

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?

Paralysis

Research

Self Doubt

Procrastination

Indecision

Confusion

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.

The Mystery of Confidence

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.

The Mystery of Confidence

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.

The Mystery of Confidence



The Mystery of Confidence



The Mystery of Confidence



The Mystery of Confidence

There is only one pathway to MASTERY.

It is NOT:

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

It IS :

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.

The Mystery of Confidence

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.

Overcoming Self Doubt & Building Confidence

MINDSET:

Understand that self
doubt is irrelevant...

and unlikely to go away.

Overcoming Self Doubt & Building Confidence

MINDSET:

Alter your relationship with failure.

*There will be plenty of it
in your future.*

Overcoming Self Doubt & Building Confidence

MINDSET:

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

They will probably be around forever.

Overcoming Self Doubt & Building Confidence

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

1	Identify your self doubt enhancing thoughts and feelings so that you can...
2	...focus on changing them to positive.
3	Choose a new skill and commit to practicing until you “get” it.