

believe in  
yourself

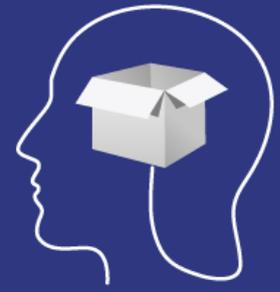


Control and Change

## Confidence Guide and Tips

- ★ "Hello. Is that the electrician? I have a leaky tap!"  
You just would not do that. So if we get the right expert in for a job in life, why do we believe a novice about ourself?  
There is only one expert on you....no matter how well someone may know you. Only your opinions of you matter.
- ★ "(BE)lieve in (YOU)rself"  
What you believe about yourself can either build you up or tear you down.  
Wake up on a sunny day, take a deep breath & smile. It's a great day! Then try it on the next rainy day too.
- ★ "Highlight reel syndrome" - See a more in-depth description in the blog.  
When we look at our life so far like a movie, it is easy to see all of our good stuff and all of the out takes. We show people the good whilst seeing our bad. Naturally we judge ourself harshly against all of the good we are seeing from the person opposite us. Just remember, they are feeling the same. You are both on the same height on that pedestal.
- ★ "I can't do that. It is way out of my comfort zone"  
Why do we feel uncomfortable? The clue is in the name! We felt the same about our first day at school, first date, first kiss, first driving lesson. We didn't know and we were afraid. Then we stopped fearing them, got good at them, enjoyed them and expanded our comfort zone. We are better than we think. Have confidence. We can do something new again & again!
- ★ "Do you know the story about the happy perfectionist? No? That's because there isn't one!"  
I was brought up with two phrases "Practice makes perfect" and "If a jobs worth doing, its worth doing well."  
If we constantly aim for perfection we will doom ourself for a life of disappointment and low confidence.  
"Practice makes progress" and "I'm doing my best and my best is good enough" are much better aims.
- ★ "FAIL = First Attempt In Learning"  
If we focus on a mistake, beat ourself up, it can damage our confidence. We lose the belief that we will get it right next time.  
The trick is just that, learn from our mistakes. We now know something new. Go make some mistakes & get more confident!.

believe in  
yourself



Control and Change

## Confidence Guide and Tips

- ★ "Who do you look up to?"  
Role models can help us, inspire us and focus our attention, but don't let them define who you are or who you should be.  
Take aspects from their confidence and use that, but do not judge your success against them. You ARE you.
- ★ "I have never been confident, can you give me some?"  
We are born 100% confident. Just look at young kids running through a party naked! They have not learnt anything to erode their confidence. Criticism from others reduces that confidence. When we learn this is false, confidence grows again.
- ★ "Everyday we complete tasks, work & play confidently. So why the low confidence?"  
It takes a constant barrage of negativity and criticism to do this, from the harshest critic, ourself. Imagine if this part of our mind broke. How much would we take. Turn this off and allow confidence to grow, rather than be hacked away constantly.
- ★ "To fit in or stand out..."  
At school our survival depended on becoming part of a pack. If we had a gang around us we became like the buffalo herd... in the middle we're protected, but the ones on the outskirts were picked off by lions. Now we need to stand out. If we want to find a partner we have to get noticed, if we want to win the client we have to have the best product, if we want to get that promotion we have to stand out from the other applicants. We have an adult and more appropriate strategy now.
- ★ "You can't keep everyone happy"  
During public speaking we are confronted by many people with no way of pleasing everyone & we feel a lack of confidence. Some will be happy, some wont, so let's focus on the one person we know how to keep happy...ourself.

If you are still struggling with low confidence, the next step could be a free consultation at Control & Change. [Book here.](#)

Sue Jennings from Lordswood Osteopathic Clinic did just that. "Paul worked wonders by boosting my confidence & freeing me from the nerves". Read her story and see for yourself. [Click here.](#)