

THE POWER OF SELF-BELIEF

“Each time we face our fear, we gain strength, courage, and confidence in the doing.” ~ Theodore Roosevelt

Yvonne A Jones

The Power of Self-Belief



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Believing in yourself can at times be challenging.

If you've never had a role model who demonstrated self-belief and set an example of resilience and self-reliance, it can be hard to expect that individuals who grew up in that environment are going to readily accept that they have greatness inside of them and that they have the power to achieve goals beyond anything they may have imagined possible.

When you believe in yourself, you can become unstoppable. Self-belief comes from developing confidence, and confidence gives you the power to push forward and defy the odds. You will be able to handle any roadblocks that come your way. You will also brush off the naysayers. It gives you peace of mind when you stick to your self-belief.

You may acquire self-belief and self-confidence by working with a coach. Some people have been able to readjust their thinking after studying self-help and personal development books/training on their own. As a result, they develop motivation from within, which is the most important.

However, like anything else, it can be eroded. Motivational speaker and trainer, Zig Ziglar said, *"People often say that motivation doesn't last. Well, neither does bathing, that's why we recommend it daily."*

To keep that self-belief strong, you need to define your goals. You also need a map to guide you on how to proceed. Too many people skip this step and wonder why they aren't achieving the success they imagined they would.

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Goals provide milestones along the path, but carrying through with them is only done when you believe that it's possible. Your self-belief is the energy you need to take action. It helps you to focus on getting your tasks completed.

As your belief in yourself grows, so will your confidence. It creates a ripple effect because others will be attracted to your confidence.

No one follows a parked car, but they follow someone who is willing and capable of taking the lead and guiding them. They will follow your lead, and you will help show them what is possible.

Confidence will allow you to plow through or find a way around any stumbling blocks that may appear so that you're able to creatively take alternative action.

You must be aware that as your confidence and self-belief grow, these will appear to be strange and unusual to those who know you well, including family and close friends. They may unconsciously create challenges for you and even try to stop you from moving forward in the belief that they're helping you.

I think of these people as your 'basement people.' They're not bad people in themselves and they likely love you very much. But the reality is that they will drag you down, hence the basement.

You may even find yourself giving in to this negative persuasion and could possibly succumb to the pressure. It's very important that you get centered on why you started your journey in the first place.

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One way to prevent this from happening to you is to join groups of like-minded individuals. They can be related to your business or can be groups that focus on self-help. These people will be your 'balcony people.' They're interested in seeing you rise and maintain a high level of belief in yourself.

Being a part of these groups can sometimes lead to friendships with people who inspire and motivate each other. An added benefit is that you may even form business partnerships from these friendships.

When you create alliances such as these, it helps to strengthen your resolve to increase your abilities, anchor your belief, and grow your self-confidence.

Do you ever feel that if you were more confident and had a higher level of self-belief you'd accomplish more? How is this holding you back from being the best you that you can be?

I would love to hear your response. Please reply to the email this document was linked through and I will read and get back to you as soon as possible.

Warmly,

Yvonne A Jones