Developing Self-Confidence

Once I accept responsibility for choosing and creating the life I want, the next step is taking purposeful actions that will turn my desires into reality. I am taking all of the actions necessary to achieve my goals and dreams.

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There will always be others who don’t believe in us. What matters, however, is that we have confidence in ourselves. Self-confidence is the core belief that I CAN, the unwavering trust that I can successfully do whatever is necessary to achieve my goals and dreams.

Genuine self-confidence results from a history of success, and a history of success results from persistence taking purposeful actions. That’s why a 32-day commitment is not only an effective self-management tool but also a great way to start building a success identity. After we experience success in one area of our life, self-confidence begins to seep into every corner of our being, and we begin to believe I CAN.

A friend showed me a school assignment that his eight-year-old daughter had brought home. At the top of the page was written: Nice job, Lauren. Your spelling is very good. I am proud of you. What made the comments remarkable is this: The teacher had merely put a check on the page; Lauren had added the compliments herself.

At the age of eight, Lauren has much to teach us about building self-confidence. It’s great when someone else tells us how wonderful our success and talents are. But it’s even more important that we tell ourselves.

In this activity, you will practice ways to increase your self-confidence. Self-confident people expect success, which in turn strengthens their motivation and fuels their energy. If what they are doing isn’t working, they don’t quit. Instead they switch to plan B (or C or D) and persist.

Journal Entry 1: List the successes you have created in your life. The more success you list, the more you will strengthen your self-confidence. Include small victories as well as big ones.
Journal Entry 2: List your personal skills and talents. Again, the longer the list, the more you will strengthen your self-confidence. What are we good at doing? Don’t overlook talents that you use daily. No talent is too insignificant to acknowledge.

Journal Entry 3: List positive risks that you have taken in your life. When did you stretch your comfort zone and do something despite your fear?