

A person is captured in mid-air, jumping with arms and legs spread wide in a 'V' shape. They are silhouetted against a bright, low sun that creates a lens flare and illuminates the scene with a warm, golden light. The person is wearing a dark long-sleeved shirt with a Hello Kitty graphic on the back and dark pants. The background is a vast, open field of tall grass under a sky with scattered clouds. The overall mood is one of freedom, joy, and triumph.

HOW TO WIN MORE IN LIFE

# SELF-CONFIDENCE SECRETS

# Self-Confidence Secrets

What is REAL self-confidence? (no fake it till you make it / no psyching yourself up)

The benefits of the real deal

- ✓ Sustainable
- ✓ On command
- ✓ Doesn't depend on things 'being right'
- ✓ Doesn't depend on your emotions / feelings

Call up self-confidence that gets the JOB DONE... RIGHT!

Self-confidence through COMPETENCE

- ✓ Can't be taken away from you
- ✓ Can't be derailed
- ✓ A product of your will NOT your circumstances
- ✓ More persistent
- ✓ More habitual
- ✓ More rooted in your personality

## **Setting Your Game plan for Competence-based SELF-CONFIDENCE**

Step 1: Find areas of competence and pick one to improve

Step 2: Be fully aware of your increased competence and take confidence from it

Step 3: Use confidence in one area empower you to improve your competence in other areas

Step 4: Focus on mastery and control by letting your curiosity guide you

Step 5: Make sure there is no disconnect between your inner and external confidence

## **Start with something you already do well enough**

All of us have at least one thing we do that we are good at

Use the stream of consciousness method to leave no stone unturned

Go through your list and actually do these activities

- ✓ Rank your RESULTS' quality

Identify and Slice and dice it

Systematically improve it

- ✓ Break it down
- ✓ Improve parts
- ✓ Make predictions
- ✓ Create an upward spiral of improvements

Focus first on SUBJECTIVE improvement

- ✓ Do you have a positive view of it
- ✓ Do you feel the improvement

Shift to OBJECTIVE results

- ✓ The bottom line = results NOT feelings
- ✓ Quantify results (output)
- ✓ Keep scaling up quality

## **Allow your OBJECTIVE COMPETENCE to become part of you**

Problem: people compartmentalize their competence / too quick to dismiss or diminish it

Celebrate your OBJECTIVE competence

- ✓ This is real because it is objective
- ✓ It's not just in your head / it's not just an opinion

Think about your objective results more

Feel good about your objective results

Talk about your objective results

Focus on a sense of mastery and OWNERSHIP

Allow yourself to be CONFIDENT

- ✓ I CAN make things happen
- ✓ I CAN overcome challenges consistently
- ✓ I CAN decide and things pan out based on my choices and ideas

Act CONFIDENT more often

- ✓ Keep increasing competence in your target / focus area
- ✓ The more competent you become, the more confident you get
- ✓ The more confident you get, the more challenges you take on / the more opportunities you take / the more problems you solve, the more competent you become
- ✓ Keep repeating the process above

## **Take Ownership of more areas of your life**

Positive Feedback Loops give you an easy / calm / self-assurance over at least one area of your life

Apply your OWNERSHIP / MASTERY mindset to the next most competent area of your life

- ✓ Check back with your stream of consciousness list above

Act CONFIDENT more often

- ✓ Keep increasing competence in your target / focus area
- ✓ The more competent you become, the more confident you get
- ✓ The more confident you get, the more challenges you take on / the more opportunities you take / the more problems you solve, the more competent you become

- ✓ Keep repeating the process above

Move to the next area

- ✓ Then the next, then the next, etc etc

## **Understand that Self-Confidence can be LIMITLESS**

Competence has limits

Confidence can be limited by circumstances but...

If you let yourself be motivated by CURIOSITY / POSSIBILITY, the SKY is the limit

Celebrate and seek out greater mastery over;

- ✓ Your versatility
- ✓ Your sociability
- ✓ Your adaptability
- ✓ Your imagination / sense of possibility
- ✓ Your perseverance / tenacity / grit

## **Make sure there is no disconnect between your inner and external confidence**

The ever present IMPOSTOR Syndrome

Focus on OBJECTIVE RESULTS first

Competence is objective

Internalize the intensity of your objective results

Live a life of total emotional and psychic INTEGRITY

- ✓ Lining up external and internal confidence

Confidence is something you ...

- ✓ Project
- ✓ Do
- ✓ Think
- ✓ Say

Real confidence is NOT

- ✓ Bragging
- ✓ Loud
- ✓ Bombastic

Real confidence is ...

- ✓ Calm
- ✓ Assured
- ✓ Self-controlled