

The ROCK #19 - Winning & Confidence

How to be a WINNER and have the mindset of a CHAMPION.
How confidence plays a key role in Winning and being Successful.

Definitions of Winners

- Winners do not rest on their own laurels. They realize that each day is a new day. They start off NEW trying to be a winner all over again.
- Winners do not let their egos get in the way. They work on being humble every day.
- Winners do not lose their way or get sidetracked. They stay inspired and motivated.
- Winners think that they are winners. They do not listen to negative thoughts. They always stay in a positive frame of mind.

Winning Mental Habits

- Winners refuse to just go through the motions. If it is a waste of time and does not get you where you want to go, stop doing it.
- Winners take care of themselves. They eat right and sleep right. They exercise. They do not do anything that will make them think slowly and act sluggish.
- Winners protect themselves against having their focus and motivation undermined. Negative people and judgmental friends will pull you down. They either change or you need to leave them in the dust!
- Winners are frugal. They spend wisely and tastefully.
- Winners are careful where they invest their emotions, time and talent. If you want to make a difference, spend time where you CAN make a difference.
- Winners go out of their way to give their wealth and experience to people who need a helping hand.
- Winners refuse to hold grudges or live with regrets. They put forth a consistent effort to rebuild relationships that they have allowed to fall apart.
- Winners are “Captains of their destiny.” They seek opportunity where ever it is. They are willing to make the tough decisions to be a success.
- Winners are creative. They also seek a way to make themselves better.

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Winners DON'T:

- Make excuses. They learn and grow.
- Whine when things don't go their way.
- Stay down when they fall. They get up and come back stronger.
- Look down on people who are not winners. They help those people to become winners.
- Think that they are perfect. They constantly try to improve themselves.
- Try to avoid hard work that success demands. They seek it. They fight and sweat to achieve success and win.
- Care what other people think. They think for themselves and make their own paths. They are trailblazers!
- Ignore their weaknesses or bad habits. They overcome them and correct them.
- Care what motivates others. They motivate themselves.
- Try to outshine other people. They move forward with them. They are team players.
- Waste time. They are focused on doing what matters. They prioritize.
- Complain about what they can't do anything about. They focus on what they can do something about.
- Try to do everything at the same time. They do one thing at a time and do it well.
- Give up. They tough it out when things get tough. Success demands it!
- Listen to doubters, critics, skeptics or haters. Their talk is nothing but noise!
- Talk badly about other people. They are always kind.
- Forget their promises. They follow up and follow through.
- Stop trying to win. Success or failure is not the final result.
- Blame other people. They take responsibility for their own mistakes.
- Take credit for their success. They credit other people like mentors, teachers and coaches.

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The Mindset of a Champion

1. Develop and stick with a winning game plan.
Confidence
Process of performance
Attitude
2. Take charge of what you say and think and make sure that it is positive. Heed the warning signs of your internal voices.
Enthusiasm
Body language
Voice inflection
3. Maintain an optimistic mindset in life and in business.
Opportunity to succeed
Control only what you do
Expect to do well
4. Visualize your success
Subconscious mind
Encourage yourself
Belief in visualization
5. Practice powerful goal setting strategies
Short-term action-oriented goals
Long-term action-oriented goals
Stop self-defeating behavior
6. Keep anxiety at an optimal level
A little anxiety is good
A lot of anxiety is bad

Successful People Exude Confidence

Excerpts from an article by Travis Bradberry

- Doubt breeds doubt. Why would anyone believe in you, your idea or your abilities if you didn't believe in yourself?
- It takes confidence to reach for new challenges. People who are fearful or insecure tend to stay in their comfort zones, and let valuable opportunities pass them by.
- Unconfident people often feel at the mercy of external circumstances. Confident people are not deterred by obstacles. They rise up and overcome them.

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8 Ways To Boost Your Confidence

By Travis Bradberry

Take an honest look at yourself.

“The difference between conceit and confidence is that conceit is bragging about yourself. However, confidence means that you can get the job done.”

-Johnny Unitas

When confidence exceeds your abilities, you have crossed the line into arrogance. You need to know the difference between confidence and arrogance.

Say no.

The more difficulty that you have saying no, the more likely you are to experience stress, burnout, and even depression. All of these erode confidence.

Get right with the boss.

A troubled relationship with the boss can destroy even the most talented person's confidence. See what you can do to get the relationship back on track.

Seek out small victories.

Confident people tend to challenge themselves and compete, even when their efforts yield small victories.

Find a mentor.

Nothing builds confidence like a talented, experienced person showing you the way and patting you on the back for a job well done. A good mentor can act as a mirror, giving you the perspective that you need to believe in yourself. Knowledge breeds confidence.

Schedule exercise.

People who exercise feel more competent socially, academically, and athletically. They are more confident in their body image and self-esteem. Your overall confidence in yourself greatly increases.

Dress for success.

Like it or not; how we dress has a huge effect on how people see us. Things like color, cut, and style of the clothes we wear, and even the accessories, communicate loudly. The way we dress affects how we see ourselves. Studies have shown that people speak differently when they are dressed up, compared to when they are dressed casually. To boost your confidence, dress well and dress up.

Be assertive, not aggressive.

Aggressiveness is not confidence, it is BULLYING. Practice being assertive without being aggressive. You will figure out how to do this very quickly. Remember, aggressiveness is just showing people that you are insecure. Reminding yourself not to be aggressive helps. This will increase your confidence and help keep your insecurities at bay.