

# Confidence

## 7 Ways to Enhance Your Self Belief

Accelerating Excellence  
Podcast Episode #40

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*"The story of the human race is the story of men and women selling themselves short."*

- Abraham Maslow

How you view yourself largely determines how you act and the results you get in life.  
True behavior change starts with identity change.

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### 1. UNDERSTAND YOU ARE NEVER OUT OF YOUR LEAGUE.

The fact that you are a person means you are endowed with inherent value and dignity. You were not an accident. You have been beautifully created and specifically gifted. Since we were all created by a powerful God, then comparing ourselves to each other is like two ants arguing in front of an elephant about who is bigger. Never feel inferior to someone else.

### 2. KEEP PROMISES TO YOURSELF.

There is a direct relationship between self-discipline and self-belief. If you lack discipline or self-control or let emotions rule you, you begin to distrust yourself and your self-confidence takes a hit. Start small if you have to, get some easy victories. Then work your way up to do things that most others are unwilling to do.

### 3. CHALLENGE YOUR THOUGHTS.

You don't have to believe everything you think. In many situations, self-doubt will invade your thinking. Use your thoughts and emotions to work *for* you, not against you. **High performers are great at generating the feelings they want rather than simply passively accepting the emotions that land on them.**

### 4. RECOVER QUICKLY.

The key is to learn from mistakes but not dwell on them or let them hold you back. Keep short accounts. When you fail, get back up and back on track quickly. **Let your past refine you not define you.** Have the attitude that mistakes and adversity serve to burn off impurities and move you from being a chunk of coal into becoming a diamond.

### 5. DISCOVER YOUR STRENGTHS.

Research shows that people who know their strengths are more confident, more positive, more productive and have more direction in their lives. They are also more likely to focus on the strengths of other people.

### 6. LOOK AT LIFE AS AN ADVENTURE.

Rather than seeking to always prove yourself, seek to **improve** yourself. This attitude and approach to life will help you live more fearlessly, more joyfully and more confidently.

### 7. BE PREPARED.

**Sweat in practice so you don't bleed in the game.** Grind it out. Do the work. You can't have confidence when you haven't prepared. Put in the time and discipline necessary behind the scenes to build confidence.

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