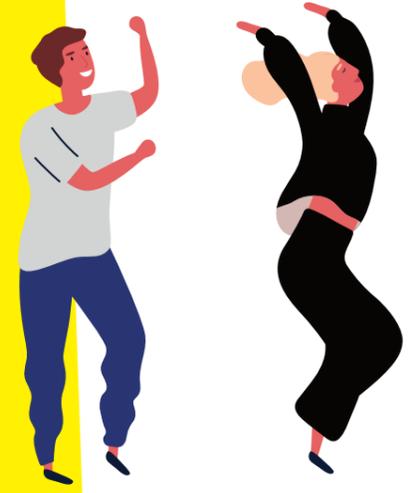




TEN TIPS FOR CREATING CONFIDENCE TO CONQUER LIFE



Shake off your fears and start achieving your goals with these nifty tips, created by Paula Dunn.

“Stop thinking you’re doing it all wrong. Your path doesn’t look like anybody else’s because it can’t, it shouldn’t, and it won’t.”

– Eleanor Brown

1. BE YOURSELF

Many of our fears and anxieties come from trying to be something other than who we truly are. We compare ourselves to others and feel bad if we haven’t reached our “milestones”, based on what other people think we should have achieved by a certain age.

The sooner you realise that you’re a unique individual with unique gifts to offer the world, the sooner you’ll be at peace with yourself and others.

2. DON'T FEAR NOT BEING LIKED OR BEING JUDGED BY OTHERS

One of the biggest concerns we have while growing up is about being part of a tribe or group. The problem with that is we compromise ourselves and move away from the life we truly desire. It’s okay if not everyone likes you. After all, why fit in when you were clearly born to stand out? Your true friends will not judge you, but will come from a place of curiosity to respectfully understand your beliefs and perspectives.

3. DON'T FEAR FAILURE – EMBRACE IT

Failure is one of the biggest roadblocks to success, but not for the reasons you may think. Too many people give up and admit defeat before they realise they could potentially be only one more failure away from achieving success. It really knocks your self-esteem and your ego. However, 90% of people give up on their dreams because they are too uncomfortable to sit within the “failure zone”. If you do have a setback or failure, rise above it by looking at the lessons and setting a better course for next time.

4. TAKE DAILY AND CONSISTENT ACTION

One of the most important tips of all is to just make a start! Many people wait for the right conditions before they take action. They think, “When I have this or become that...”

The best time to take action is now, even if you don’t feel ready.

Write down your goal and the date you want to achieve it by. Then work backwards and write down what actions you can take each day in order to get there.

5. SURROUND YOURSELF WITH PEOPLE WHO WILL HELP YOU ACHIEVE YOUR GOALS

Be careful who you take advice from when you’re shooting for the moon. Many people may have given up on their dreams and will not want to see you succeed in yours.

If you surround yourself with visionaries, innovators and disruptors, they will help you manifest your idea.

Find a mentor, coach or role model who will help you get out of your own way to achieve the dreams you want to fulfill. As well as encouraging you, they can help you get there sooner.

6. NEVER CHANGE THE GOAL, JUST THE JOURNEY

Confident people don’t compromise their end goal if the path becomes too hard. Instead, they ‘pivot’ and try new things.

If the journey gets difficult, look for what’s missing.

My motto is: “You can either find a way or find an excuse, the choice is yours.”

7. LEARN A NEW SKILL

One of the best ways to overcome self-doubt is to learn something new. It’s easy to become complacent in life and sit within our comfort zones.

To shake things up, try something different, whether it’s a hobby, a language or something you can add to your CV to help you stand out. If it scares you and makes you feel a little uncomfortable, do it!

8. GRATITUDE & COMPASSION

A habit of so many successful and happy people is to be thankful for the work they’ve achieved so far, and the lessons that were learned along the way. One tip is to write down just three things each day that you are grateful for.

Having compassion for yourself will help you ride the waves of failures, negativity and setbacks in your life. Don’t be your own harshest critic to a point where you stop trying altogether.

9. CELEBRATE THE WINS, HOWEVER SMALL

One thing I’ve learned in business is that we often spend so much time chasing the big goals that we lose sight of the smaller wins. When you do this, you lose motivation and start comparing yourself to others who are further ahead of where you are.

Reward yourself as you chip away at your smaller goals, even if it is with something small like a manicure or new outfit.

10. STAY POSITIVE!

Instead of saying, “Why me?” instead say, “Try me!”

Maintaining a positive mindset throughout your life will help you overcome adversity more quickly and heal faster than those who see the glass as half empty. It takes daily and consistent action to reprogram yourself into creating confidence to conquer life, but your hard work will be rewarded in ways you cannot even imagine.

“Knowing that you have the power within to make your life how you see fit regardless of what others say is true freedom and liberation!”

– Paula Dunn

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