.
2. **You don't brag about past achievements.** Others can be very put-off by bragging. Let your skills speak for themselves and others will begin to realize your achievements and admire you for them.
3. **Always do the right thing.** Even if it means going against the "crowd," you keep to your ethics and values.
4. **Be gracious.** Accept compliments gracefully rather than dismissing your accomplishments.
5. **Admit your mistakes.** It takes a strong person to admit to mistakes, but others will think higher of you for the trait, especially if you turn the mistakes into learning experiences.

When you believe in yourself and your abilities, others will follow suit. Preparing to become confident in all you do should include the above traits. As you make them part of your life, you'll become more confident and sure of whatever challenge that comes your way.

## Beginning the Confidence Journey

Building confidence is a journey – not a quick fix. It's a process of first knowing yourself – especially your strengths and weaknesses and then taking steps to build on the strengths and downplay the weaknesses. Begin the confidence journey with focus and determination and you'll rise to the confidence level you need to achieve true success.

Becoming a confident individual is very achievable. And, as you raise your confidence level, you'll also achieve success because of meeting and succeeding at challenges. Here are some steps you'll need to take to chart your confidence journey so you reach the finish line successfully:

- **Assess your life's accomplishments.** Don't limit yourself to work-related accomplishments. Are you a good parent – inspiring confidence in children and leading them by being a good example? Focus on these accomplishments and enjoy the success you've already achieved.
- **Assess your strengths.** By looking at your accomplishments, you're likely going to see a pattern which reflects your true strengths. Your friends and family might cast light on your strengths and weaknesses, so be sure to seek advice from others to get the true picture.
- **Assess what you really want out of life.** You'll never be truly successful unless you're working toward a life goal. Making and achieving goals is key to gathering confidence you need to ultimately succeed.
- **Develop a positive mindset.** Defeating negative self-talk is one of the best things you can do to gain confidence. Negative self-talk is a confidence "killer," so you must learn how to replace the negative with positive thoughts and affirmations.
- **Commit to confidence.** When you commit to becoming more confident, you're also committing to success. The commitment should be a vow to yourself that you're in this for the long-run. When doubts begin to peek through, analyze them mindfully and discard the ones without merit while finding a way to overcome genuine risks.

If you lack confidence, you'll likely find it difficult to take risks and accept challenges. Too much confidence may render you arrogant and uninformed. Reaching a confidence balance is necessary to truly succeed.



## Staying on Track

After determining your confidence level and get to know yourself better, you're ready to set goals that will keep you on track to reach the level of success you desire. You've got to know yourself – your strengths and weaknesses – so you'll know where to begin and how to get to the finish line of success.

That means that you don't begin by starting on the "high dive" of the pool. You'll begin slowly and achieve small accomplishments before you're ready to plunge in to the deep water.

As you might expect, the first goal to success should be gathering the knowledge you need to get to the top. Whether you're studying to be a physician or a seamstress, you've got to begin by identifying skills you're going to need in your chosen path. How do you get to where you want to be? It may involve school or personal training and it could take months or years, but it's a necessary step to achieving your long-term goals.

Begin with small goals. In the beginning, don't make the goals so difficult that you have trouble reaching them. Give yourself some slack and set some small, readily achievable goals and leave the more intense goals for later in the journey.

Accept that you're going to make mistakes and learn from them. Any time you're on an unfamiliar path, failure is bound to happen. Keep looking at your accomplishments and keep the positive thinking strong.

## Keep Moving Toward the Ultimate Goal

Nothing gives you a sense of confidence like the act of moving toward your goal by celebrating the small achievements and reaching a big goal that you've set for yourself.

It's normal for confidence to waver at times. Frustration and doubts can set in and you may think you'll never be good enough to "get there." But, confidence can get you to your ultimate goal and help you push yourself harder until you finally achieve success.

Goal setting is the most important step to gaining the knowledge and experience you'll need to gain confidence. As you gain inner confidence, you'll begin to project that confident air to others.

It's not enough to talk about your goals or even to write them down. You've got to take serious action in taking part in and meeting the steps needed to turn those goals into realities. But, it's important to be effective in your goal-setting rather than simply mapping them out.

Here's how to set goals that are meaningful and which will increase your confidence level as you experience success of meeting them all:

- **Be specific.** Set goals which are precise – not arbitrary goals that aren't that important to the final outcome.
- **Assessing your success.** You'll need to figure out how you'll recognize your success. For example, if you're concentrating on losing weight, you can use the scales or measuring tape.
- **Set realistic goals.** Unless you're setting realistic and achievable goals, you won't be able to reach them and will end up frustrated and with even less confidence than you began with.
- **Set a time frame.** Always set goals with a time limit. Be realistic about how long it will take you to reach them. You may even need to change the long-term goal time, but you should have a good idea about when you should successfully reach the goal.
- **Set challenging goals.** You should be excited about the goal you're going after and challenged by the nature of it.

A systematic approach to goal-setting will increase your chances of achieving success. Along the way, stop awhile and assess your progress. Effective feedback can provide the information you need to keep on track and lessen your chances of giving up.

Also, review your goals periodically to be sure they're appropriate to your changing confidence level. Boosting confidence to set and reach goals is a technique used by most successful people today. Each challenge or idea can produce doubts and cause changes that can either knock you off the track to success – or keep you successfully in the success lane.

