

## BELIEVE IN YOURSELF

Making a habit of success

Edition 3

### How To Take Control of Your Self Confidence And Achieve More



*Self Belief Comes From Within.*

In this newsletter, Kevin Mincher answers the most common question he's asked by teenagers... *How can I improve my self-confidence?*

Many people don't believe that I was shy and hugely lacking in confidence when I was a teenager. It's true! I was petrified of public speaking (particularly reading aloud in lessons) and I found it impossible to talk properly to pretty girls. It wasn't until I started reading self-help books and completed a personal development course when I was 16, that I learned how to improve my self-confidence.

**More overleaf!**

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I had blamed my low self-confidence on the fact that my parents had separated when I was 13, along with many other bad experiences I'd had throughout my youth. But I quickly learned that I was wrong, and there was something I could do to improve my own self-confidence.

Many of us make a mistake in our language when we say things like, "She/he is a confident person," and, "She/he is not a confident person." It's much more accurate to say, "She/he is currently doing self-confidence," and, "She/he is currently not doing self-confidence,"

You see, self-confidence isn't something that you're born with, nor is it something that happens to you, nor is it something that can be taken away from you. Self-confidence is something that you *choose* to do (or not do) on a daily basis irrespective of what is happening to you. *It is a process.* In fact, your self-confidence is the second by second process of you TRUSTING yourself to deal with each situation you find yourself in at any moment in time. If you trust yourself to complete the task in hand, then *you are doing self-confidence.* If you choose not to trust yourself with a task then you are not doing self-confidence at that moment in time.

# Imagine What It Would Be Like To Succeed

The question is, how do you learn to trust yourself and do more self-confidence in areas of your life where you're currently doing low self-confidence? It's been said that confidence comes with experience. The problem with experience is that it takes too much time, and if you have a negative experience you're unlikely to be inspired to do more self-confidence. So the answer lies in your **creative imagination**. The quickest way to improve your self-confidence is to close your eyes and *imagine yourself successfully completing the tasks* that used to scare you, and **imagine yourself achieving your goals**. This process of visualization is used by top athletes, celebrity actors, and pop stars around the world when they are preparing to perform and need to trust their ability.

*Learning to trust yourself and your abilities in a variety of challenging situations is a vitally important skill.*

It's a fact that you're going to find yourself in some uncomfortable situations in the future. These situations are unavoidable if you're going to be successful. Whether you like it or not, you'll have to complete exams, you'll have to go to job interviews, and you'll have to communicate with people if you're going to have a relationship with them.

I've met many people that are incredibly talented, but they've fallen by the wayside because they choose not to believe in themselves. I've also met many people who have succeeded with very little talent simply because they **choose** to trust their abilities and pursue their goals.

Students ask me all the time what they can do to improve their self-confidence. I tell them, "You can't move forward by staying in the same place. If you want to improve your self-confidence, you're going to have to *stretch your comfort zone* and take action to improve your emotional strength."

I've been rock-climbing, worked out in the gym, sang karaoke, talked to people I didn't know,



danced at parties, travelled to new places, volunteered in my community, and forced myself into situations that would improve my confidence.

I've failed and got rejected more times than I've succeeded, but it didn't matter. You see, self-confidence is like a muscle – the more you exercise it the stronger it gets. If you want to take control of your self-confidence, you have to do something each day to make it happen. And sooner or later you will realise that you have it within you to be truly unstoppable.

## Monthly Help 4 U

I've created a series of 5-minute MP3 audio-coaching programmes called *The Coaching Call* to help students achieve their potential.

Learn more at

**[www.unstoppableteen.com](http://www.unstoppableteen.com)** today.