

*What matters most
is how you see yourself.*

Louie Bryan M. Lapat



Cultivating Confidence Wherever You Go!

So What IS Confidence? Is it that feeling you get in your gut that makes you believe that you've "got this?" Is it an attitude that you seem to naturally project when you first meet people, drawing them in like a magnet? Or is it this aura that you seem to carry with you when you walk into a room, making people stand up and take notice? I believe it's an amazing combination of ALL of these things. And just like the kitty cat that looks in the mirror and sees a lion looking back, I truly believe it's what YOU see, that matters most. Also, just like with any other skill set, sure, there may be some with this natural-born ability, but that does NOT mean that you can't learn this skill – if you do, there is no reason why you can't look/feel just as confident as the "naturals" out there. Practice these 5 steps below and you will be "licensed to carry" this special skill wherever you go!

- 1) **Begin EACH morning with an Attitude of Gratitude!** Often if your confidence is at an all-time low, it's harder to see all the wonderful things that are surrounding you, so if you begin each and every day with an attitude of gratitude, you will be surprised to see how this feeling of abundance will spill over into everything you do. That sense of happiness and positivity is a necessary step in forming a strong foundation of confidence.
- 2) **Identify Your Awesomeness - then Showcase Them!** Many times people who are not very confident have forgotten all of the amazing things they may be good at because they have gotten so bogged down with the negativity, that believing they are great at things is nearly impossible. Really think about not only things you love to do, but also things you do well, and then prioritize making time for them. Your confidence will soar once you are able to demonstrate these abilities, so make sure that you join clubs/organizations where you can utilize them. You will feel great, and have fun in the process!
- 3) **Give Worry the Boot by Becoming Your Own Best Friend!** Confident people often worry less about what an outcome will be than those that struggle with confidence, and many times that also translates into worrying less about what others think of them. Instead, they work hard to become their own best friend, understanding that their own judgement/opinion is truly the only one that matters. Constructive criticism is one thing, but don't let your worry of what others think keep you from spreading your wings. Besides, worry does not prevent things from happening, good OR bad– it just robs you of the joy and happiness you could be experiencing right here, and right now.
- 4) **Practice Makes Perfect!** If there are certain situations that make you more nervous than others, than institute this tried but true concept. Practicing always makes things better because it gives you that extra boost of confidence, since you know that you have faced that challenge before. As a result, you don't come across as panicky or unsure of yourself – you are, instead, self-assured and at ease.
- 5) **Give Yourself a PASS** – If all else fails, remember to give yourself a pass, in more ways than one. First, remember that you are shooting for progress, not perfection, because perfection is not only unrealistic, but unnecessary, so forgive yourself if things don't go perfectly. Second, give yourself a PASS, or *Positive Affirmations* while *Skipping* the *Simple*. In other words, although positive affirmations are an excellent strategy for boosting confidence and increasing self-esteem, positive affirmations that are too simple and generic tend to be meaningless. Why? Because it doesn't really address your particular challenges. For example, if you don't do much public speaking and your boss asks you to give a report in front of the board next month, telling yourself "You Can Do This," may not do much to help you feel confident when you go up to that microphone. But saying, "You Can Do This Better Than You Think You Can," helps you realize that you are just a little nervous, because you don't do this often. Big difference!