# OVERCOMING SELF DOUBT & BUILDING CONFIDENCE



#### What You'll Learn

What Is Self Doubt?

How Does Self Doubt Work?

Strategies To Overcome Self Doubt

What Is Confidence?

How To Build Confidence



#### What Is Self Doubt?

= by Definition:

Lack of confidence in oneself and one's abilities.



#### How Does Self Doubt Work?

It's natural to struggle with making the right/best decision.

The same is true for taking the right action.

We assume that confusion or indecision should be met with "research".

We also assume that if we "don't know" we should, at the very least, procrastinate.



#### How Does Self Doubt Work?

Continued delay in decision making FEEDS into 'lack of experience'...

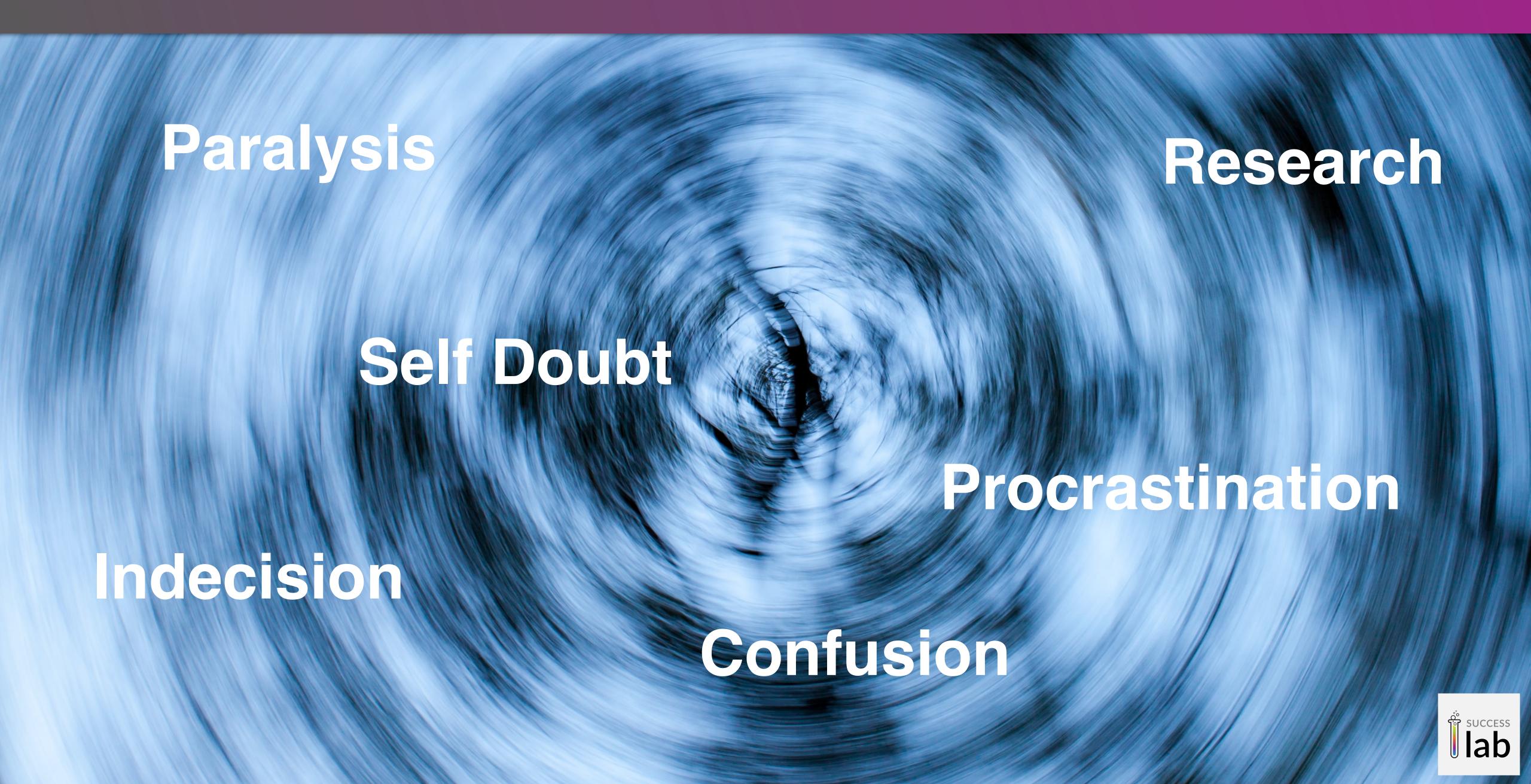
...which...

...further fuels (increases) self doubt.

Therefore it is safe to say that self doubt creates more self doubt.



#### How Does Self Doubt Work?



# The Fallacy Of Self Doubt

#### We assume that:

- 1. Confidence is a vital ingredient of success and
- 2. Self doubt is a sign of impending failure.

Therefore in order to avoid failure we should 'wait' until **confidence** arrives and **self doubt** departs.

The problem becomes: We are doing nothing to make either of them occur.



# The Mystery of Self Doubt

Because we believe the message self doubt whispers in our ears - we forget to question it's validity when...

- 1. Self doubt is just an opinion formed by someone with little to no experience at judging what is actually dangerous and what isn't.
- 2. Examples of people succeeding despite huge self doubt are abundant.



# The Mystery of Self Doubt

# For most people self doubt is a debilitating lie.

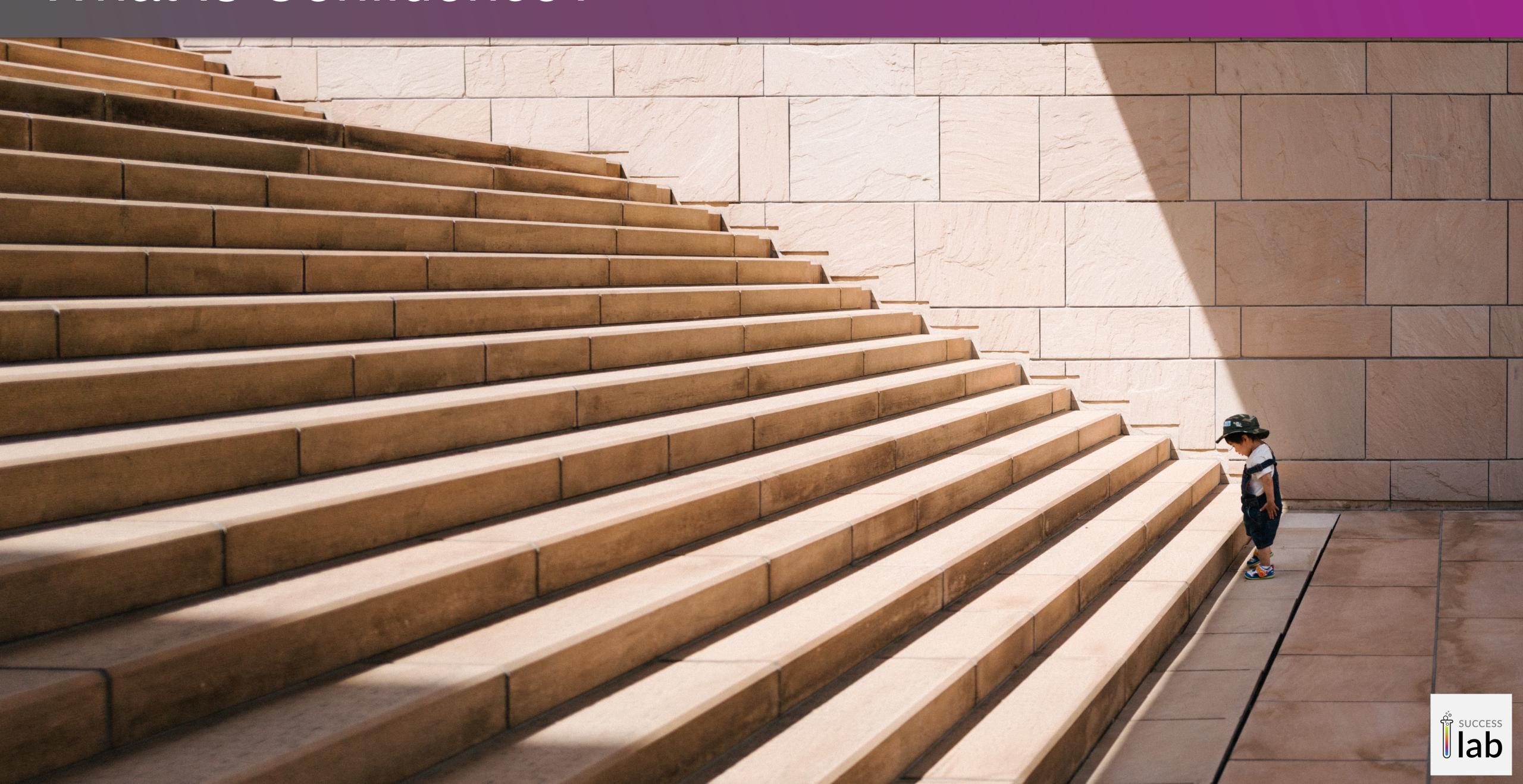
It may be literally true that you can't play the guitar right now - but that truth can only persist if you consistently refuse to pick the guitar up and...

(mystery, mystery, mystery)

...practice.



# What Is Confidence?



#### What Is Confidence?

Confidence is the feeling that one can overcome challenges (in their various shapes and forms)

as they present themselves over the course of time.



We fail to acknowledge that 'Confidence' is only developed via one of two methods:

- 1. Ego-mania based assumptions totally lacking any experience. (lots of people...)
- 2. Learning by failing. (hardly anyone...)

By failing again and again we develop the inner sense that we can overcome difficult hurdles, barriers or challenges.

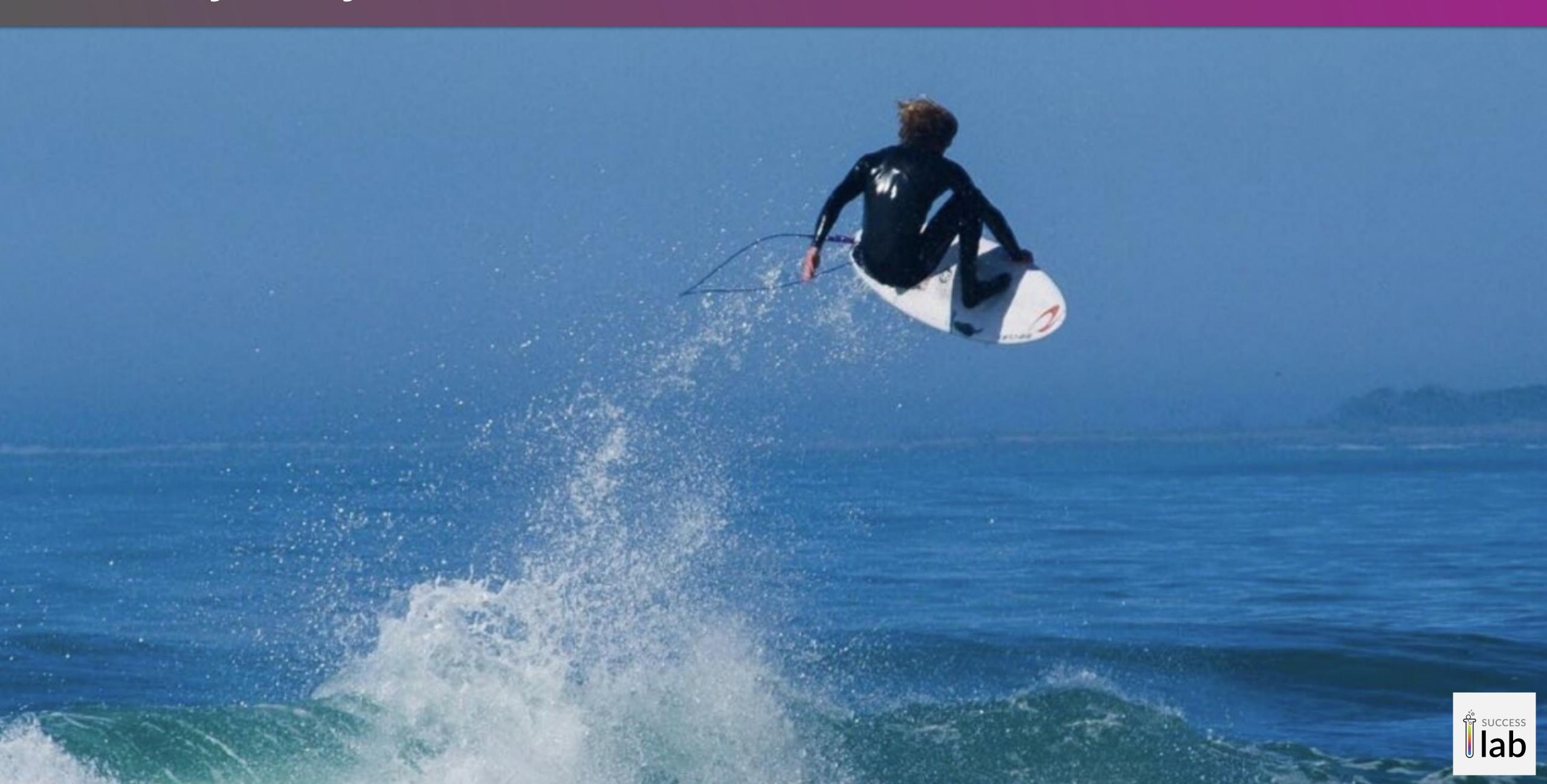


By failing again and again we develop the inner sense that we can overcome difficult hurdles, barriers or challenges.

Most people WILL NOT put themselves through this process.

We refuse to get comfortable being uncomfortable.











#### There is only one pathway to MASTERY.

#### It is **NOT**:

- 1. Talent
- 2. Ability
- 3. Genetics
- 4. Intelligence
- 5. Flair or
- 6. Opportunity

#### It <u>IS</u> :

Your willingness to fail again and again - while choosing to extract and apply from each defeat a small distinction that may increase the chances of success - on the next attempt.

No 'next attempt' = no mastery.



#### Masters talk about:

- Going for it,
- Leaving it all on the table,
- Not dying wondering,
- Balls and all,
- Abandoning to the process,
- Going beyond themselves,
- Who wants it most,
- Getting into the zone.



MINDSET:

Understand that self doubt is irrelevant...

and unlikely to go away.



MINDSET:

Alter your relationship with failure.

There will be plenty of it in your future.



#### MINDSET:

Stop waiting for confidence to arrive and self doubt to depart.

They will probably be around forever.



#### MANAGEMENT:

Recognise positive role models.

Practice mindfulness. Watch your thoughts and feelings.

Deal with your baggage.

Exercise intensely.

Cut out junk food.

Develop a new skill. Practice, practice, practice.



#### Assignments

