



Self-Confidence Traps & Tricks

There are three main pitfalls to self-confidence but don't fear, solutions are near!

Fear of the Unknown - is actually quite normal! We feel uncomfortable because **Neural Pathways** have not yet been built! Your brain is like a roadmap and a Neural Pathway is likened to a road on the map. So every time you learn something new or when you have a new experience, it creates a new Neural Pathway, or road if you will. This is important to understand so you don't let fear or anxiety hinder your growth because now you understand it is a perfectly natural feeling!

Solution: Building Neural Pathways takes two simple steps. Sit quietly with your eyes closed and Visualize your success in great detail. Then you go out and keep practicing until it becomes habit.

Self-Doubt- is when we're unsure of our ability because we don't have a lot of experience doing something. So instead of trying something new, we play it safe so we are guaranteed not to fail.

Solution: By **Stretching**, we learn how to be comfortable with stepping out of our comfort zones. Brainstorm a list of activities that makes your kiddo nervous and start doing 1-2 a week and watch their self-confidence soar as they get more and more comfortable with trying new things!

Failure or Disappointment- when we decide that a disappointing event defines us, we often decide not to try again so we don't get hurt again. Instead of seeing ourselves as failures, we can use this opportunity as a chance to grow.

Solution: Through **Power Shifting**, you can change your negative limiting thoughts to positive supportive thoughts. When you catch yourself saying you can't do something, reframe it to "I'm going to try my best" and then go for it! It becomes about your being brave enough to try versus the fear of the outcome.



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