Article #8

Constantly challenge yourself to maintain your confidence

You have to understand that if you want to build your self confidence, you have to actually do something. When you do anything, you lay the foundation for increasing levels of self confidence. How come?

When you decide to do something and try to get good at it, you start picking out the patterns. You start figuring everything out by breaking things and processes into parts. You start seeing the relationship of these parts and you're able to connect the dots.

Sooner or later, you are able to know the process like the back of your hand. Now, here's the thing. Most people don't do things that way. Most people would rather take things on a superficial level and call it a day. What do you think happens when you get compared to those people?

You are able to do things more effectively and efficiently. Most importantly, you are able to optimize your skills so every single day you're at the job, at school or anywhere else, you increase the value you get from your daily interactions. You stand out from the crowd. It becomes obvious to anyone looking at you or looking at your co-workers that you are not just going through the motions. You are actually doing things to take things to the next level. You go beyond the call of duty.

You're constantly challenging yourself and this creates a competence that actually produces results. The more visible these results are, the more likely you’ll get rewarded with a raise or a promotion. It is precisely those results that enable you to become a more confident person. You have a higher estimation of your ability to get things done. You don’t let the small stuff or challenges get you down. You have a completely different emotional perspective about the things you choose to do.

The more you do this, the more you realize that instead of constantly crying and whining, moaning and asking “What happened?” you become the person who makes things happen. You become the person who takes personal ownership and responsibility over what's happening in your life.

This enables you to develop direction. This enables you to feel that every single day you spend alive is spent pursuing some sort of purpose or calling. Do you see how this works?

The way to do this is to constantly challenge yourself. This means tackling new issues, going beyond what you already know, asking for more assignments, reading the employee manual to figure out the nitty gritty of whatever it is you're doing, networking better not just to boost your sales but to also know the movers and shakers of the industry.

This goes beyond going the extra mile. This is about intentionally seeking challenges because you know that challenges are blessing in disguise. If you don’t think they are, then your mindset is holding you back.

If any of this resonates with you, click here for a practical step by step guide to building unstoppable confidence. The world rewards self confident people. Be one of those people.