

Chapter 1 : Confidence Coaching | Confidence Coach | Confidence Coaching Programs

Tips for Building Self-Esteem and Confidence. Self-esteem and confidence are fundamental cornerstones for our happiness in life. They apply to all aspects of our lives including personal development, career, education, relationship, and health.

Courtesy of Pete Thompson By establishing and connecting with your personal preparation mental and physical , understanding and acknowledging your unique qualities, and celebrating with the people who believe in you, you begin to embrace improvement and feel good about your effort and progress. This creates a cycle of success! When we experience any degree of success, we learn to look for, and expect, good things to happen. You begin to feel in control of your life, and your sport. You might consider the following techniques to get you on a roll. Develop an awareness of your intentions. Knowing what it is that you want sets in motion creative energy that merges with your potential. Remember, you are never given a wish without also being given the power to make it come true. When you discover this synergy, you are well on your way. Be willing to accept the challenge of the task. We may be given wishes, but they do require work to make them come true. Celebrate your desire to create your future in advance. Place attention on your intentions When we place attention on what it is that we want, it allows us to bring ourselves fully to our training opportunities, commitment to nutrition, our rest and sleep, and our sense of joy, passion, and fun. Consider a growth mindset. When we focus on our growth, we allow ourselves to we open to mistakes and setbacks. When we expect ourselves to be perfect, or think that we absolutely must make a time standard right now! So, act as if you have already made your time standard, mastered your technique, nailed that turn and breakout! You get the idea. Give it a try and create your personal cycle of success! Let me know how it goes! He was a swimming coach at the club, high school and collegiate level for 30 years. Pete now runs a private Sport Psychology and Adolescent Life Coaching practice, working with student-athletes nationwide. His life coaching sessions for adolescents are designed to create challenge, teach resilience, and instill self-esteem.

Chapter 2 : Tips on Helping Your Child Develop Confidence â€¢ ZERO TO THREE

Enhancing general self-confidence involves learning to strengthen the confident part of the brain (the confident neural network) while weakening the fearful part of the brain (the fearful neural network).

Putting off tasks, goals or daily activities can make one more depressed, anxious and insecure. How Procrastination Hurts Your Confidence. You can feel more energized, motivated and accomplished. You can achieve your goals. When we let the day waste away it can make symptoms even worse. This takes a big toll on your self-esteem. I want you to feel like you can make the most of each day and get closer to achieving your goals in life. A surefire way to deplete confidence and get stuck in unproductive patterns is to overthink goals and tasks. The most important thing is to do something, even if it feels small. Learn how to maximize productivity and feel more confident and positive with these tips. If you make your bed in the morning it will automatically make you feel productive since you just achieved something. One small task can make a huge difference in making you feel more motivated to start your day. Think about how many hours you waste looking for things on your phone. From trying to find the contact you need to deleting old pictures to make room for more, you can feel out of sorts and super disorganized. Dedicating a few moments to clean up your digital device can make you feel much more productive. Five minutes of taking important contacts and making them easier to find can make your whole day or week so much easier. I play the five-minute game with myself when I have a difficult time getting motivated. I put a timer on my phone for five minutes and do one task. I like to see how much I can get done. It may be folding 15 pieces of laundry or cleaning up the dishes. When the alarm goes off it feels like instant gratification and accomplishment. A little goes a long way. Try StayFocused by Google Chrome. Most of us waste a tremendous amount of time on social media. Google has a Chrome extension StayFocused to maximize productivity and decrease distractions. You can customize it to meet your needs and help you achieve a goal or task. Plus it restricts the amount of time you can spend surfing the web. Once your allotted time has been used up, the sites you have blocked will be inaccessible for the rest of the day. Learn to say no. Do one task at a time. See how much better and more productive your day is when you get the most anxiety-producing task done. Avoid multitasking, it will just make you less productive and more anxious. Be mindful of your time. This question can help maximize productivity. Tell other people about your goals and you will instantly be held accountable. Pick friends or family members who show up for you and can support you emotionally. I decided to take a tip from Mark Zuckerberg and Steve Jobs, both innovators have been known to wear the same outfit similar outfits almost every day. Zuckerberg says "I really want to clear my life so that I have to make as few decisions as possible about anything except how to best serve this community. Mornings are easier than ever. Stop doing what you hate. A client told me she hated going to the grocery store. So we started having her son, who passes the store on his way home from work, do the shopping for her. Worrying about tasks we dread takes lots of energy. In order to maximize productivity stop doing what drains you. Try a five-minute meditation, journal writing or a quick shower to wake you up. So, try your best to maximize productivity. Start small and be gentle with yourself. A little bit is better than nothing. Emily is the author of Express Yourself:

Chapter 3 : About Your Privacy on this Site

Self-confident people are admired by others and inspire confidence in others. They face their fears head-on and tend to be risk takers. They know that no matter what obstacles come their way, they.

She has also worked as an employee assistance program counselor and a substance-abuse professional. Miller holds a Master of Social Work and has extensive training in mental health diagnosis, as well as child and adolescent psychotherapy. A teacher working with students at a group table in a classroom. Being an educator means more than simply teaching your students their daily lessons. To a large extent, children develop self-confidence in their abilities through their academic environment. When students acquire healthy levels of self-confidence, they are better equipped to face the stress of school and college education. Students with self-confidence pay more attention in class, get along better with their peers and generally have a more focused and inquisitive attitude. You can use a variety of activities and techniques to promote self-confidence in your students. Video of the Day Step 1 Provide positive feedback to your students when appropriate. Children thrive on praise and will push themselves to do well if they know you will be proud of them for their achievements. Step 2 Give only genuine praise. If you provide empty praise, they will not feel as motivated to push themselves harder. Step 3 Set realistic goals for each student. Recognize that every child is different and has different learning capabilities. Make goals realistically achievable so that children will feel a sense of accomplishment when the goal is completed. Step 4 Use teaching strategies that provide an opportunity for equal participation. For example, in a gym class, make sure all students get equal playing time. In the classroom, arrange chairs in a circle so that all students have the opportunity to make eye contact with each other. According to Barbara Gross Davis in her book "Tools for Teaching," inviting each student to participate conveys the message that you value them as individuals with their own unique strengths and weaknesses. Students learn confidence from trying to answer questions and solve problems on their own. Step 5 Create an open, positive environment for learning. Get to know your students on an individual level. Call them by name when you ask them a question. Give them credit for trying even when they give the wrong answer. According to author Davis, a learning environment where children feel safe to express themselves stimulates curiosity and the desire to learn which, in turn, develops confidence. Students will become bored and apathetic if they sense that you are bored or distracted.

Chapter 4 : 5 Ways to Maximize Your Confidence

This self hypnosis session is professionally designed to help you gain self-confidence. Problems with poor self confidence can effectively ruin your life. These feelings of self-doubt do nothing to help you live a life full of love and passion.

MP3 player will open in a new window. It is very hard to become successful in life with a lack of self-confidence. Do you need a boost to gain your self-confidence? This self hypnosis session is professionally designed to help you gain self-confidence. Problems with poor self confidence can effectively ruin your life. These feelings of self-doubt do nothing to help you live a life full of love and passion. Do you have an ongoing wrestling match with your inner critic? Do you have a nagging internal voice that is always keeping you from excelling or trying new things? Is everything a struggle? Are there periods or situations in your life where you are more prone to poor self confidence and need a boost to regain your equilibrium? Using Neuro-Linguistic Programming and future pacing as well as hypnotherapy, this session will quickly help you build up your confidence in all areas of life. This session will help you: Become more comfortable and relaxed when in the company of others. Increase your self-esteem so that you can achieve your full potential. Gain more confidence as you increase your influence on others. Start accomplishing things in life by boosting your self-confidence! This item is usually dispatched from the US within 24 hours excluding weekends. Instant delivery of download upon ordering. All downloads are between 10 mb - 25 mb large. Written and voiced by a PhD, who is a Doctor of Clinical Hypnotherapy with many years of clinical experience with individuals and groups! Concise to fit your time limitations, yet comprehensive enough to get effective results! Uniquely combines hypnosis with energy therapy, NLP, and other modalities! Customized music by an experienced film composer and energy healer! Professionally designed and produced! Click here for more information on our 90 day satisfaction guarantee! Hypnosis can be extremely effective in enhancing physical health because it works on the inner mind level and you will start to experience a more vibrant health and a richer, more energetic lifestyle. Gambling No More How much damage has your gambling addiction done to your finances and your relationships? Learn how to conquer your cravings for gambling and recognize and deactivate triggers that would have sent you to the poker table or the race track. Drug Addiction No More Are drugs taking over your life? Articles from the TimBrunson. Of course, we admire heroes in life whether they are military figures, scholars, business people, scientists, or even athletes. What is amazing is that each and every one of those that we look up to have the same 3 pound brain, arms, legs, etc that we have. On top of that, some of the most amazing feats have been accomplished by people with one more disabilities. So, what is your excuse for not being brilliant? I assure you that it probably is weak. In fact, in each and every one of us have inside us a genius and a hero waiting to come out. More than likely you have the same brain and same physiology as the most prodigious genius and top Olympic athlete. Yes, an inventory of your brain sectors, organs, and muscle groups show a surprising similarity to the top performers. It surprised me what I discovered. Our first obstacle is that each and every one of us is programmed to be mediocre. Think about this for a moment. Back when you were in school, two groups of people were often criticized. The Difference that Self-Confidence Brings I want to start out by saying that it is okay for you to read this article. I know that you will get something out of it and that you are capable of reading it in its entirety. Of course, most people already know this. Having a recurring feeling of inadequacy or lack of confidence is not good for your health, happiness, or future self-actualization. In order to understand this, realize that

Chapter 5 : Teaching Strategies to Build Student Confidence

This is the way to build self-confidence, focus, and certainty. Practice with the 7 steps detailed in our guide to maximizing your full potential, refining them as you apply your inner genius and creativity, to establish the life you want.

Why do some fighters go on to become world champions whereas others retire without a single win? More importantly, how to overcome that so you can start winning fights. I remember being scared as hell before my fight. The whole time, I walked around beating myself up mentally. The whole time, I was thinking, "What am I doing here? Oh my god, he [my opponent] looks amazing! I thought I was the only person scared like that but just the other day, I received my millionth comment about somebody wanting tips for their first fight. It went a little something like: Johnny, can you give me some tips for my first fight? The only person you have to blame for slacking off, is yourself. Bad attitude can be unproductive attitude or negative attitude. They come in there wagering the end of the world on their first fight. The usual negative thoughts sound like: That being your best is more important than playing video games or hanging out with your friends. But of course, most people will never have the confidence to do this. I promise you it will change your life. Go to a fight and watch for the fighter that cries when he loses. It never ceases to amaze me how much people love boxing. I dare you to try the same. Make sure your trainer is looking out for you and not pitting you in above your level. Who is the other guy trained by? Does he cut massive weight and plan to outweigh you by 15 pounds? Is he a soft lb year old kid or a ripped lb year old man? People get seriously hurt all the time. Thank god, Rick was looking out for me. Your trainer should feel comfortable and trust the other trainers to match fairly. Your gym is full of talent. Ask everyone for advice. You might be shocked at how much they want to help you and support your first fight. There is absolutely no excuse for not having met everybody in your gym. They are all potentially friends and people who will make you a better boxer! Ask everyone you know for advice. You beat up yourself before your opponent even gets to you. Be a good coach to yourself. Focus on the positive, focus on what you CAN do. The more you focus on what you CAN do, the more you realize you have a better chance of winning. Worried About Outcomes So many boxers are so afraid of the fight. So afraid of hearing the decision. I realized they are more afraid of the fight having an outcome on their record than the actual fighting itself. Have fun with it, treat it like a hard sparring match if you must. Losing is not the end of the world. Win or lose, nobody really cares. Whether you win or lose is not important. What matters is that you had fun and learned something. If you wanted so badly to win, you would have played an easy game of checkers. Climbing through those ropes is something most people would have never done. Fights are won in the gym training, but the fighting is still more important than training! Learn Something If you really want so badly to win, just fight a tomato can. Fight somebody who has no chance of beating you. Fight an old guy in the back of the alley. If you want to challenge yourself and learn something, then climb through the ropes! So focus on yourself. Warm-up, stretch, go through drills to make yourself the best fighter possible. Stop checking out other fighters, stop looking for your opponent, stop comparing yourself to others. Think about what YOU can be doing to make yourself better. There is nothing else to be thinking about. Worrying about how hard somebody else hits is not going to help you in anyway whatsoever. Moving Forward Think of the fight as feedback. Nothing less, nothing more. Getting into the ring is simply a step forward in your boxing career. Whether you win this fight is irrelevant. It is simply one step out of a long successful boxing career. If I had it my way, I would have much rather exposed the fighters to their beatings early so that they learned right away what was needed. The sooner you are exposed, the sooner you will adapt. My friend told me a story of how his coach use to pick her fighters during the tournaments. Enough of this motivational crap. Watch out for the next guide where I release some solid tips and advice for your first fight. How did you guys build your fight confidence? How did YOU get over the fear of losing? Did you learn something?

Chapter 6 : Boost Self-esteem! Maximize Self-Confidence! Build Assertiveness!

The purpose of this guide is to raise awareness for the reasons why hearing device rejection happens and specific instruction to occur at different ages to build student resilience and self-confidence, thereby increasing the likelihood that they will not reject using their hearing technology. Specific teaching activities and recommendations for.

Five ways to maximize confidence By TC North Published: Even the world-champion and Olympic athletes I mentally trained wanted more confidence at times, usually for their most important competitions. The two Denver entrepreneurs who went from years of flat revenues to making the Fortune in are continuing to master their insecurities and strengthen their self-confidence. Enhancing general self-confidence involves learning to strengthen the confident part of the brain the confident neural network while weakening the fearful part of the brain the fearful neural network. This is the long-term foundation of greater self-confidence. Several of my clients are pitching their companies to investors; millions of dollars are on the line. You want to be your confident best in these situations! There are mind routines you can practice to create more confidence and relaxation in a stressful moment. But did you know that you can also create the feeling of confidence with your body? Certain body postures will not only make you look more confident but also help you be more confident by increasing testosterone levels the personal power hormone and decreasing cortisol levels the stress hormone. Feeling more powerful and less stressed is a formula for feeling and being more confident. Arrogance is an offensive display of perceived superiority. Truly confident people are often very humble. Insecurity, not confidence, usually drives arrogance. Self-confidence originates in your conscious and subconscious beliefs about yourself. In general, expansive, open body postures create the hormonal changes you experience when feeling more confident. Closed body postures do the opposite. Five body postures that increase confidence. Below are five body postures to help your mind and body work in sync to create confidence. Hold the posture for about two minutes, adding a second dimension if desired: While holding the posture, think of a time you were confident. Use the first four postures to create confidence before an important event; use the last one whenever you want to be more confident. Stand with your feet shoulder width apart and extend your hands upward in a V formation. Notice how expansive this posture is. Stand with your hands on your hips and your elbows out to the side. Sit with your hands behind your head with your elbows out to the side. Add to the effect by bringing your feet up as high as, or higher than, your hips. Stand with your feet shoulder width apart and stretch your arms out in opposite directions as wide as you can at shoulder height. Control your emotions before and during important events or situations. Create the confidence you need before engaging, and then use the finger-touch posture while engaged to anchor you back into confidence. World-class athletes, musicians and other stage performers maximize their confidence before they begin their competition or performance. He is a professional EOS implementer, co-author of the best selling leadership book on Amazon, "Fearless Leaders," a high-performance executive coach, Huff Post blogger and leadership speaker. The entrepreneurs he works with create high-performing organizations with extraordinary profitability â€” that people love to work for. Two of his companies have transformed from having flat revenue to becoming members of the Inc. Contact North by email or call to learn more.

Confidently interact with others and break through limiting beliefs, and fears. Improve self confidence and social effectiveness to achieve your dreams.

Ericsson and his colleagues have taken the position that the major influence in the acquisition of expert performance is the confidence and motivation to persist in deliberate practice for a minimum of 10 years. Self-confidence is not a motivational perspective by itself. It is a judgment about capabilities for accomplishment of some goal, and, therefore, must be considered within a broader conceptualization of motivation that provides the goal context. Kanfer provides an example of one cognitively based framework of motivation for such a discussion. She suggests that motivation is composed of two components: Self-regulation, in turn, consists of three related sets of activities: The comparison between performance and goal results in two distinct types of self-reactions: This framework allows a discussion of self-confidence as it relates to a number of motivational processes, including setting goals and causal attributions. Page Share Cite Suggested Citation: The National Academies Press. Self-efficacy theory is also useful in guiding the development of motivational programs because self-beliefs of confidence operate in most of the approaches to cognitive theories of motivation, particularly goal-setting theory and attribution theory Bandura, This chapter provides an overview of the self-efficacy concept of self-confidence and its relationship to other cognitively based motivational processes that influence learning and performance; it does not attempt to integrate the different theories of motivation that incorporate self-confidence constructs. For summaries and comparisons of cognitive theories of motivation, see Frese and Sabini, ; Halisch and Kuhl, ; Kanfer, b; Pervin, We first define self-confidence and related concepts. Next, an overview of self-efficacy theory is given, along with a review of the relevant research. The third section covers applications of techniques for enhancing self-confidence. Lastly, we note the research questions that follow from what is currently known. Bandura uses the term "self-efficacy" to describe the belief one has in being able to execute a specific task successfully e. Bandura , distinguishes between "self-efficacy" and "self-confidence": They indicate the perception that one has the ability to master a task resulting from cumulative interactions with the environment Harter, ; Nicholls, Page Share Cite Suggested Citation: Some terms related to self-confidence are occasionally confused with the construct. Bandura distinguishes judgments of personal efficacy from the expectancy construct in expectancy-by-value theories e. For example, a person may believe that running a marathon in less than 2 hours will lead to social recognition, money, and self-satisfaction outcome belief , but may question whether she can actually run that fast confidence belief. Similarly, a woman may believe that Karate self-defense techniques will deter assault outcome belief , but may doubt her capability to be effectively aggressive against a powerful assailant confidence belief. Bandura asserts that, in a responsive environment that rewards performance achievements, the outcomes people expect depend heavily on their self-confidence that they can perform the skill. For example, a concentration camp inmate could have confidence that he or she is efficacious enough to maximize his or her survival probability without violating personal ethics while simultaneously believing that this survival probability is not very high at all. Such individuals may give up trying, not because they doubt their own capabilities, but because they expect their efforts to be futile. This type of outcome-based futility is hypothesized to lead to pessimism or learned helplessness Bandura, Thus, global measures of self-concept will not predict the intra-individual variability in a performance situation as well as self-confidence perceptions that vary across activities and Page Share Cite Suggested Citation: For a thorough discussion of self-concept, see Hattie, Although self-confidence and self-esteem may be related, individuals can have one without necessarily having the other. Certain individuals may not have high self-confidence for a given activity, but still "like themselves"; by contrast, there are others who may regard themselves as highly competent at a given activity but do not have corresponding feelings of self-esteem. For a thorough discussion of the concept of self-esteem with respect to work behavior, see Brockner, Other related concepts include locus of control, optimism or pessimism learned helplessness , healthy illusions, and level of aspiration. Although an internal locus of control orientation may create a high sense of confidence, the

two constructs must be distinguished. Bandura points out that locus of control is based on outcome expectancies rather than confidence expectancies. For instance, people who believe that their physical health is personally determined but find it is failing despite their efforts to improve it would experience low self-confidence. Studies have shown that task-specific self-confidence expectancies are better predictors of successful behavior in specific situations than are general measures of perceived control Kaplan et al. Optimism and pessimism have been defined by some authors in terms of generalized expectancies for internal or external locus of control Scheier and Carver, Scheier and Carver In an attributional view, individuals base their expectations for controlling future events on their causal explanations for past events. Optimism is the tendency to attribute negative events to causes that are unstable, specific, and external; pessimism or learned helplessness is the tendency to attribute negative events to causes that are stable, global, and internal. Optimism and pessimism or learned helplessness are considered to be much more global concepts than task-specific Page Share Cite Suggested Citation: In addition, optimism and pessimism emphasize perceptions of controllability of the environment rather than the sense of personal agency to control the environment. A concept similar to optimism has been described as healthy illusions Taylor and Brown, or positive denial Lazarus, , which involves a slight distortion of reality in the positive direction. As Peterson and Bossio explain in relation to severe illnesses, the immediate denial of the severity of an illness allows individuals to face crises slowly, which helps their motivation to recover. An early investigator Frank, These reactions could lead to trying harder, leaving the activity altogether, or continuing with a readjusted level of aspiration Lewin et al. Early investigations on levels of aspiration were the precursors to modern research on various cognitive aspects of goal-setting, self-appraisal, and feeling of satisfaction regarding relative success and failure. Much of the basis for current views on self-regulation in terms of self-monitoring, self-evaluation, and self-reaction can be found within the level-of-aspiration paradigm see Bandura, ; Carver and Scheier, The earlier research, most of which occurred in the s and s see, e. One general finding in relation to success and failure was that subjects raised their level of aspiration after success and lowered it after failure. However, Bandura has shown that this finding does not automatically occur in real-life tasks: Although many of the concepts related to self-confidence are investigated from different perspectives, the phenomenon of interest for most of them is the cognitive process by which a person regulates thoughts and action to attain desired outcomes or to control events in his or her life. The theory was originally proposed to account for the different results achieved by the diverse methods used in clinical psychology for treating anxiety. It has since been expanded and applied to other domains of psychosocial functioning, including motivation, cognitive skill acquisition, career choice and development, health and exercise behavior, and motor performance. The theory has also been found to be equally predictive cross-culturally Earley, ; Matsui, ; Matsui and Onglatco, These sources of information include performance accomplishments, vicarious experiences, verbal persuasion, and physiological states. If one has repeatedly viewed these experiences as successes, self-confidence will increase; if these experiences were viewed as failures, self-confidence will decrease. Furthermore, the self-monitoring or focus on successes or failures should have differential effects on behavior and self-confidence, depending on which is monitored Bandura, Bandura has argued that performance accomplishments on difficult tasks, tasks attempted independently, and tasks accomplished early in learning with only occasional failures carry greater confidence value than easy tasks, tasks accomplished with external aids, or tasks in which repeated failures are experienced early in the learning process without any sign of progress. Confidence information can also be derived through a social comparison process with others Festinger, Vicarious sources of confidence information are thought to be generally weaker than performance accomplishments; however, their influence on self-confidence can be enhanced by a number of factors. For instance, the less experience people have had with performance situations, the more they will rely on others in judging their own capabilities. Persuasive information includes verbal persuasion, evaluative feedback, expectations by others, self-talk, imagery, and other cognitive strategies. In addition, persuasive techniques are thought to be most effective when the heightened appraisal is slightly beyond what the person can presently do but still within realistic bounds because people are generally aware that better performances are achievable through extra effort Bandura, The extent of persuasive influence on self-confidence has also been hypothesized to depend on the prestige,

credibility, expertise, and trustworthiness of the persuader. The causal attributions that one makes regarding previous achievement behavior also can be thought of as a source of self-persuasive information in formulating future confidence expectations. Causal attributions for previous behavior have been shown to predict confidence expectations McAuley, ; Schunk and Cox, This relationship is discussed in more detail below. Such information is provided through cognitive appraisal Bandura, , such as associating physiological arousal with fear and self-doubt or with being psyched up and ready for performance. Bandura also notes that physiological sources of self-confidence judgment are not limited to autonomic arousal. How various sources of information are weighted and processed to make judgments given different tasks, situations, and individual skills is as yet unknown. Self-Confidence, Behavior and Thought Patterns, and Motivation Bandura states that self-efficacy self-confidence is a major determinant of behavior only when people have sufficient incentives to act on their self-perception of confidence and when they possess the requisite skills. He predicts that self-confidence beliefs will exceed actual performance when there is little incentive to perform the activity or when physical or social constraints are imposed on performance. An individual may have the necessary skill and high self-confidence beliefs, but no incentive to perform. Discrepancies will also occur, according to Bandura, when tasks or circumstances are ambiguous or when one has little information on which to base confidence judgments. How individuals cognitively process confidence information also influences the relationship between self-confidence and behavior Bandura, For example, successes and failures may be distorted in importance. People who overweigh their failures are believed to have lower expectations than those with the same performance levels who do not overweigh their failures. Two thought patterns of particular interest to the study of performance motivation are goal intentions and causal attributions; a third thought pattern that can influence self-confidence beliefs is how one thinks about ability. Self-confidence beliefs have been shown to influence future personal goal-setting and to mediate the relationship between goal intentions and motivation Earley and Lituchy, In addition, as noted above Kanfer, a , motivation based on goal intentions is mediated by self-regulatory influences that include two types of self-reactive influences: Bandura includes a third type of self-reactive influence:

Chapter 8 : How to Maximize Your Potential and Accelerate Your Results

By taking concrete actions that improve your competence, your self-image, you can increase that self-confidence, without the help of anyone else. Below, I outline 25 things that will help you do that.

Continuous effort, not strength or intelligence is the key to unlocking our potential. Do you ever feel as though you have all this untapped potential? You may even know what to do, but still, nothing happens. Something is keeping you stuck living your life in Version 1. This new version is the version that will help you achieve your goals and objectives. It will help you tap into your full potential. Maximizing our full potential seems simple on the surface. Taking massive and consistent action moving toward your goals should do it, right? Key pieces are missing that you will need to bring together to maximize how you work toward your goals. But to find those pieces, you will need to go through a little self-assessment process. How to Maximize Your Full Potential Maximizing your potential essentially means getting more out of yourself in every situation. It means doing more in less time and achieving better results. However, to attain higher level results, you need to first upgrade yourself. But how exactly do we do this? You do it by assessing where you are, figuring out where you want to be, and drawing up a plan of action to get there. Or potentially, you feel as though you can take your business to another level. Where am I at in my life right now? What goals would I like to achieve? How would I rate the quality of my daily performance and efforts? What am I doing well? Where am I happy, fulfilled, and successful? Where am I struggling at the moment? What do I want that I have struggled to achieve? Where do I feel as though I have more potential and ability? In what specific areas? Why do I feel this way? How have I let myself down in these areas? How could I potentially improve my output and results? How could I learn from my past successes and failures to help move me forward in a better way? How would raising my personal standards help me achieve my desired results faster? To maximize your full potential, you need to upgrade yourself to Version 2. You have what you have in your life right now because of the personal standards you keep. Raising your personal standards to higher levels helps you perform at higher levels. When you raise your standards, you are no longer settling for mediocrity. You are instead shooting for the stars and pursuing higher-level actions that will get you better results. Raising your personal standards is, however, only a start. There are other pieces to this puzzle you must also bring together to maximize your full potential. For starters, you will need a personal vision and mission statement. This will help guide you along your journey toward your goal. Make sure, though, that your vision and mission play to your personal strengths. Everything you do must play to your strengths. Secondly, you need to commit yourself to constant and never-ending improvement. In other words, become a lifelong learner. Commit yourself to learning everything you can that could potentially help improve your results. Thirdly, you need to cultivate a competitive spirit. You need to challenge yourself each day to push forward toward your goal. To maximize your potential, you also need to be willing to accept criticism and feedback. You need to then use that feedback to make improvements. To hold yourself to your lofty standards, you need to be tough on yourself. The people who achieve massive success in life always hold themselves accountable. In fact, they continually challenge themselves to work harder and do better. To round things off, you also need a plan of action that can help unite all these individual components. The primary purpose of this plan is to guide you toward your goals. However, your plan can also serve as a catalyst to help you broaden your skills, enhance opportunities, and gain valuable experience. Your plan of action, therefore, serves as a platform to help you maximize your ability to achieve your goals. Within the next few sections of this article, I would like to explore several of the above-mentioned areas in a little more detail. You will only get the very best from yourself and from your ability if you commit yourself to development in these nine areas. There are, of course, no shortcuts here. It will take an incredible amount of work. Cultivating a Risk-Taker Mentality To maximize your full potential, you need to feel comfortable taking risks. Yes, life is uncertain. High achievers the world-over are where they are in life because they were willing to make tough decisions. Moreover, they took the risks that provided them with the opportunities to achieve their goals. For every high achiever who risked it all, there are countless stories of people who lost it all. Risk-taking must be carefully thought through. Before taking a risk, you must weigh up the pros and cons.

Ultimately, your objective is to make a decision that involves the lowest amount of risk for the highest returns or opportunities. Having a reasonable level of knowledge, understanding, and awareness about your situation can be very helpful. This will help you to develop the foresight you need to make calculated decisions. However, uncertainty will probably still likely exist. But, tough decisions need to be made to help move you forward. And that, of course, requires courage to follow through with your actions and adapt your approach if needed. You will only get the most out of yourself and from your ability when you show the willingness to step outside your comfort zone and take the necessary risks to achieve your goals.

Developing Physical Drive to Fuel Motivation To maximize your full potential, you need to build the physical drive that will fuel your motivation. Physical drive is a hunger and energy that comes from within. It helps carry you forward when the going gets tough. It also helps keep you motivated and interested when doing tedious and repetitive tasks that stop other people in their tracks. To develop the necessary physical drive, you will need to have a definitive life purpose. Your purpose needs to be something that is bigger than you and your goals. It must be something that makes life truly worth living. Physical drive also requires structure. It needs to be backed by a solid plan of action that can help carry you forward each day. When you have a plan of action in place, you are more likely to take decisive action toward your goals. Moreover, you are more likely to stick to your projects and goals when things get tough. Many people quit when facing adversity. This is why they never reach their full potential. And they generally always quit for the wrong reasons. They quit because they lack confidence. In other words, they lack the knowledge, skills, resources, support or experience to get the job done. These are rather things you can acquire over time. This is the only way you will maximize your full potential.

Challenging Yourself Through a Competitive Spirit To maximize your full potential, you need to have a competitive spirit. It rather means challenging your best-self each and every day. Your objective should always be the pursuit of excellence in everything you do. It should be all about making progressive, consistent, and incremental improvements each day. Your competition is, therefore, you. That is the benchmark for your performance standards. To maximize your full potential, you must challenge yourself to outperform your very best self. Raise your standards and make an effort to do better, and be better in small ways each and every day.

Chapter 9 : Five ways to maximize confidence

Like finding the perfect pair of jeans or getting to inbox zero, confidence is a pretty elusive www.nxgvision.com without it, it's all too easy to fall down the rabbit hole of self-doubt and negativity.

Teaching Strategies to Incorporate Kindness How to stress and teach kindness. Set attainable goals from the start of the year. This is a surefire way for students to see how much they have grown. Give students the opportunity to choose what they learn -- this will help them build their self-worth. Try a learning menu or choice board where students get to choose which activities they want to learn about. Be sure to always express a positive attitude to all of your students. This will show them that you are on their side, and that they are worth your attention. Create opportunities for students to succeed by building on their strengths. If a student knows a lot of information about something, ask them to tell you about it. Encourage students to do better than they did before. For example, if Brady got a B on his science test, encourage him to get an A this time. Keep a log of how well all students are doing, and what they are good at and what they need to work on. This careful monitoring will help you catch problems as they arise. Classroom Activities to Build Self-Confidence To help students recognize and appreciate their growth try a few of these activities. Elementary Students Have students draw or paste a picture of themselves on the middle of a piece of paper. Ask students to write or draw all of the things that they like about themselves around their picture. Encourage them to add to the picture every time they think of something new they like about themselves. Challenge students to keep track of all of the things that they can do and add to the list throughout the school year i. How high you can count? Middle School Students Challenge students to choose one thing that they would like to get better at and give them a timeframe to accomplish this task. Remind students that they are in competition with themselves, not their peers. Have students estimate how long it will take them to complete a task. Students who think it will take them an hour to complete their homework are less inclined to actually do their homework. Once they figure out that a shorter time commitment is required they will be more apt and confident to do their work. High School Students Help students see that there is a connection between how hard you work and how well you succeed. Oftentimes, less-persistent high school students think that good students are smarter than them. Open up a discussion in the classroom and talk about how long it took the students who got a good grade on the last exam to study. Sometimes, all it takes is a quick conversation for students to really grasp that everyone has to work hard in order to succeed. Offer students time to reflect after each lesson. Ask students what they think went right and what they think caused them stress. Have students share their responses with the class. This is a great way for students to see how their peers overcome their problems, which in turn will help them with their own self-confidence. While biological traits may play a role in self-confidence, we can see from the tips and activities above that it is possible for teachers to give the not-so-confident students a little boost. Try a few of the activities above and let us know how they worked in the comment section below. We would love to hear your ideas. Janelle Cox is an education writer who uses her experience and knowledge to provide creative and original writing in the field of education. She is also the Elementary Education Expert for About.