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Self-confidence: The first requisite to great undertakings. Samuel Johnson

Self-confidence-like being rich - it is something we think everyone else is but us. Feeling insecure about ourselves is perhaps the most common problems of humanity. The most common myth of self confidence is that *you have to be born with it*. You can learn how to be grow and flourish and ripen and blossom confidence, just like learning how to cook or drive a car.

One's level of positive self-confidence often determines one's peak performance. However, this doesn't just happen, it has to be developed as a result of lots of positive self-talk, clubbed with the support of a positive learning environment.

Leading psychologists say the essence of confidence is playing with your eyes. The eye of the confident person focuses on the objective allowing the brain and body to react; body and brain run on "auto pilot."

Self-confidence can be built by constantly seeking knowledge, improving skills, by setting high achievable goals, visualizing and using imagery for positivity, learning from the past mistakes, focusing on achievements, drawing the line between confidence and obstinacy, by living in the here and now. It provides you courage expands your reach, allow you to take greater risks and accomplish a lot more, thus often being the single required ingredient that distinguishes a successful person from someone less successful.

When you develop self-confidence it will equal countless opportunities and ultimately lead you to success!

About Thomas Edison

I'm sure you've heard of Thomas Edison and all the inventions he created. He's actually known as one of the most prolific inventors in history holding 1,093 U.S. patents as well as a lot of patents in the UK, France and Germany.

When Thomas was 4 he was sent home from school with a note. The note told his mother that he was to remove his son from school because he was "too stupid to learn". Thomas' mother decided to teach him herself. He only had 3 months of formal schooling yet went on to create numerous inventions like the phonograph. He was also partially deaf in one ear.

Open Secrets on building Confidence

If you were confident, how would you be acting? ... What would you be thinking? ... By asking yourself these questions, you are literally forced to answer them by going into a confident state.

To build confidence –

- *Role Model*
- *Focus on achievements*
- *Learn*
- *Act As If*
- *Relax*
- *Prepare*
- *Smile.....*

Excellence ■ Success ■ Happiness



Confidence

June 2008

Do it anyway and you'll get it done – Greg Hickman

You can't do it. You're not smart enough. You're not good enough. You don't have what it takes. There's no way you can make it happen. You don't have a chance. You'll never get the job done. Who hasn't heard these less than encouraging words way too many times in the past? Spoken by our friends and foes alike, these discouraging words can break us down and if we're not careful, can break us apart. Some are well intentioned, while others are merely trying to tear you down. Either way, you need to make sure you don't listen to a negative word they have to say.

Especially about you. Stay confident...

Aerodynamically the bumblebee shouldn't be able to fly, but the bumblebee doesn't know that so it goes on flying anyway. Mary Kay Ash

What others say or think about your capabilities means very little unless you allow their opinions to undermine your confidence and feelings of self-worth. So don't.

The power of confidence and self belief is truly amazing. When you fervently believe you can do it, and I mean really believe it with all of your heart and soul, it's a cinch you'll get it done. On the other hand, if you believe you can't do it, it's a foregone conclusion you're going to come up short. Isn't it high time that you started feeling confident about your abilities?

Whenever someone says you're not good enough, don't worry about it. Just knuckle down and do it anyway and show them you're plenty good enough. Wherever someone tells you that you're not smart enough, just shake it off. Show them you've got more than enough smarts to accomplish anything you set your sights on doing by doing it anyway. The moment someone tells you that you don't have what it takes, go ahead and do it anyway. By rolling up your sleeves and getting to work, you'll get the job done.

Do it anyway and you'll get it done.

Source: www.motivational-inspirational-corner.com



Our chances of success in any undertaking can always be measured by your belief in yourself.

Robert Collier

One important key to success is self-confidence. An important key to self-confidence is preparation.

Arthur Robert Ashe

Lateral Thinking on Confidence

The Confident CEO

A hypothetical situation where 20 CEO's board an airplane and are told that the flight that they are about to take is the first-ever to feature Pilot less technology: It is an un crewed aircraft.

Each one of the CEO's is then told, privately, that their company's software is Aircraft's automatic pilot system. Nineteen of the CEO's promptly leave the aircraft, each offering a different type of excuse.

One CEO alone remains on board the jet, seeming very calm indeed, asked why he is so confident in this first un crewed flight, he replies "If it is the same software that runs my company's IT systems, this plane won't even take off."

This is Confidence!!!

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Confidence

June 2008

Meet – Abraham Lincoln

Abraham Lincoln overcame great setbacks and obstacles on his journey. Take a look at the synopsis of his life and see whether you would have had the courage to continue on.

- 1809** Born February 12
- 1816** Abraham Lincoln's family was forced out of their home and he needed to work to support his family.
- 1818** His mother passed away
- 1828** His sister dies
- 1831** A business venture failed
- 1832** He ran for the State Legislature. He lost.
- 1832** In the same year, he also lost his job. He decided he wanted to go to law school but couldn't get in.
- 1833** He borrowed money from a friend to start a business. By the end of the year, he was bankrupt.
- 1834** He ran for the State Legislature again. This time he won.
- 1835** He was engaged to be married. Unfortunately, his fiancée died and he was grief stricken.
- 1836** This was the year he had a total nervous breakdown and for 6 months was bedridden.
- 1836** He sought to become Speaker of the State Legislature. He was defeated.
- 1840** He sought to become Elector. He was defeated.
- 1842** Marries Mary Todd. They have 4 boys but only one would live to maturity.
- 1843** He ran for Congress. He lost.
- 1846** He ran again for the congress and moved to Washington
- 1848** He re ran the election and lost again
- 1849** He sought the job of Land Officer in his home state. He didn't get the job.
- 1850** His son, Edward, dies.
- 1854** He ran for the Senate of the United states. He lost.
- 1856** He sought the Vice Presidential nomination at a national convention. He got less than 100 votes.
- 1858** He ran again for the Senate and lost again
- 1860** Abraham Lincoln is elected President of the United States

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Old wine in new bottle – Jamie Valvano Howard

At the age of 17, Jim Valvano took out a simple white card and wrote down all of his goals that he wanted in life. He would play basketball in high school and college, become an assistant basketball coach, then a head coach and finally winning a National Championship.

At the age of 36 Jim had completely crossed out all his goals he set out to achieve on white card. Jim once said, "There are 86,400 seconds in a day. It's up to you to decide what to do with them." Jim has authored books, given many motivational speeches all over the country, hosted weekly television broadcast and has even appeared on The Tonight Show and The Cosby Show.

"I want to do other things, learn about other professions. I refuse to limit myself to whatever boundaries you may think surround a coach's position. Very simply, I enjoy diversity. I believe in myself", says Jim in a press conference. Each and every new challenge only proved that his talents were endless. Jim had the "I can do that" attitude and lived each moment of his life to the fullest. It's all to do with *confidence*...

Jim Valvano is an example of one individual that can influence this world with his confident attitude that he can do anything in life