

# 5 Confidence Myths

**Smashing those myths you hold about  
CONFIDENCE**



# Myth #1 - You're either confident or you're not

This is just not true.

No one is born confident.

Yes, I agree that some people seem more confident than others, but we can all be confident in our own authentic way.

Those people you perceive to be confident have faced into uncomfortable situations, they've taken action to push their boundaries all of which combine to build confidence.



## SMASH THE MYTH

Confidence is like a muscle, the more we work on it and the more practice we put in the stronger it will become.

This means that everyone can build and shape their own confidence to be what they want it to be.



# Myth #2 - Fake it till you Make It

I don't believe in 'fake it until you make it' as a sustainable way to building genuine authentic confidence. It's got disaster written all over it.

Trying to be something you aren't is likely to make you feel anxious; long term it would be incredibly stressful!

True Confidence isn't about pretending, it comes from having courage to take action & it's the result of practice and consistency.

Don't fake it to be someone or something you are not, act as someone or something you are aiming to be.



## SMASH THE MYTH

To act 'As If' is a much better way of looking at it. Think about how you would behave if you were feeling confident. What would you be saying, doing & thinking? Then be courageous and act 'As If' you were confident.



# Myth #3 - Only Extraverts Can be Confident



This myth is linked to how we associate confidence with someone being the life and soul of the party or the person who always speaks up in meetings and appears to have a lot to say!

It's important to remember that you can absolutely be a confident introvert, just as you can be an unsure extrovert.

It's about trusting yourself whatever the outcome. More importantly it's about you becoming the most confident version of you – whatever that looks and feels like for you.

## SMASH THE MYTH

With confidence it's personal!

Confidence is an inside job, so ask yourself, what does the most confident version of you look like?



# Myth #4 - Confident People are always confident

This is not true! Confidence is situational and confident people have insecurities too, they are part of everyday life.

There are times when your confidence is flying high and you feel like you can take on the world. There are times when you feel your confidence has been knocked and there's no way you can achieve what you want.

Confidence doesn't hang around 100% of the time, it varies from situations and experiences you have throughout life. Sometimes you take confidence from a previous experience into a new situation and sometimes it works and sometimes it doesn't.

Both are ok!



## SMASH THE MYTH

You can feel a little less confident when you are pushing your own boundaries and stepping out of your comfort zone – all of this is fine, acknowledge those feelings and keep pushing on, don't let them stop your progress.





# Myth #5 - Confident People Take Big Risks



The size of the risk is not important, what you think is a big risk will be a small risk for someone else and vice versa. The important thing to remember here is how and what you are doing to push the boundaries of your own comfort zone.

You can make simple small changes to push these boundaries and to step out of your comfort zone.

Once you have mastered these small changes and become more comfortable with it, you can move on to master the next thing, stretching your comfort zone into your stretch and learning zone.

## SMASH THE MYTH

Maybe for you stepping out of your comfort zone is talking to someone who works in the coffee shop or the supermarket and maybe that feels like it's a big enough risk for you. It can be an everyday activity that feels hard.



# Time to Take Action

Use the space below to record your reflections, observations and actions about your own confidence myths.

**REFLECTIONS**

**OBSERVATIONS ON YOUR CONFIDENCE**

**YOUR ACTIONS TO SMASH THOSE MYTHS**



Thank you!

**I hope you picked up a tip or technique to help you to smash those confidence myths. I'd love to know how the tips work for you?**

**Get in touch & let me know.**

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