

Self Confidence Secrets
How To Win More In Life

MINDMAP

Let's Get Clear First!

Difference between Self-confidence and self-esteem

The ESSENCE of Self-Confidence

They are not one and the same

Real sustainable and unshakeable self-esteem must be built on OBJECTIVE reality

The Problem with Modern Self-Esteem

We expect it to be a door prize

Life doesn't reward you just for showing up (there's no participation prize in life!)

Hollow self-esteem is brittle

Simulated self-esteem leads to an entitlement mentality (no one's entitled to a life without unfairness/challenges/chaos/randomness)

The Real Foundation of Self-Confidence: COMPETENCE

What is competence?

How competence boosts self-esteem

It all boils down to realizing the POWER and IMPACT of your choices

Your choices are rooted in your personal WILL

Understanding the connection between your WILL and THE RESULTS OF YOUR CHOICES is empowering

Competence is not static

Competence is something you DO

Competence SHOWS you your personal power and control

Develop REAL self-confidence through Competence

What is REAL self-confidence? (no fake it till you make it / no psyching yourself up)

The benefits of the real deal

- Sustainable
- On command
- Doesn't depend on things 'being right'
- Doesn't depend on your emotions / feelings

Call up self-confidence that gets the JOB DONE... RIGHT!

Self-confidence through COMPETENCE

- can't be taken away from you
- can't be derailed
- a product of your will NOT your circumstances
- more persistent
- more habitual
- More rooted in your personality

Setting Your Game plan for Competence-based SELF-CONFIDENCE

FACT: no one size fits all solution that works at all times for all people

Here's the overview of the 5 step framework

- Step 1: Find areas of competence and pick one to improve
- Step 2: Be fully aware of your increased competence and take confidence from it
- Step 3: Use confidence in one area empower you to improve your competence in other areas
- Step 4: Focus on mastery and control by letting your curiosity guide you
- Step 5: Make sure there is no disconnect between your inner and external confidence

Start with something you already do well enough

All of us have at least one thing we do that we are good at

Use the stream of consciousness method to leave no stone unturned

Go through your list and actually do these activities

- Rank your RESULTS' quality

Identify and Slice and dice it

Systematically improve it

- break it down
- improve parts

- make predictions
- create an upward spiral of improvements

Focus first on SUBJECTIVE improvement

- do you have a positive view of it
- do you feel the improvement

Shift to OBJECTIVE results

- The bottom line = results NOT feelings
- quantify results (output)
- Keep scaling up quality

Allow your OBJECTIVE COMPETENCE to become part of you

Problem: people compartmentalize their competence / too quick to dismiss or diminish it

Celebrate your OBJECTIVE competence

- this is real because it is objective
- it's not just in your head / it's not just an opinion

Think about your objective results more

Feel good about your objective results

Talk about your objective results

Focus on a sense of mastery and OWNERSHIP

Allow yourself to be CONFIDENT

- I CAN make things happen
- I CAN overcome challenges consistently
- I CAN decide and things pan out based on my choices and ideas

Act CONFIDENT more often

- Keep increasing competence in your target / focus area
- The more competent you become, the more confident you get
- The more confident you get, the more challenges you take on / the more opportunities you take / the more problems you solve, the more competent you become
- Keep repeating the process above

Take Ownership of more areas of your life

Positive Feedback Loops give you an easy / calm / self-assurance over at least one area of your life

Apply your OWNERSHIP / MASTERY mindset to the next most competent area of your life

- check back with your stream of consciousness list above

Act CONFIDENT more often

- Keep increasing competence in your target / focus area
- The more competent you become, the more confident you get

- The more confident you get, the more challenges you take on / the more opportunities you take / the more problems you solve, the more competent you become
- Keep repeating the process above

Move to the next area

- then the next, then the next, etc etc

Understand that Self-Confidence can be LIMITLESS

Competence has limits

Confidence can be limited by circumstances but...

If you let yourself be motivated by CURIOSITY / POSSIBILITY, the SKY is the limit

Celebrate and seek out greater mastery over;

- Your versatility
- Your sociability
- Your adaptability
- Your imagination / sense of possibility
- Your perseverance / tenacity / grit

Make sure there is no disconnect between your inner and external confidence

The ever present IMPOSTOR Syndrome

Focus on OBJECTIVE RESULTS first

Competence is objective

Internalize the intensity of your objective results

Live a life of total emotional and psychic INTEGRITY

- lining up external and internal confidence

Confidence is something you ...

- Project
- Do
- Think
- Say

Real confidence is NOT

- bragging
- loud
- bombastic

Real confidence is ...

- calm
- assured

- self-controlled