

Building Your Confidence.

A quick note:

As humans, we all have many layers. Take what resonates with you in this report, but don't worry if not everything "clicks". We all need time, trial & error to find what works for us. This report offers advice based on what we've seen in our BJJ program.

Okay, on to the tips!

What confidence really is (and what it ISN'T):

Many people think of confidence as the feeling that you can do anything and everything. It's like a constant adrenaline rush... a "high" on life.

To be honest, while some confident people have these qualities... often "super-excited-ness" is a coping mechanism people use to hide from their issues. You can be a mellow, laid back kind of person and be filled with TREMENDOUS confidence. You can be full of energy and deep down be scared about everything in your life.

So that brings us to the question of... "what is confidence then?"

The truth is, there are as many answers to this question as there are people on the planet. That's because everyone experiences confidence in their own, unique way. However, if I had to boil it down to a nutshell, this is my answer:

Confidence is a positive answer to the question of "what if?" We all have doubts and questions about our lives, the future, etc. But when you feel confident in yourself, you trust that you can handle whatever comes your way.

For example, an insecure person answers the question of "what if I fail" with answers like this...

My life will be over. My friends will laugh at me. People will see me for the weak, lowly person that I am. I'll lose my job and go homeless.

Someone who's confident intrinsically has an answer more like this:

So what?

Confidence is *freedom from caring about possible negative consequences, because you know you'll be okay no matter what.*

It's not that confident people don't know that starting their own business... learning a martial art... taking a dream vacation to Europe... doesn't come with possible bad endings.

They just don't care. They figure that they'll cross that bridge when they get to it - if it even ever happens. Most of the time, those negative things we think will happen never happen. Things turn out just fine.

But for that 1 in 100 chance that something goes wrong, a confident person is ready to deal with it. The insecure person avoids risks and new opportunities because they're scared they won't be able to handle it.

They try to control life by not taking chances. To a confident person, that way of life is the worst possible outcome imaginable.

Now, if this is you, don't worry. It's not permanent. By taking the advice of this report, and trying things on your own, you can step out of your shell of insecurity, and flourish as a strong, confident individual.

Let's get to the tips.

#1. Get Real.

For most of us, the biggest obstacle between confidence and lack of confidence lies in the age-old battle of...

Self-Image vs. Reality.

The reality is, we might be awesome, friendly, talented people - but we see ourselves as decrepit, corrupt, talentless pigs. A big red-flag that you have this issue is if people compliment you on things, and you don't believe their compliments.

For example, if they say you're pretty or handsome, and you think to yourself, "Oh, they're just saying that."

Or if you happen to paint, and people express a lot of joyful feelings about your work, but inside you feel like your work is horrible.

These are tell-tale signs of a conflict in *self-image vs. reality*.

Here's one way of healing this:

Talk to your friends and family, people who are really close to you, and ask them for their honest-nothing-held-back opinion of you. Next, listen. Shut off your brain, and just take it in. Really hear what they have to say without immediately deflecting it.

Most importantly, don't interrupt them.

See, your negative opinion of yourself is biased. You can't trust it! So, you need input from objective 3rd parties to tell you the truth.

Then, list the negative things you feel / think about yourself to the people you trust. See what they have to say about it. And again, don't interrupt, don't deflect Just take it in.

#2. Break the Habit.

Lack of confidence, like so many other self-destructive things, is a habit. After years and years of practice, it's now second nature to doubt yourself. But think back to your early childhood. Observe even how infants act.

They just try stuff out. They cry when they need to cry. They eat things that look pretty cause they think it'll be tasty. There's no doubt behind their actions.

In observing babies, it seems we all start out pretty confident! It takes hard work to break our natural-born confidence.

Here's how to start breaking the habit:

First, you must observe yourself. Notice what events, sights, etc. trigger negative self-thoughts and feelings. You might realize you have negative patterns around your weight, your job, your hair, your personality, etc. Identify what really triggers your insecurities.

Next, confront these insecurities head on. Even if you have to force yourself to do this, say *5 positive things* for every negative one you think / feel.

For example, if you catch yourself thinking, *I'm so ugly...* Immediately say five positive things about your appearance.

Depending on how bad you have this habit, it could be hard. You might not be able to think of anything. But even by stretching your brain to come up with an answer, you're taking steps toward breaking the habit.

Do this every day for a few weeks, and you'll be amazed at how differently you view yourself - and how others view you, too.

Now, you might be thinking... *I feel okay about myself, but I'm scared if I go on this trip to Europe I'll run out of money and be stranded.*

Or... *But what if no other job pops up after I quit mine? What if I go homeless?*

If this is your thought, then think about an answer. Usually these questions just build up in the backs of our minds, causing stress and worry. Take them off the back burner, and really think about it.

What would you do if you got stranded in Europe?

What would you do if, after quitting your job, another job in the same field wasn't available?

These questions have answers. If you can show yourself that you're equipped to handle these situations, you won't worry about them, and won't let the remote possibility that they'll happen interfere with your life.

#3. A shortcut.

Trying a new adventure with like-minded people who are focused, confident, and goal-oriented is the fastest shortcut I know to confidence. For one, you're able to closely observe the habits of confident people. Next, as you take risks involved with trying something new, and amaze yourself at what you can accomplish, you'll start to feel like you can really handle anything.

That's one of the great things about Brazilian Jiu Jitsu. There are people of all kinds who walk through our doors. We get the cocky, confident type. The shy, insecure type, And everyone in-between.

But at the end of the day, everyone's just a big, supportive family. We're all here for each other, supporting and motivating one another along the way.

A powerful network like this is an amazingly fast way to heal lack of confidence, and turn it into strong, vibrant confidence.

I hope to see you soon in our own BJJ classes.