

THE EXTRA POINT

BY JERRY ROBERTS



334 In Search of Confidence

How confident are you? Very confident, sort of confident, not too confident? I'm Jerry Roberts and today, because I know you want to be more confident, we're going to chew that over for a bit. It's coming next, on The Extra Point.

Confidence is a good thing. When you have it you feel you can take on the world. When you don't have it, life just isn't much fun. Let's look at this a couple of different ways.

A few years ago Forbes magazine wrote about this topic, and listed a number of factors that would yield confidence. Here they are, in no particular order:

- Get Things Done. Confidence is built on accomplishment.
- Do the right thing. Confident people live by a value system and make decisions based on those values.
- Exercise. It helps us be healthier, controls stress, and it also makes us more confident.
- Know your progress. When we understand how we're doing, tracking our advances, that gives us greater confidence.
- Be fearless. Failing isn't the enemy, it's the fear of failure that truly hurts us. Ray Gibson says, "Courage is always rewarded." A high level of Confidence is part of that reward.
- Follow through. So many people leave things hanging and don't complete what they say they will. People will respond positively to you when you follow and and follow through, and that will generate confidence.
- Don't listen to the naysayers. There is no shortage of people who will be happy to tell you what you're not capable of doing. Never mind the "can'ts." If you feel you "can," give

it your best. If you fall short you learn. If you succeed, you'll develop confidence.

There's another side to the confidence issue that goes beyond believing in yourself and being bold in your efforts. Confidence is also exhibited by inner peace. I know that sounds like touchy-feely stuff to some, but think about it. It's the feeling that you know what you are capable of and you don't have to prove it to anyone.

There was a story on Facebook years ago of a kid who was walking home from school when a bully blocked his way, began pushing and taunting him. The kid didn't push back. A crowd gathered around the two and was yelling for them to mix it up, and the larger bully pushed him to the ground and stood over him, with fists clenched and screaming at him to fight. The kid slowly stood up and walked to within a few feet of the bully. He then unleashed a flurry of punches and kicks that would have made Bruce Lee proud, maybe 10 seconds of action nearly too fast for the eye to follow — each blow stopping within an inch of the bully's face, who was shocked and couldn't even cover up. Everyone was stunned. No one knew he was a martial arts expert. The bully meekly stepped aside as the kid walked away.

Real confidence is found within. In your job or personal life, when you know you've got it, it's not necessary to bark about what you're capable of. Just do what you need to do, when you need to do it. That'll be enough.

That's The Extra Point. Get out there and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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