

YOUR ATTEMPTS TO BE CONFIDENT COULD HOLD YOU BACK

HERE ARE 6 CONFIDENCE MYTHS TO UNLEARN

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Do you feel confident?

Confidence means you trust in yourself. Trust means you can handle it. Confidence is something we grow & it takes some time. Here are some myths about confidence...

“CONFIDENCE COMES BEFORE ACTION”

Instead, “Once you act, then you’ll get confident”

“THINGS LEAD TO CONFIDENCE”

If your confidence is based around things, once the things go away, the confidence goes away. Confidence should be based on your ability to handle what’s happening.

“CONFIDENT PEOPLE ARE NEVER NERVOUS”

Confident people turn worry into excitement.

“CONFIDENCE ONLY COMES BY DOING THE HARDEST TASKS”

It’s the small, hard things we do everyday intentionally that brings confidence.

“NEGATIVE FEEDBACK KILLS CONFIDENCE”

We need feedback in order to improve. We should focus on receiving feedback, evaluating it & use the feedback to get better.

“YOU HAVE TO BE PERFECT TO BE CONFIDENT”

Distinguish between perfect & your best in the moment.

reflections:

How is your confidence?

Do you trust yourself to handle the hard things in life?

Is your confidence based on "things"?

What are some daily hard tasks you can practice doing?

How do you receive negative feedback? How can you improve?

How can you distinguish between perfection and your best?

Notes: