

5 Things Confident People Do

TOOLS, TIPS, TECHNIQUES TO USE IN EVERYDAY LIFE





Your thoughts & feelings turn into actions Make those actions **CONFIDENT** ones.

Remember, confidence is about having full trust in yourself despite the outcome so it's about what you

THINK and BELIEVE
you can & can't do!

Confident People Get Their Happiness from Within

Happiness is a critical element of confidence, because in order to be confident in what you do, you have to be happy with who you are.

People who brim with confidence get their sense of satisfaction and pleasure from their own accomplishments, as opposed to what other people think of their accomplishments.

Getting your happiness from within isn't always that easy but confident people do this through making CHOICES.

Because you always have a CHOICE

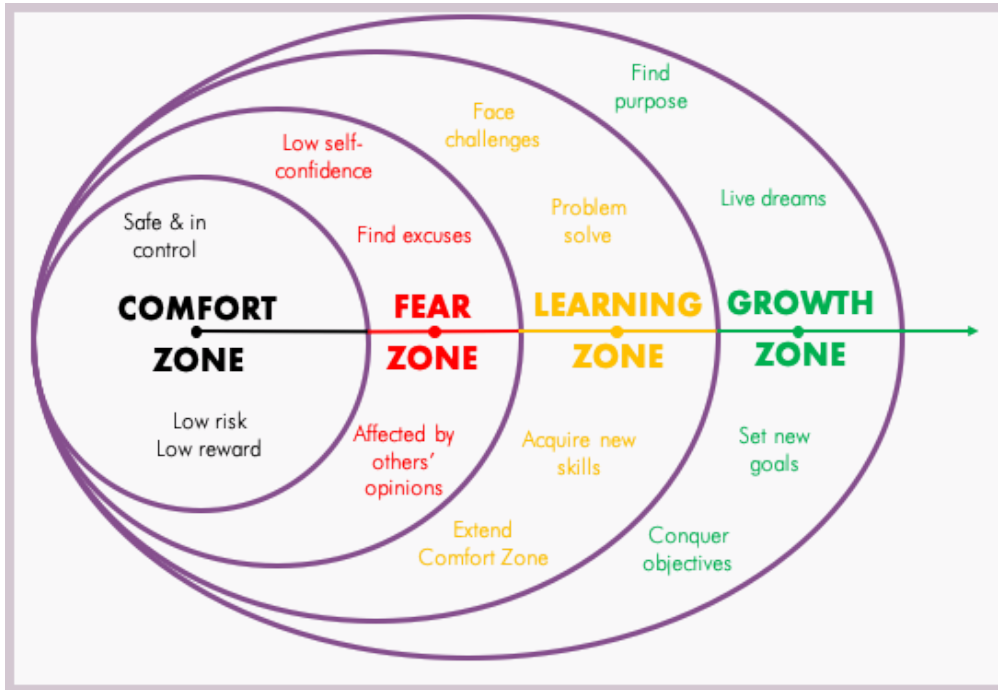


WAYS YOU CAN MAKE A CHOICE TO GET YOUR HAPPINESS FROM WITHIN:

- Do things that make you feel happy - do them for you and for no one else
- Focus on what you are doing, not what others are doing, don't fall down the comparison trap
- Accept that you are uniquely you
- Celebrate your wins no matter how large or small
- Be around those who make you happy - ditch those who don't, unfollow them, mute them

Confident People Challenge Themselves to Grow

Pushing through the fear zone into the learning & growth zone



A confident person will challenge themselves to grow pushing through the fear zone into the learning & growth zones. They know they can't spend all of their time in the learning & growth zones because it would be overwhelming.

They respect & embrace the comfort zone. WHAT? I hear you say, you're always telling us to step outside our comfort zone? Well I still am...

Treat it like little trips to foreign destinations to broaden your horizons & learn new things. Then come back to your comfort zone to process and take stock ready to go again.

WAYS YOU CAN CHALLENGE YOURSELF:

- Learn new things
- Do small things that scare you little & often
- Use the comfort zone to learn, process and make changes
- Push through the fear zone by acknowledging it but doing it anyway

Confident People Listen More Than They Speak

And when they do speak they do so with conviction

Most people do not listen with the intent to *understand*. Most people listen with the intent to *reply*.

– Stephen R. Covey
ilovemylsi.com

Most people listen with the intent to reply, not to understand. Confident people listen more than speak because they don't feel like they have anything to prove. They know that by actively listening and paying attention they will learn & grow.

It's rare to hear a truly confident person use phrases like "Um", "I'm not sure", and "I think". Confident people speak assertively because they know that it's difficult to get people to listen to you if you can't deliver your ideas with conviction.



WAYS YOU CAN ACTIVELY LISTEN:

- Focus on what the person you are listening to is saying and not your reply, could you repeat back to them exactly what they said?
- When you're speaking focus on the tone of your voice – don't mumble or whisper
- Speak loud enough so that everyone who is part of the conversation can hear you, but not so loud it disrupts everyone
- Listen to the words you use and how you speak – do you deliver with conviction – if not what can you change so you do?



Confident People Have Courage to Take Action

Even if it feels scary or its risky, they pull on their BIG PANTS

When confident people see an opportunity, they take it. Instead of worrying about what could go wrong they ask themselves, "What's stopping me? Why can't I do that?" And they go for it. They pull up their big pants and then just do it.

Fear doesn't hold them back because they know that if they never try, they will never succeed.

Confident people take risks - calculated risks & that doesn't mean they are careless, they put themselves into a position that sets them up for success.

The power of the BIG PANTS really is palpable!



WAYS YOU CAN BE MORE COURAGEOUS:

- When you see an opportunity, seize the moment
- Don't procrastinate - pull up those BIG PANTS, stand tall and just do it!
- Stop worrying about the what if's - time is short, you don't have forever to do this stuff
- Ask yourself "What's stopping you" & really what is the worst that can happen?

Confident People See Failure as Great Opportunity

And they are not afraid to ask for help



Confident people see FAIL as First Attempt In Learning - even the expert was once a beginner.

They know not to look on it as failure but to take away the learning from it as an opportunity for next time.

Confident people know that it is a strength to ask for help and that learning from someone else is a great way to improve.

WAYS YOU CAN MAXIMISE FAIL:

- There is no such thing as a stupid question - ask it - someone else will want to know too
- If you don't know, don't blag it, say you don't know
- If asking for help feels daunting, practice asking for help on small things like getting directions
- Make a note of the thing that you FAILED at and ask yourself "What did I learn there?"



Thank you!

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

Get in touch & let me know.

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