

# How to improve your self-confidence

Firstly, let me define 'Self-Confidence'. This can come in multiple forms and it doesn't mean that when you walk into a room, everyone turns and stares - that is something completely different!

Self-confidence is a presence we have about ourselves that allows us to "own" our personality and not be run by what others think. We sit in our 'genius' and can talk about it while we sleep!

Now let me explain "own our personality". This is when others challenge us and we can stand in our 'personality' to stay true to us. Dr John Demartini created a law called 'Law of Lesser Pissers'. This means, when you do something that isn't congruent to yourself (others telling you what you "should" be doing), then the law applies. Who do you peeve off the most? Yourself or them?

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Now we know circumstances will change when we make our decisions but pop that one in your head until it is required.

1. What do you LOVE to do? Everyone has a 'genius' within themselves. Sometimes it is hard to find and sometimes we even have to ask someone!

Whatever you LOVE to do is where you have 'self-confidence'.

*Put me on stage and I am there!  
Put me in a room of people talking about cooking, and I display the traits of a timid and quiet person!*

Reflect on those things you LOVE – where is your genius?

2. Who are you comparing yourself to? Yes we know what happens. We feel great about ourselves and then you hear about an ex colleague who is doing amazing things and we start feeling deflated and we feel we haven't achieved much. Have a good look at what you perceive others having, then take a moment and look where you are displaying that in your life. You will have your 'genius' in your area – they in theirs.

*For example – my sister is an amazing baker. She is forever whipping something up in the kitchen. I am the opposite – I avoid the kitchen. I even have someone cook for my family. So I ask myself what do I admire in my sister – is it that she bakes or is it that she is creative and can provide love to her family (in her form). Well my form is I give my family other things ...*



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Los Angeles Times  
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NBC  
The Miami Herald

*advice, laughs, challenges (yes for my daughter reading this) ... Now you will notice my love is completely different to my sisters but I still have my 'genius'.*

**3.** Go back to school.  
No you don't have to go back to school literally, however there is nothing wrong with researching further and learning about your 'genius'. Yes get on the internet, visit the library, ask others - but do the study yourself, not what others have found out for you. You will learn and retain more when you are focused on your 'genius' rather than something that is unfulfilling.

**4.** Who do you associate with?  
Are you associating with people who challenge you to the point of breakdown or are you with people who challenge you enough to grow, yet support you enough when the wheels wobble? Choose wisely!

**5.** Believe in yourself  
This is pretty self explanatory – love yourself for who you are and appreciate what you have around you. Go the GENIUS. You have this sorted ... believe in yourself!