The 6 Keys to Personal Transformation

Step 4 - Believing in Yourself

In this recording, I discussed the importance of having high self-efficacy, or belief in yourself to accomplish your goals. I also listed three common confidence killers:

- Comparing yourself to others
- Allowing others to put yourself in a box
- Expecting perfection overnight

If you find yourself dealing with any of these confidence killers (or others that I didn't mention), work through these questions:

1. How does this belief work against me?

2. What's a more constructive thought I can tell myself in the moment?

3. Are there people around me who try to put me in a box with their comments? What can I say in the moment to set a boundary or end the conversation?