



# CONFIDENT YOU!

Being Daring Is About Having  
Confidence

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# Being Daring Is About Having Confidence

If you want to be more daring, try starting out with being confident. If you ask several people what it means to be confident, you'll likely get a wide variety of answers. People have visions in their head about what confidence means and often it is attributable to a type of person. For instance, many people think that people who are tall are confident. What do you think when the term comes to mind?

While we may have preconceived notions as to who we feel are confident people, confidence is more about attitude and conviction. You'll find plenty of people who fall outside those preconceived notions all the time.

Confidence is also about repetition. For instance, if you continually use affirmations about yourself, your confidence is likely to increase over time. The key is to use them consistently.

Confidence becomes a type of feedback loop. When you become more confident, people will latch onto that and react in a positive way. This reinforces what you have done and you will continue to do it.

While confidence is a good trait to have, it's important not to overdo it. You don't want to come across as cocky and conceited. This will turn people off and your efforts to be more confident will be shunted.

It does take some daring to be confident because it's easier not to be this way. When we gain confidence, it may require that your actions take you outside your comfort zone. It may even bring you to taking stands that are not popular and may be controversial. You want to be liked, but sometimes confidence allows us to do the right thing, even if everyone won't be happy about it.

# Being Daring Is About Having Confidence

What you will find as you gain your confidence is you'll dare to live a better life. Make no mistakes, your life will change. People will be more drawn to you and you will get more done with their help. You will also get what you want more often. It's exciting and scary at the same time. But, it will be satisfying in the long run.

There will be some people that try to bring you down. When people recognize that you are confident, it has the potential to threaten their world. Your confidence may cause them to step outside their own comfort zone and not everyone is ready for that. However, you have to live your own life and not worry too much if those people are affected by your changes.

# Confidence Can Help Win New Friends

If you have confidence, winning new friends becomes easy. In fact, it will attract people almost automatically. People love others who exude confidence. Think about the people you work with. Do you tend to naturally migrate towards confident people?

It's important not to take your confidence too far where you are looked upon as being arrogant. This has the potential to turn people off more than win any friendships. Overconfident people are seen as unwavering and others tend to avoid these types. It's not necessary either. The key is to be yourself without stepping on others.

Believing in yourself is the first step towards gaining confidence. Everyone has some amount of self-doubt but you need to get over it. Start by observing others who you feel are confident. What qualities do they possess? Do they talk about themselves or do you find them talking about others in a positive way? Do others get excited when those confident people enter the room?

Sometimes, confidence comes from learning new skills. If you know what others don't, people will come to you when they learn you have those skills or knowledge. But, don't stop at just a cursory level of knowledge. Become an expert and you will have the confidence necessary when people do approach you. It's okay not to know everything at the beginning, don't pretend like you do. But, as long as you continue on the path of learning more, it will serve you well.

Confidence also comes from knowing the strength of others and using it to help them as well as you. If you are part of a team, get to know what others are good at on your team. Then, when you come across those attributes in your job, you can rely on their expertise. They will appreciate you for recognizing their abilities.

## Confidence Can Help Win New Friends

Help others who are not good at something but show a willingness to learn. These people will become allies, and they too will appreciate your efforts to help. They will become part of your network and will talk you up to others.

Friendship will happen when you gain a confidence in your life and work. It will seem effortless and you will end up with more friends than you know what to do with. That is certainly a better problem to have than having no friends at all. Don't be surprised if you get approached by unknown people saying that your friends have recommended you.

# Trust and Confidence Go Hand-in-Hand

If you have had a difficult time trusting yourself, it may be a sign that you lack confidence. You cannot develop any trust without confidence. Feel secure in your abilities and be strong in your convictions. But, know when you are wrong as well.

The above requires you to develop confidence. That may seem scary to you. However, it's not as difficult as you think. No one is born with confidence. It is something people learn and develop during their lives. It's the same for you. Take steps to develop your confidence and trusting yourself will become easy.

Fear is the biggest detractor from confidence. When you give into your fears, you will diminish the chances of building up your confidence. That is something that deepens if you don't handle it quickly. You need to face your fears head-on.

That doesn't mean you should throw caution to the wind and be reckless. You should take chances but only if they won't put your life or others' lives in danger. You would not jump out of a plane without a parachute. Don't make frivolous decisions, either. Confidence is about knowing the difference.

Start out with small tasks that you have been afraid to try in the past. Most outcomes will turn out better than you imagine. If you try to project what will happen, and it is always a negative outcome, you will never make any decisions. Take on those small tasks without thinking too much about what's going to happen. That will build up your confidence as you've never seen before.

You should ask questions when you aren't sure about the situations you face. Confidence is not about having all the answers. It's about knowing where to find them and who to rely on with the knowledge that you need. It's also about pulling the trigger when you have gathered enough information.

# Trust and Confidence Go Hand-in-Hand

Confidence is about taking responsibility for your decisions and your actions. If you believe in what you are doing, you can portray that belief to others affected by your decisions. You will come across as being weak if you start blaming others when your situation doesn't go as planned. Once this happens, others will lose faith in you. That will cause your confidence to erode, and self-doubt will take over. When you make your decisions, you own them, even if they don't work out.

When you increase your confidence, you will automatically increase trusting yourself. Then, you can accomplish more than you ever imagined.

# Act As If - Create Confidence, Self Esteem And A Positive Attitude

## What Does It Mean To Act How You Want to Feel?

- Human beings are creatures of thought AND emotion
- Thoughts and emotions are how we process experience – they help us navigate through the world
- There is a hierarchy of processing that occurs in the brain
- In this hierarchy, thoughts usually take precedence over feelings
- However, feelings are generated in an older part of the brain than thoughts
- This means that emotions and the feelings they generate can have the ability to overpower rationality
- When this happens, how you feel is then translated outward into the world as actions
- As long as you're feeling positive, there isn't a problem with emotions preceding thought in brain processing
- However, positive feelings, in most people, aren't dominant
- This is a direct result of evolution – negative emotions, like fear and anger, motivated us to take actions that led to continued survival
- In the ancient world, what we see as negative reactions were actually beneficial
- This means that we are biologically programmed to generate “negative” emotions when faced with stress
- As a result how we feel is how we act
- Negative emotions produce negative actions and positive emotions produce positive actions
- You can have a powerful influence on this phenomenon by reversing the processing priority that guides how you interact with the world
- When you rationally put action first, it has the same power to influence feeling that irrational feeling has to influence action
- This means that how we act is how we feel

## The Benefits of Acting How You Want To Feel

- If you have negative habitual behaviors, these behaviors are caused by the way you are feeling
- You react to situations in a way that generates negative feelings:
- These negative feelings, in turn, cause negative behaviors that reflect those feelings
- Forcing a behavior that is the opposite of the usual action the feeling causes allows for an exploration of the situation
- This exploration allows for a discovery of the benefits inherent in the situation
- These benefits reinforce the positivity of the forced behavior which, in turn, actually changes the initial feeling
- This is the first benefit of acting how you want to feel
- When you break the cycle of negative thinking, you end up with a more positive outlook
- This positive outlook results in positive actions which, in turn, reinforce the positive outlook
- Instead of negative feelings generating negative behaviors that generate more negative feelings, you begin to experience a positive, upward cycle
- Positive actions generate positive feelings which cause more positive actions
- This is the second benefit of acting how you want to feel

# Act As If - Create Confidence

## Specific Examples of Acting How You Want to Feel

- If you'd like to be more successful, act more successful. Carry yourself with more confidence, and exude the class that someone who has nary a worry would
- If you'd like to be healthier, act healthier. Make better choices in what you eat and the level of activity you get each day. Small changes equal big results, and they add up over time
- If you'd like to feel sexier, act sexier. Carry yourself with more poise, and expect that people will find you attractive
- If you'd like to be rich, act rich. Consider what being wealthy means to you, personally. Study those who have the lifestyle you'd like to lead, have the material things you want to have, and have achieved the level of success that you desire
- If you want to be happier, act happier. Really think about what it is that truly makes you happy
- If you want to be less stressed, act more calm. We all deal with unbelievable amounts of stress these days – and much of that stress comes from worrying about things we have no control over. If you can't change it, then stop worrying about it!
- If you want to be more social and outgoing, do more social activities. Being shy and/or introverted can often stop people from enjoying themselves because they may feel isolated or socially inadequate
- If you want to be thinner, act thinner. Correct your posture by standing up straight with your shoulders back. This can take 10 pounds off how you appear!
- If you'd like to be less envious of others, act less envious. Think about what makes you happy, and aim for more of that in your life
- If you'd like to be more giving, act less selfishly. Make it a point to give to and do for others without expecting anything in return

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