



LACE for Life
Coaching & Consulting

“Realizing Your Full Potential”

Part 2: Believe In Yourself

Focusing on self-improvement can be a good investment in yourself. However, unless you make a real effort to apply those new strategies to your life, little is likely to change. There’s a big difference between knowing how to do a pushup and doing 100 pushups each day. Knowing what it takes to become self-confident isn’t enough. *Application is critical.*

Follow this plan to take control of your self-confidence:

- 1. Embrace change.** Change is uncomfortable, and there’s a good reason for this. Scientists believe that humans are slow to change because whatever we’re currently doing is perceived as successful, or at least safe. But, our ancient brains had a different idea of what constituted success. In the distant past, staying alive was challenging, and any **new** behavior might have led to death.
 - Realize that the discomfort you feel when you try something new is simply old instinct rising to the surface. Being uncomfortable usually isn’t a good reason not to do something. You can still move forward in spite of your discomfort.
 - Be happy that you’re uncomfortable. It means you’re doing something that might actually change your life. Continuing with your comfortable behaviors won’t make anything different.
- 2. List the areas where your confidence is lacking.** Figure out where you’re feeling a lack of confidence: Is it in your ability to learn a new skill, or a setting that requires public speaking? Is it an issue with certain social situations?
 - *Once you target your weaker areas, you can start making the necessary adjustments.*

3. **Evaluate your beliefs in the area where you lack confidence.** Sticking with the public speaking example, perhaps you're worried that you'll say something embarrassing or that your voice isn't the most pleasant. If you're uncomfortable in social settings, is it because you think that you're not interesting enough?
4. **Find the falsehood in those beliefs.** Dispute your current belief and figure out what's really the truth. If you're uncomfortable in dating situations because of your weight, look for examples of heavier people who have had a lot of success in romantic relationships.
 - Engage in self-exploration by asking yourself some probing questions. ***How did you develop this belief? Do you really know that it's true? Have you tested it?***
5. **Seek out a mentor.** There are plenty of people who have confidence in the area where you're experiencing challenges. Ask for help from someone who's comfortable in any area where you lack confidence.
 - It's much easier to be confident when you're an expert. Learn everything you can and you'll feel better about yourself.
6. **Start small, but get started.** If you lack confidence in pursuing that BIG goal, try working on a smaller piece of the project at first. Let the momentum of small successes carry you forward.
 - *Being confident with one step makes the next one possible.*
7. **Track your progress.** It's important to see the progress you're making. Without progress, you won't stick with your plan. Measure your anxiety on a subjective 1 to 10 scale in different situations. Celebrate when you see progress!
8. **Evolve your plan over time.** Just as doing the same workout routine leads to stagnation, working on your self-confidence in the same fashion over a long period of time, without a challenge, will lead to diminishing results. Constantly re-evaluate and tweak your action plan.

In order to believe in yourself, take these small steps and try new things, and create an opportunity to grow as an individual. Create an action plan that addresses your self-confidence levels, and strive to achieve the level of confidence you deserve.