

Self Confidence

Self-Confidence comes from the state of feeling certain about the truth of something and/or the feeling of self-assurance arising from one's appreciation of one's own abilities or qualities, which then gives you buoyancy, the ability to recover quickly from setbacks; resilience. When you have confidence, you have the ability to comeback from obstacles that come your way a whole lot faster. In other words, confidence gives you a bounce in your step.

While there are many factors that lead to confidence, there are a few keys that stand out. One key to confidence is action. It's said that the fastest way to gain confidence is to do what scares you. It's also been said that confidence is not gained in being right all of the time, but rather in not being afraid to be wrong. Dale Carnegie said that inaction breeds doubt and fear but action breeds confidence and courage. Action takes you from being on the sidelines to out on the field.

Vince Lombardi said, **"The will to win is not nearly as important as the will to prepare to**

win." Another key to confidence is preparation. Preparation is the laying the groundwork, research and planning that brings the readiness. The preparation is the working out of the details. Preparation helps you to lay things out in the right order. You can do the right things in the wrong order and get terrible results, so order gives you the assurance to be a reliable source with confidence.

A third key to confidence is to be authentic and truthful. The word authentic comes from the word author. Confidence is present when you are the author of your story -- genuine and true. Confidence and authenticity share the synonym, reliability. Authenticity breeds confidence when we are a reliable source for our own sense of mission and purpose.

If you've been missing that bounce to your step lately, be committed to living on purpose, laying the groundwork to something new and create some movement with action. In the famous words of Tigger, "Bouncing is what Tiggers do best." Let confidence give you your buoyancy back.

