

## 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*

### Developing Self-Confidence

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?