

## I believe I can fly...

by Anne Henderson

At some stage in our lives we all experience a dip in our **self-confidence**. In this article we explore what self-confidence is and how it impacts your ability to do the things you would love to do. We also share those all important tips on how to boost your confidence to new levels to help you achieve your dreams.

"I know it starts inside me...  
If I can see it, then I can be it,  
If I just believe it, there's nothing to it,  
...if I just spread my wings,  
I can fly." R Kelly

Are you fulfilling your potential and *living the life you want to lead*?

A lack of confidence can cause you to walk away from opportunities, prevent you from taking risks and tackling challenges and can stop you from pushing yourself to achieve your potential. So, what is *confidence*?

**Confidence** *n* **1.** trust in a person or thing. **2.** belief in one's own abilities.

Self-confident people **believe** in themselves and their own abilities. They believe in their ability to succeed. But, confidence is not fixed and we can all experience a loss of self-belief at some stage in our lives.

So, when confidence deserts you, what can you do?

### Speak to us

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## Recognise your brilliance

Reflect on how brilliant you are and what you have achieved in life. Try completing the following statements:

- *My personal strengths are...*

- *I am proud of myself because...*

- *My top 5 favourite things about me are...*

If you are the modest type and you find this a bit tricky then ask your closest friends what they value in you. What do they believe are your *key strengths*?

*Stay focussed* on your achievements and you will feel your confidence levels rise. Pat yourself on the back - if you can't reach then ask a friend!

## Get rid off negative speak

Be aware of your internal dialogue and challenge negative thoughts that are zapping your confidence. For some excellent tools to stop negative thoughts in their tracks see our article "Walk on the bright side".

Equally, be aware of your external dialogue. What kind of vocabulary do you use? Catch yourself using phrases and words such as "I can't do this", "I should have done it this way", "Why me?" and replace them with more *empowering* statements such as "I choose not to do this", "I can learn from my experiences", "I am grateful for what I have."

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## Visualise

Remember a time when you *felt confident*. What was your posture? How did you speak? What did you say?

If you find this difficult then think of a confident person that you admire. Try to mirror their posture and language.

As you begin to behave more confidently you will begin to *feel more confident*.

## Set yourself goals

Setting yourself goals and achieving them is an excellent way to *boost your confidence*. Begin by setting yourself small goals and go for it!

Once you achieve your goals remember to take time to celebrate your success. If you stumble, remember that each mistake is an excellent opportunity to learn and improve! Gradually broaden your horizon and set yourself more challenging goals - think big, set goals that will push you outside your comfort zone and take informed risks. What would you love to do? How would life be different if you were full of confidence? What would feeling confident allow you to do?

Get into the habit of setting and achieving goals that stretch you and you will find *your energy and self-confidence* growing with each success.

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Follow these tips to *build and sustain your confidence* and you will soon be seizing opportunities, taking risks, tackling challenges head on and pushing yourself to fulfil your potential!

Go for it - start leading the life you deserve!

*"If I believe I cannot do something, it makes me incapable of doing it. But, when I believe I can, then I acquire the ability to do it even if I didn't have it in the beginning." Gandhi*

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