

Example Blog Post Addressing A Specific Issue

5 Secrets to overcoming confidence issues in business

1. *Address any negative thoughts*
2. *Cultivate habits of successful people*
3. *Get comfortable with feeling uncomfortable*
4. *Visualise Success*
5. *Act as if you have achieved your goal*

When lack of confidence affects our work lives it can stop us applying for our dream job, going for a promotion, starting up a new business or even growing our existing business. What underpins a lack of confidence is fear. When fear becomes intense a person can feel completely stuck, overwhelmed and unable to move forward in their work.

Everyone experiences fear to a greater or lesser extent but what separates people who achieve their career goals from those who do not, is how they handle these feelings. The good news is that it is possible to learn how to overcome confidence issues.

Here are 5 secrets to overcoming confidence issues in work:

1. Address negative thoughts

We all have them, those little thoughts that say, “*You aren't good enough*”, “*What makes you think you can...*”, “*You will never be able to do that...*” etc..

They can also be more subtle and say things like:

“I will only be good enough/successful enough when....”

“I don't have the qualifications to...”

“I'm not smart enough to...”

“I'm no good at...”

“It's too risky to...”

To address your negative thoughts begin by making your own list about the negative thoughts you have about your abilities.

Looking over this list can give you the opportunity to check out how accurate these thoughts are. You can also consider, *"Does this thought help you or hinder you in your life?"*

Next time this negative thought arises know that you can choose not to give it attention and feed it. You can choose not to believe this thought!

2. Cultivate habits of confident and successful people

Find a role model for confidence and success. Choose someone who inspires you. Some examples of successful people who can offer rich inspiration are Richard Branson, Oprah Winfrey, Steve Jobs, J. K. Rowling. The role model you choose can have achieved success in a similar business or line of work to you but this is does not have to be the case.

Read their autobiography to discover how they got to where they are and what helped them overcome challenges in their work. See if they have a blog, facebook page or twitter account that you can follow and if they write articles that could help you learn about overcoming confidence issues and achieving your dreams.

3. Get comfortable with feeling uncomfortable

It is not the case that people who are confident in their work lives do not experience fear. It is that they are comfortable with feeling uncomfortable. They can handle uncertainty without becoming overwhelmed. They have, in fact, befriended their anxiety!

In the well known book, *"Feel the fear and do it anyway"* Susan Jeffers suggests exactly this approach to overcoming confidence issues. Instead of backing off from situations that make you feel afraid, she recommends moving towards them, even though you feel afraid.

4. Visualise success

In order to achieve our goals we need to first believe that it is possible for us to achieve them. If you can visualise yourself succeeding in your work goals, your unconscious will be set in motion to help make this a reality.

Visualising success is a strong component to manifesting what you want in your life. It is important to

visualise yourself achieving your work goal on a regular basis until you achieve it.

You can even create a vision board from drawings, magazine clippings etc to represent your goal and hang this somewhere where you will see it on a daily basis.

5. Act as if you have already overcome your confidence issue

This is all about creating a reality where you have already achieved your work goal in this present moment. To do this think about how you would feel if you could overcome your confidence issue. What feelings would you experience? Try to get as clear a picture as possible of what the underlying feeling is that you are seeking by achieving your work goal.

Once you know what you are seeking to feel, consider what other ways help you to feel that way right now. Start doing those things that help you feel those feelings.

This is a practice that will help you move from a place of feeling lack in your life to a place where you experience life as abundant and plentiful.