

THE AUDACITY OF SELF-BELIEF

by Cristina Dovan

My first year as a student in England was difficult to say the least, the system was different from the one in

Romania, everything was in a different language and studying Social Sciences, it's not easy.

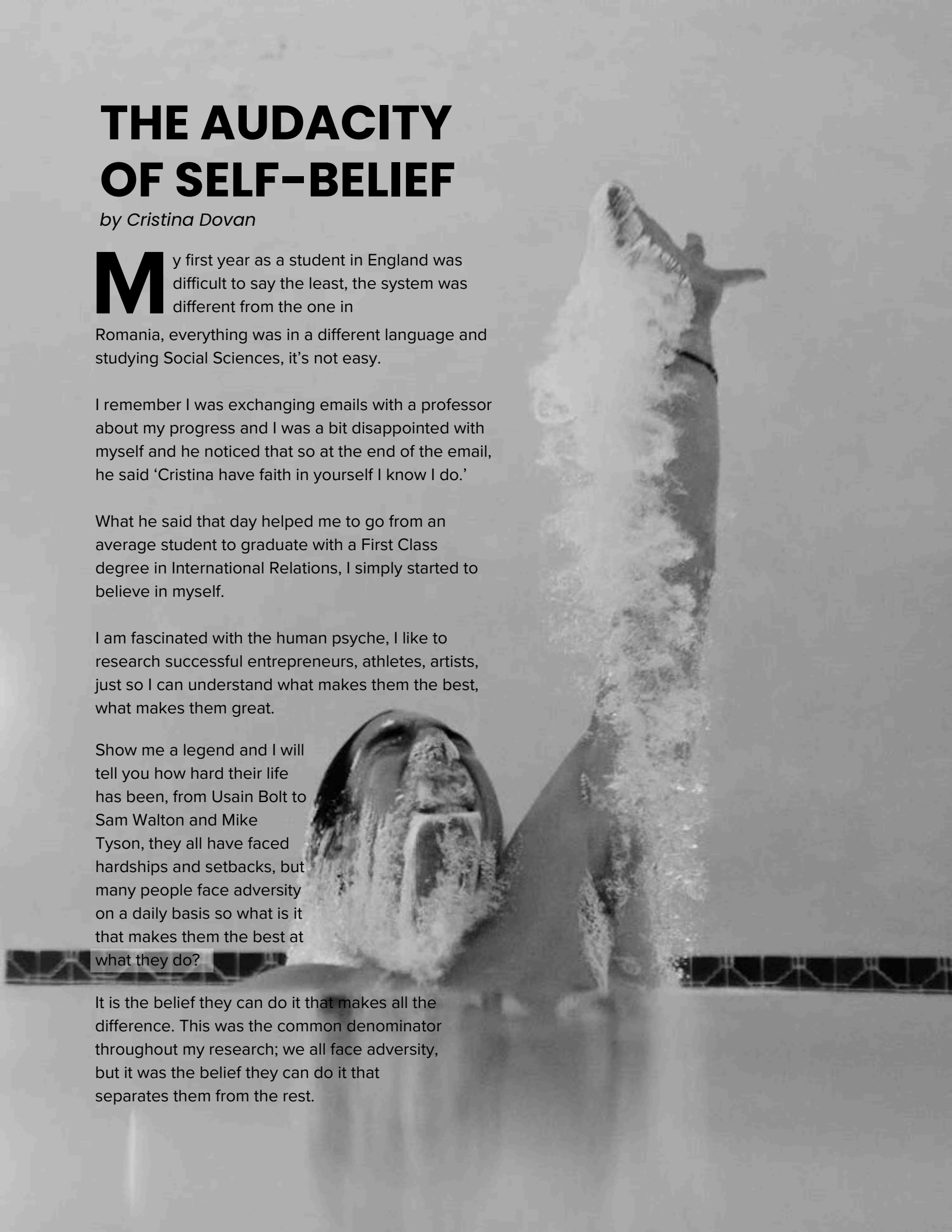
I remember I was exchanging emails with a professor about my progress and I was a bit disappointed with myself and he noticed that so at the end of the email, he said 'Cristina have faith in yourself I know I do.'

What he said that day helped me to go from an average student to graduate with a First Class degree in International Relations, I simply started to believe in myself.

I am fascinated with the human psyche, I like to research successful entrepreneurs, athletes, artists, just so I can understand what makes them the best, what makes them great.

Show me a legend and I will tell you how hard their life has been, from Usain Bolt to Sam Walton and Mike Tyson, they all have faced hardships and setbacks, but many people face adversity on a daily basis so what is it that makes them the best at what they do?

It is the belief they can do it that makes all the difference. This was the common denominator throughout my research; we all face adversity, but it was the belief they can do it that separates them from the rest.



Greatness is not glitz and glam, greatness is about blood, sweat and tears, greatness is when we go all out and we don't give up when it's hard.

Greatness is when you take your life and turn it around and you don't stay defeated, you don't let loss keep you down, you get up and move forward, greatness is achieved behind closed doors, when you are by yourself and nobody sees the tears and the struggles.

Greatness means to have the audacity to believe in yourself when nobody else does. You can only achieve that when you believe in yourself with all that you have even if you are afraid, you have to master your fear and do it before your brain starts to talk you out of it.

Cus D'Amato, the legendary boxing coach said: 'control your fear, fear is the greatest obstacle to learning', fear is good it keeps you away from danger and keeps you safe but it doesn't have to keep you from your dreams so think outside your brain and challenge your doubts.

Cus goes on to say 'that anything is possible if you want it bad enough, you are dedicated enough, you don't let things interfere with what you are trying to do, then it is possible.' Think about yourself in a positive way, see yourself already there, besides controlling your fear, you have to use your mind to bolster your confidence.

Have the courage to believe you can and grow in to the person that will by developing your skills to get to where you need to be. Never give up on your dreams because it is hard, you have to develop your character and match it with the skill set you need in order to succeed.

'Fortunate are we who have been chosen to be tested, even put down and doubted, so

that we might be challenged to go where we would have never gone, to see not who we are but who we were meant to be.' Teddy Atlas

I was a mature student and I have a kid with special needs so it was hard to do it all but that did not stop me.

Magic happened when I started to believe in myself, in my final year I started to wake-up at 4.00AM so I can write my essays and do my reading, during those early mornings when my mind was clear and rested I did my best work. My 'iron ambition' and self-belief got me through it all.

I dare you to have the audacity to believe in yourself and see what happens.



Cristina Dovan is a certified Life Coach who blends her passion for human behaviour with her experience in digital entrepreneurship. She embarked on her personal development journey over five years ago and is now devoted to using her insights to help others transform their lives. Cristina's story is one of growth and change, starting from her academic roots in International Relations to launching her own business in 2020. She lives in Coventry, United Kingdom, and is dedicated to guiding her clients towards realizing their full potential.

