

How To Build Confidence

Confidence is certainty.

Knowing is confidence. Knowing that even if you fail, at the end of the day things will go your way and you will succeed. Knowing you will succeed despite any temporary setbacks.

Nobody is born confident.

Confidence is built. Is acquired one by one, piece by piece.

It is done gradually. You do things that make you feel unconfident. Then repeatedly do it, again and again, and you will gain that confidence.

Doing something new comes with a whole bunch of uncertainty. You don't know what to do. How to do. And whether the end result is going to be success or not. You will fail. And that is part of the process of building confidence. Failing enough times. Many many times.

So:

-Failing doesn't effect you anymore, and you just don't care too much about failure.

-You know how NOT to fail. Which is the path to success.

Do this. Go out there and fail, and fail and fail on things you wish to want to have confidence in. Fail purposefully, until you are not afraid of failing. Then repeatedly attempt to do it well, whatever you are doing. Eventually you will know exactly what to do, how to, and have the experience to know you will succeed one way or another!