

005-Comfort Zone

Hello, and welcome to episode five of the Everyday Confidence Podcast, a podcast that brings you simple and actionable ways to improve your confidence. I'm your host Steve George and I'm a coach and author and a blogger over at the skillfulmind.com.

Over the last three or four episodes, we've spoken a little bit about goal setting and how you can use goal setting to improve your future.

And what I'd like to speak with you for about today, is how the goal setting process can be used to help you build your confidence. And the first thing to remember, really, is it's a misconception that the goal you're setting needs to be something about building confidence.

You can become just as confident, trying to achieve a goal of, let's say, being able to stand up and talk in the local council meeting in three months, as you will from your goal being you'd like a new car.

It's not actually about the goal, that creates the confidence. It's about the person that you become, because of the actions that you take, on your way to achieving your goal. So, it isn't really important what the goal is. It's about the actions that you take, and the processes that you follow, on the way of achieving them.

So, your lack of confidence initially, usually comes from events in your past. It may be something, for example, like you may have been bullied at school, or maybe you tried a few things and failed and maybe your loved ones weren't quite as supportive, as you would have liked. It could just be something that somebody said or a conversation that you've heard, and together that's dropped your self esteem and your confidence is low because of it.

The way to get that back, and to build your confidence, is logically to have success. And the easiest way to gain a success is by trying something that you haven't tried before, by stepping outside of your comfort zone. And it needn't be by much. Any small step will do, but every time you take one step outside of your comfort zone, your comfort zone, increases.

So, if every day you try something new, every day your comfort zone increases, and so you become more and more comfortable, the more comfortable you become, the more things you'll try. And the more successes you'll have, the more confident you'll become.

One thing I would like to say, is that having training, and gaining the knowledge you need in order to be successful and reach your goals is absolutely useless if you don't take any action.

I'll give you an example in my story. When I was at school I was bullied. It happened pretty much every day in the last three years of my high school. So, when I finished school, my self esteem was really low. And I had very, very low self confidence, and that carried on pretty much until my mid 20s.

I realised that the problems were being caused, because of the way I thought about myself and decided that it was about time that I tried to make some changes.

So, over the next 15 years, I suppose, I spent a whole pile of money and got trained and qualified in various different subjects. I qualified as a clinical hypnotherapist and CBT, Neuro-Linguistic Programming(NLP) and in Clinical Psychology. And even after all that training, 15 years later, nothing at all had changed.

And the reason it hadn't changed, is because even though I had all the information and I had all the knowledge and I'd probably read around about 200 personal development books at that time as well, I wasn't actually taking any action.

My lack of self confidence was stopping me moving forward and that's what needed to change. And from that point on, I committed every day, to do something that made me step outside my comfort zone. Some days it didn't happen but most days it did.

And, as I mentioned to you before, the more you do that's outside of your comfort zone, the bigger that comfort zone gets. So whatever the goal is that you're setting, whatever your outcomes are, the one thing to remember is that you will need to move outside your comfort zone, even a small amount, preferably every day.

And the way to do that really, is to start with your goal, whatever that goal was. And then to work backwards and make a note of all of the action steps you can possibly think of. Even the silly or stupid ones. You can always take those out later, but make a note of them for now, Of all of the action steps you can take.

Then commit to carry out one of those action steps every day.

And then each evening, make a note in your journal of what you tried to do, whether it was successful. If it was successful, then celebrate that success. If it wasn't successful, if for some reason you had to give up before you managed to get there, then learn something from it.

Work out what went wrong. And then think about what you can do next time, that will make it easier. Once you've done that, the following day try again.

And if it fails again. Again, learn from it. Think of something new. Try that the following day until you are successful. And then once you're successful celebrate that success.

So that's your task for today. Commit every day to taking one small step outside of your comfort zone.

If you'd like to know more about my story, you can find that out by clicking the 'about me' button over at the website.

As usual, links and show notes will be over on the podcast web page, which is theskillfulmind.com/podcast/005.

And until next time, commit to action. Bye for now.