

OCTOBER



Self Confidence

Major Lessons We Will Read, Learn, and Discuss This Month.

1. Self-confidence vs Arrogance
2. Why we lack self-confidence
3. Increasing self confidence



WHAT IS IT?

The definition of self-confidence says: To be secure in yourself and your abilities.

I like to define it as your ability to trust yourself. It's knowing you can experience any emotion (including failure) without being harmed. And it's your overall opinion of yourself.

Let's break each of those down.

1

Ability to trust yourself

This comes down to knowing that you will do what you have said you will do, follow through on your plan, take care of yourself, and do the responsible and useful thing for yourself even when you don't feel like it.

This is very different from saying you will do something and then hoping you follow through. This leaves room for self-doubt, which is the opposite of self-confidence. If you can't count on yourself, you will feel insecure and "at the effect of" yourself instead of in charge, in control, and self-confident.

The ability to trust yourself comes from consistent follow through on your word to yourself as a starting point. You aren't born with self-confidence; you earn it for yourself by keeping your word and doing what you say at the highest level.

2

Knowing that you can experience any emotion

The worst that can ever happen is an emotion. Truly, emotions are what make life bad when it's bad. Most of us spend too much time in self-doubt because we don't know that we can handle anything that comes our way. Despite our fears of being permanently harmed, there is no emotion that we can't feel and process all the way through.

When we are willing to experience any emotion, and we know it's the worst that can happen, we will be flooded with self-confidence. The ability to feel is like our safety net for anything we want to do. It takes the risk out of everything and gives us a "bring it on" attitude.

3

Your opinion of yourself

What you think of yourself is what generates or depletes self-confidence. If you think about it, confidence is a feeling, and self-confidence is a feeling about the self. All of our feelings are going to come from our thinking, so the way we think about ourselves will determine whether or not we feel confident.

A self-confident person is going to think they are good, and capable, and worthy. They are going to think they are strong and competent. Now, notice this doesn't have to be proven or true—self-confidence is a feeling that creates a result, and that result doesn't have to be completed perfectly to create the feeling.

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HOW IS IT DIFFERENT FROM ARROGANCE?

Self-Confidence vs. Arrogance

Arrogance is thinking you're better than someone else and then trying to prove it. Arrogance actually comes from a place of creating false self-confidence by trying to put others down.

The way arrogance works is by trying to get a higher opinion of yourself by comparing. Often, instead of building yourself up, this is accomplished by putting the other person down.

Ironically, arrogance typically comes from a lack of self-confidence. Self-confidence, when genuine, understands that all humans are awesome and capable by appreciating the humans that we are. It doesn't need to or even allow the putting down of others.

Notice that most criticism of others is usually projection. This means we are compensating for our lack of confidence by trying to make ourselves better in our own minds than someone else.

Arrogance denies faults because it can't tolerate feeling any type of rejection. This is why arrogant people often lie or exaggerate their abilities and accomplishments. Arrogance is based on fear and not self-confidence.

Self-confidence says we are all capable and amazing. I can handle fear or any other negative emotion. It's an abundant feeling, not one of scarcity.

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WHY MOST OF US DON'T HAVE IT

Most of us aren't self-confident. Why would this be?

Let's explore...

1

Lack of Trust in Ourselves:

We don't trust ourselves. We don't understand how to manage our minds, so we feel out of control with our feelings and actions. This leads us to let ourselves down consistently. This undermines our ability to trust ourselves and stay in integrity.

2

Fear of Emotions:

We are afraid of feeling our emotions. We don't want to feel any negative emotions, so we hide and avoid them. This leaves us scared to do anything that has the risk of failure. We are always questioning our ability because we have to do it perfectly or we will feel negative emotions.

3

Low Opinion of Ourselves:

Our opinion of ourselves is very low. We don't spend a lot of time thinking highly of ourselves. Our brains are programmed to see what's wrong, so that's what it's always looking for. It finds negative thoughts that create negative emotions. This is the opposite of self-confidence.

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SELF-CONFIDENCE IS A STATE OF BEING

- **Thoughts Create Feelings:**

- Self-confidence is cultivated by consistently thinking thoughts that build you up. It's not something you're born with; it's something you create daily.

- **Beliefs Are Just Repeated Thoughts:**

- To change your self-confidence, you must first change your beliefs about yourself.

Most of our beliefs are recycled. We don't even realise how much self-doubt and anxiety our beliefs produce because we've always thought this way. Familiar and efficient thinking is almost comfortable in its predictability.

Here are examples of some past recycled thoughts:

- Failure is a weakness.
- I'm different from someone who is super successful.
- I don't know how.
- They are different, special, privileged, and lucky.
- Rejection is the worst thing that can happen.
- Other people's opinions define me.
- The less risk I take, the better.
- Confidence is something you either have or you don't.
- How I look, money, upbringing, or intelligence determine my confidence.
- I'm a victim and damaged.
- Fear means you aren't confident.
- Confident people are comfortable and don't feel afraid.



SELF-CONFIDENCE IS AN ATTRACTIVE TOOL OF INFLUENCE

- **Self-Confidence Is Attractive:**

- It's not about being loud or overbearing. True self-confidence draws people in through its quiet strength and certainty.

- **Influence Through Certainty:**

- In any conversation, the person with the most certainty influences the outcome. Self-confidence allows you to take risks, set goals, and believe in your future potential.

It's not necessarily loud and outgoing.

It's not bossy or controlling or a know-it-all.

Self-confident people have no problem admitting when they don't know something, don't have the answer, or when they fail.

When you have more self-confidence, you will:

- set more goals
- take more action
- talk to more people
- take more risks
- achieve more
- believe beyond your current capability and capacity
- live into your future

In any conversation, the person with the most certainty and belief will influence the conversation.

Self-confidence is practised self-belief. You have to be certain about yourself and your amazingness.

Don't rely on your ability—rely on your belief that you can handle anything because everything is just a feeling, and you understand where feelings come from.

Self-confidence is wonderful for you and the people around you. They will love being in your energy of abundance. It will feel attractive and will create attraction.

INCREASING SELF-CONFIDENCE



Key Strategies:

- **Change Your Thoughts:**

- Increase self-confidence by considering what you can create in the future. The more certain you are of your potential, the more confidence you will feel. Increasing self-confidence comes from changing your thoughts about yourself.
- You can increase it by considering the possibility of what you can create in the future. The more certain you are of the possibility, the more confidence you will have moving toward it.

- **Embrace Discomfort:**

- Willingness to experience discomfort is key to self-confidence. Facing fear, humiliation, or rejection, head-on eliminates the power they have over you.

- **Practice Daily Dares:**

- Challenge yourself daily with actions that push you out of your comfort zone. This practice builds your confidence muscle.

Afraid of failure.

Afraid of disappointment.

Imagine your life if you were willing to feel both of these feelings without resistance.

Your identity is built on your beliefs about yourself. Your identity beliefs determine your consistent state of being.

Do you need to change your identity? Your identity is not fixed. It's created daily.

Your brain does not produce self-confidence naturally.
It produces **fear, worry, and doubt**.

You have to work against:

1. Your humanness.
2. Your programming.
3. Your beliefs and your thinking.

You have to train your brain to produce self-confidence naturally.

Fear doesn't prevent self-confidence—the unwillingness to feel fear does.



We have to be willing to experience discomfort consistently in order to be self-confident.

Your willingness to experience the vibration of the worst-case scenario leaves you with nothing to lose.

You don't need to worry about losing protection from:

- Humiliation
- Rejection
- Embarrassment
- Isolation

We give up self-confidence for the illusion of safety, security, and consistency, but really, the opposite happens.

We are just failing ahead of time.

Beliefs create self-confidence

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Actions increase
capability,
and capability
increases
confidence.

”



Here are some examples of thoughts that can produce self-confidence:



What others think about me is 100% about them.



I was made for this. Fear is no big deal.



The worst that can happen is a feeling.



I have my own back.



My potential is limitless.



Failure earns success.



The better I fail, the more confident I am.



Worry only pretends to be necessary.



So what?



What I make it mean is the worst that can happen.





Actions increase capability, and capability increases confidence.

- ✓ Moving forward increases self-confidence.
- ✓ Massive action helps increase it.
- ✓ Do the stuff you are scared to do. Repeat.
- ✓ Make decisions.
- ✓ Honour your decisions.
- ✓ Define opinions.
- ✓ Give up approval.

Self-confidence comes from only needing your own approval.

Learn by doing.

If you don't know something, learn by taking action to find out how.

Don't compare yourself.

Don't be offended, ever.

Let them judge you.

Let them be wrong about you.

Don't live in fear of the haters.

In the end, we all die. It's over before we know it.

- We will have controlled very little.
- None of it will mean much.
- So we might as well lay it out.

FINAL TIPS FOR SELF-CONFIDENCE



1 Stand tall and open your chest

Breathe like you mean it



3 Dress up and own it

Speak up



5 Smile

Talk about your future



7 Read and listen to positivity

Give compliments & mean them



9 Memorise what courage feels like

Just be awesome





MONTHLY CHALLENGE

This month, we will work on self-confidence by taking massive action.

I will give you a slightly **different CHALLENGE each week** to deepen this work. Please do not dismiss the **challenge**. You will not increase your self-confidence by watching others win. You have to fail your way to winning.

You have to commit to taking action, building capability, and, therefore, increasing your confidence.

Each day, you will choose a Dare of the Day to take.

Here are the rules...

1

Pick one thing per day that scares you, **and do it.**

2

It has to be something that requires you to “get over a fear.”

3

Write about it before and after.

4

Try not to miss a day. If you commit to doing this now, you will not be as likely to back out when the day comes. So choose to do this to improve your self-confidence.

Here are some ideas, but you can't use them if they don't scare you.



1 Ask for a discount on anything—
make sure it's outrageous.

Ask for a raise



3 Ask someone to hire you

Ask a stranger for something



5 Give an outrageous
compliment!

Write a piece and share it with
somebody



7 Double your price

Ask for the day off



9 Speak in public

Wear a sexy outfit



The more outrageous you dare, the more self-confident you will be. The point is to get really good at doing very scary things.



DAY 1

1. What is your dare of the day?

2. What is your thought about doing it?

3. Complete a model on your fear of it.



Unintentional Thought Pattern

C

T

F

A

R

4. Now, create a model with self-confidence on the **F line** and completing the dare on the R line.

Fill in the rest of the model.

Intentional Thought Pattern

C

T

F

A

R

5. Complete your dare and write about it here.
What did you learn about yourself and your self-confidence?
