

How to increase your confidence



Create more confidence to do
more of the sh*t you want!

-- Xena Jones --



Confidence isn't something you are born with.
It isn't something some of us have and others don't.

Here's the truth: It is a feeling.

A feeling is an emotion.

Just like you feel happy sometimes or angry sometimes.

And we are all capable of feeling all the feels...

You can also learn to FEEL more confident.

Life has just got in the way.

Things have happened and people have said things to you
and you've made it mean you just aren't that confident.

But, we can fix that!

Because confidence is a feeling.

And **our feelings come from our thoughts.**

What we think about ourselves and our abilities create our
feelings of confidence.

And thinking thoughts and believing them is just a skill.

A skill that anyone (including you) can learn.

It is a skill that turns your dreams into reality...



Confidence is already inside of you (I'm going to show you)

Our brains will always focus on what ever we tell them to.

Ever noticed how you go to buy a new car and when you decide what you want to buy you start seeing that car everywhere! Our brain is focused on this car...

And right now you just have a habit of focusing on where you don't have confidence and why...

So let's turn your attention to where you DO have confidence.

We are going to make a list of all the things you are confident about.

This is an anything-goes kind of list...

If you find this hard to start writing then think of things like:

... Driving your car, tying your shoe laces, pouring a glass of wine

... Giving advise to a friend, loving your partner, making a healthy meal, doing your job



I'm putting my stern Mum voice on right now and telling you that if you don't actually do this work (as in write this list out and show your brain that you actually ARE confident at doing things)... nothing changes. That's right! You have to do this work, make this list in order to start feeling more confident.

Write this list out by hand. This slows you down and gives you more time to really feel and appreciate these areas of confidence.

Here is how we are going to do this:

>> Write a list of minimum 20 things you feel confident about and then next to it write the reason why.

For example:

Travelling solo - *I know I can handle whatever comes my way because I believe in myself and my abilities to figure it out.*

Driving my car - *I love driving, I think I'm a really good driver and I have been driving since I was 13 years old.*

Taking good photos - *I have an eye for detail and I love capturing moments and editing photos.*



Where am I already confident and why?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.



Commit to reading this list for the next 7 days...

Read this list every single day for the next week AND add to it every time you think of another area you are already confident.

Remember that our brains will focus on what we tell them too (just like when you buy a new car and see it everywhere).

So we are starting to show your brain that you already do have confidence and you will begin finding more areas and ways that you already are confident.

>> Next, pick ONE area that you want to be more confident. Perhaps it's travelling solo, asking for a promotion, launching a business or going on dates. Pick one area and we are going to make a second list.

Where are you already confident when it comes to that one area? Make a list of at least 5 things...



Here's an example: I want to be more confident in putting myself out there to meet someone and go on dates.

Where might I already be confident in this area?

- I enjoy meeting new people and getting to know them, it comes naturally to me.
- I am good at making conversation with people.
- I know how to dress nicely and take pride in my appearance.
- I always enjoy going out on dates with friends so I know I can learn to enjoy this process too.

Your brain is going to want to tell you “but really I am not that great in this area... I suck at this or I don't know how to do this or I don't want to do this...”

This is where YOU have to take control and redirect it to focus back on the things you are confident about.

You will likely have to make yourself do this against your brains tantruming-toddler like voice that is telling you all reasons why you can't...



Where am I already confident and why?

- 1.
- 2.
- 3.
- 4.
- 5.

Being more confident is a skill you can learn.

It starts with what you THINK about yourself and your abilities. Right now you are on default thinking and we want to reprogram that default thinking. We want to rewire your brain.

The more you do this the easier it becomes.

Each time you catch yourself saying some version of *"I'm not confident enough for this"* redirect your brain and show it that you actually are confident and why.

Read your confidence list every day and add to it.

REMEMBER: Our brain looks for what we focus on... so focus on all of the reasons and areas you already are confident.



Next, Let's talk about FAILURE.

We are all afraid of it...

I once created an entire online course and never launched it out of fear of failure.

It has been drummed into us since starting kindergarten: Don't fail, failure is bad. And as teenagers we depend upon not failing in order to be considered socially acceptable as we strive for popularity.

We use our fear of failure as a reason not to pursue our dreams and to hold ourselves back from the amazing lives we are meant to live.

So this might be hard to hear...

FAILURE IS REQUIRED IN ORDER TO ACHIEVE YOUR DREAMS.

It is necessary.

You can not make your dreams come to life with out it.

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Thinking that failure makes us feel less confident is a straight up lie. **Remember confidence is a feeling, coming from our thoughts about ourselves and our abilities.**

So the more we fail the more we get to learn and grow.

When shit hits the fan (and it always does) we get to evaluate and learn.

We get to grow stronger and more resilient from our fails AND we get to build trust in ourselves when we keep going. When we take what we learnt from that failure and keep moving toward our goal.

What ever dream you want to pursue. Whatever amazing things you want to accomplish or create...

You are 100% guaranteed to NOT get there, if you never try. When you take no action towards it, you fail ahead of time.

When you are so busy thinking *'I don't know if it will work out'* you are busy failing ahead of time.

And the more you do this, the more you lose trust in yourself and shut down your self-confidence.



So what's the solution here?

>>> F.A.I.L

Yes. Plan to fail.

Fail on purpose.

Fail deliberately.

How many times are you willing to fail in order to succeed? If you knew without a shadow of a doubt you would eventually get to your goal... how many times would you be willing to fail? For me, it's as many damn times as it takes to get there!

Because here's the thing... Every time you fail, you learn, you grow. You show yourself you can do some pretty challenging and amazing shit. You show yourself you can work through hard and uncomfortable things and come out the other side stronger. You show yourself you have what it takes and you build a deep trust within yourself. And your confidence grows.

We think we want a life without failure but this is like saying we want a life without happiness. You see without failure we can't truly know, understand and appreciate the success.



Here is the most important thing we need to understand about failure.

>>> We get to decide what we make it mean.

When we fail we get to make it mean we are learning and growing and getting closer.

We get to make it mean we know what doesn't work so we are closer to what does work.

We get to decide every failure is a badge of honour on the road to success.

My road to building my own Life Coaching business alongside SWTT has been paved with failures.

... I launched an online course that nobody brought

... I collaborated to host a retreat that only 1 person came to

... I launched trips to multiple countries and nobody signed up

... I have made countless offers and no body took me up on them

And I am a stronger, more confident and more successful coach and business owner today BECAUSE of those failures.

Failure is not the worst thing that can happen.

Holding back is.



So your next task is to plan and execute one thing you will fail at on purpose.

Here are some examples:

- Doing a Facebook live on your Facebook page to share something about you, your life or what you've been up to
- Asking someone to go out on a friend date (trying to make new friends)
- Ask for a raise
- Ask someone to hire you
- Ask a stranger for something
- Ask someone for help
- Try something new that you are not sure how to do

Here's the thing - you may succeed but you are planning to fail. You are doing it with an expectation and willingness for it to fail.

Below is the worksheet for this task.

Remember: The more you are willing to fail the more your confidence will grow.



FAIL ON PURPOSE 4 QUESTIONS:

What did you choose to fail at?

What would you normally think if you failed?

What will you practice thinking instead?

What did you learn from this experience - about yourself or the thing you failed at?

