

CONFIDENCE (TEXTO E ANOTAÇÕES)

Confidence isn't walking into a room thinking that you're better than anyone.

It's walking in knowing that you don't have to compare yourself to anyone.

Comparing yourself to another person, that isn't even in your system. There's no thought of comparison, there's no competition with any other human.

You are not above anyone, you are not below anyone. That's confidence.

When you can get to the place in your life where comparison is dead, where you are good enough, not to others, but to yourself.

That is confidence, and you can be good enough right now, because you are good enough, right now.

You might just need to change your mindset.

Confidence can be developed in many ways. You can start with your physiology, your posture.

If I asked you what a confident person looked like, would you be able to tell me?

Of course you would. They look strong, sure of themselves. How are they standing? They are standing tall.

How are their shoulders? They are back, upright.

They make eye contact, their head is up, not down. Now a shy or introverted person might say. Yeah, well that's all good for outgoing people, but I will never be confident.

Anyone can develop confidence. Some might have to work on it harder than others, because they have conditioned themselves into a lack of confidence for much of their life. But anyone can develop confidence.

Even the majority of shy people have moments where they aren't shy, like around people they trust, maybe family, friends or their partner.

Moments where they can be themselves fully. So the shyness is selective. Which means you can make confidence permanent, if you consciously decide to be the person, and do the things you do.

Not just around those you trust the most, but all the time. Being confident doesn't mean you are loud.

It isn't about being the one that has to be noticed. It's the opposite.

It's knowing you're great, without having to be seen.

It's the silent winner. It's the humble champion.

If you lack confidence, you can change. If you lack anything, you can change.

You can be anything in life, including radical personality change if you are committed to finding the answers.

Unlock the greatest version of yourself. Your true nature of confidence, of pure positive energy.

Unlock your authentic power today.
