

# 11-1-20 Confidence is Your Superpower

Mon, 10/19 9:43PM 9:25

## SUMMARY KEYWORDS

confidence, confident, superpower, inner circle, business, path, answer, mentor, talking, yoga pants, live, call, work, showing, mind, question, professional, ready, mindset, corporate world



00:00

Hey, everyone, welcome to another episode of legendary leaders. We are on the first of November, you survived Halloween, I hope you have challenged all of your fears, you are ready to start this month looking like an acting like a new person, just like we talked about yesterday. Hopefully you didn't eat too much candy celebrated a little bit. Hopefully you had fun with family and friends, you did it safe. And now you are ready to get back into the swing of things relative to living out all of the nine fundamental pillars in your business, including your life plan. Right? And so today, I want to talk about confidence. I want to keep on this momentum of overcoming your fear and living your dream. Let's talk about confidence for a second. So did you know that confidence is your superpower? It's pretty interesting concept, right? Confidence is your superpower? How many meetings have you been in where you didn't know the answer? Right? Let's think about this for a second. I've lived this world where you were in a meeting and you didn't really have the definitive answer. But you had an opinion. And it was an educated opinion, right? It's based off of experience that you've had in the world and in business. And so you didn't have the answer. And probably no one had the answer. But because you had confidence and what you'd experienced before you launched into that opinion was such confidence and power that everyone took your word. And there was just no debate. I mean, it was a it was like, Oh, that's the answer. Okay, well, then that's what we're gonna go do. You ever sat there and had a conversation like that? You remember how that felt? I think we've all been in those situations in the corporate world especially. So as you reflect back on that moment, I want you pick a moment out, I want you right now, to remember one of those times.



01:54

You know,



01:57

that you were heard you know that the people in that room or on that phone call heard you? Because you were confident you are certain of the path. So you delivered the message as if it was the only answer. Right. So my question for you today is, why are you not showing up like that in your own life?



02:22

Right, Hmm, that's a good one.



02:25

That's hitting home with with you right now. I can't imagine. Why are you not confidently showing up? Because I'm asking you this because I live it to why I look at myself. Sometimes I'm like, why am I not confidently showing up? I have done so much in my life, things that most people haven't accomplished, right? And so if I've done these other things, why can't I do this? What is wrong with me? I'll have those conversations in my mind. And I'm sure you do, too. So my question for you today is, why are you not showing up like that in your own life?



03:01

Let's let me let you in on a little secret.



03:05

We all know we have to show up confidently for work, right? It's like when we put on our professional clothes, whenever we would actually travel into the office, maybe you just put on a professional top and you got yoga pants on in the bottom right? I don't know. But I can imagine many, many folks do that I do something similar, I say pretty casual or comfortable for most days. So remember that when we would go into the office, you'd put on professional clothes. And it's like that confidence was just part of the clothes, that once you put on that uniform, so to speak, or you know that that costume, right? Your superhero outfit your cape, but it was your professional clothes. I don't know what it is. But it just seemed to be true that once you would put that on. There's the confidence boom, you

stepped into that confident individual. At the end of the day, it's all about mindset, right? If we believe that we are, if we look the part if we act the part, then we are the part. So if you're confident in what you do, and what you say and what you want to have happen, then all of its going to come true. You're going to do it, you're going to say it and it will be so my question for you is Why are you showing up lacking confidence in starting a running your business? I see it happen regularly. It starts off because we doubt ourselves that we should even be starting a business. It starts off because we think that we really this is not really a dream. Everyone else is having a dream. We clarified that previously. Right? Not everybody wakes up every morning wanting to start a business I promise you. Okay, that is just unique to you and me and a handful of people and we're called entrepreneurs. But the bulk of the world doesn't want to start their own business. They are pretty perfectly fine to go work for someone else. And we need those people to work for us. So it works out great.



05:05

All right, so



05:08

we have to show up every day, confident that we are meant to be doing what we're doing. And the reason why we're not confident is because the bulk of the world isn't telling us to do that. The majority of the world is telling us to go be like everyone else. To go into follow, right? Instead of delete, they want more people to follow, then to lead, right? It's just, it's easier. Our whole culture is focused on following instead of leading, you know, we elect officials to lead us. And therefore we follow. It's just the way that the world works. And so inherently, we grow up, and we're taught to follow and get a good job and go to college and do all of these things. And so whenever we start to think that maybe that's not the path we want to go down, we don't show up as confident as we should. So my question for you is this are you derailing yourself by thinking that you shouldn't be doing what you're called to do?



06:16

Are you damaging your own mindset?



06:20

You have to stop now and ask yourself that question. The answer will determine how

successful you're going to be, I promise you it will. It's one of the reasons why you have to have a mentor or a coach, an inner circle all of those things, because your inner villain of self doubt is going to whisper in your ear and you need a mentor, and your inner circle to come back and say, Look, girl, no, she's been interviewing she's so wrong. You've got this, you're on the right path. Don't doubt yourself. Yes, you're one of the few that wants to start your own business, be proud of that. Go in Be confident is absolutely your superpower. You've got this, right. Because here's the deal. If you think you're going to fail, you're going to if you focus on what you want, you're going to get it. So focus on what you want, not on what you don't want. mindset is everything in this world, but it's especially everything in business. So is your mind right right now? Are you showing up confident? I'm not talking about arrogant. I'm not talking about confident when you don't know the next step. That's not what I'm talking about. I'm talking about confident that this is your path, confident that you know why you're doing what you're doing and what you're doing. And you're going to figure out the how along the way. Right? Again, I'm gonna refer to Tony Robbins, I always do. He says, if you can figure out your wine, your what the house is going to come. I believe it. I live it every day. Okay, so here's the deal.



07:59

If you can't say yes, that your mind is right,



08:03

and that you're ready to move your business forward, you've got to pause right now and you've got to get yourself in the right place. Look back on your why. Look back at your list of wins, right, we're all supposed to be creating and keeping a list of our wins the things that we've accomplished. Then look at your life plan, look the life that you want to live, the impact that you want to have the person that you are now becoming because of this path that you're on. And again, call your mentor, call your inner circle, call the people who support you and have them remind you of who you are and what you're working on. Don't stay in the negative space. Okay? That's my challenge for you. Don't stay in the negative space. Confidence is your superpower. Confidence will move you forward. It will help you achieve because when you say I can, you will. When you say I don't know. You won't know when you say I can't. You definitely won't. Okay, so you have to move your business forward. That's what we're here to do. So let's get back on track. You've got this. You are meant to be doing this. You are on the right path. Do not slow down. Keep moving forward. Reach out partner with your mentor, partner with your inner circle. But let's get your mind right because confidence is your superpower. Go and be legendary.

