

EP 56: How to Build Self-Confidence

[00:00:00] Welcome to Rock Your Brain. Rock your life. The only podcast that teaches the cognitive tools and strategies you need to be massively successful without stress, overwhelm, or burnout. Here's your host, master entrepreneur and Certified Life Coach: Sarah Moody.

Hey, rockstars. How y'all feeling today? I'm feeling super proud. My team and I just started planning our free Q4 workshop and it's going to be so good. Seriously. Even if you're in the rockstar program or participated in the train, your brain workshop last month, definitely be on the lookout for this because I'm going to be teaching some brand new material.

That's going to blow your mind. Also, before we get started, I wanted to put a request out to you all today. We're going to be talking about how to build your confidence as a woman in the tech industry. And [00:01:00] I know so many women in tech struggle with feeling not enough with perfectionism, with overwhelm, all the things, and that's all the direct result of not knowing how to become truly confident.

So what I ask you all to take two minutes at the end of this episode, to send it to a woman who. You think could use these tools to actually feel confident in her life. And if you share it on social media, that's a bonus. But even just texting it to a friend is such a gift to her. And to me, and plus neuroscience says our brains like doing good deeds.

So you also get a little hit of dopamine, too. How fun. All right. Let's dive in. So in last week's podcast, episode 55, the lesson was how to build self-confidence. And I talked about how self-confidence is a skill we learn when we tell our brain to believe powerful thoughts about who we are. We learn how to trust ourselves and follow through on our word, and we practice feeling [00:02:00] fear.

And if you haven't listened to that yet, I highly recommend. So today I'm going to talk about three lessons you need to know to build your confidence. number one, building belief is a process. Sometimes when we start building a new belief, like I can figure anything out. We start off strong and feeling good.

And then we run into some sort of problem and it feels like we totally lose our shit. And my students always come to me when this happens and say, well, I tried my new belief, but it's not working. And then I just have to have a good chuckle to myself because of course it's not, you've practiced other beliefs for years and years, and you've only just started practicing this one.

It's called a baby belief. Of course, it's not going to be a hundred percent believable all the time. Even when you practice it for years, you might not expect to believe it. Even when you practice it for years, you might not believe it. 24 7 [00:03:00] 365 days a year because we have human brains and life is 50 50.

But the key here is to expect resistance. This is the most important thing when you're starting any new belief journey, but especially with confidence, know that your primitive puppy brain just wants to rinse and repeat what it knows and avoid danger. And it's not a problem that it wants to do that we just have to redirect it.

And for those of y'all who are like me, I love a little sticky note. I would recommend writing yourself two notes. One a note that says all thought, and then whatever your limiting belief is, maybe it's, I'm not smart enough to talk in that meeting. And then I want you to cross that shit out and put a second sticky note right next to it that says new thought.

And then I want you to write out your goal belief or your bridge thought, and remember that your new believer needs to feel believable in your body. So it could be something like [00:04:00] I'm open to believing I could be smart enough, or even I'm not smart enough is just a thought. Having those two sticky notes will remind you that nothing

has gone wrong when those old beliefs crop up and that will help you keep your momentum and keep practicing your bridge thoughts until you're ready for your goal belief.

The second is you need to master the skill of feeling your feelings. One of the top three reasons we don't feel confident in ourselves is because we've not mastered the skill of letting a feeling vibrate through our body for 60 to 90 seconds. I talked in last week's podcast. How, when we look ahead in our lives and want to go after those amazing goals and dreams slash do new things we've never done before, we're going to feel fear.

There is no way we are going to automatically get out of feelings. And when we've not mastered a skill of just feeling fear or discomfort, we resist or react, feeling [00:05:00] those feelings and do things to keep us very busy, also known as buffering, like cleaning the house and doing all the chores and overexercising and overeating and overdrinking overworking and feeling constantly exhausted or overwhelmed.

Y'all. That's all shit you're using to keep you doubting yourself and your abilities. So it's important to notice your feelings, especially fear and learn how to allow and process them.

Usually when I say this, people are like, but I hate feeling sad, mad. And I totally get it. I used to hate feeling those things too, but I learned how to allow him process feelings, because the thing is y'all, you don't actually hate how that feeling feels. You hate how the resistance to that feeling feels.

And this was such an epiphany for me because I'd been resisting my feelings my entire life. And I'm willing to bet that you have to. So here's how we stop resisting and start allowing our [00:06:00] feelings. Number one, when you notice the feeling come up, maybe you feel anxiety or you feel upset. Your first thought is probably going to be something like, I don't want to feel this, or I can't feel this right now.

That's totally normal. That's the resistance I was talking about. Just notice that it's coming. Next, I want you to tap into your body and this might sound a little woo, but it really isn't our feelings cause us to experience physical vibrations in our bodies. And that's what I want you to pay attention to describe those sensations.

Does it feel hot, cold, tight, heavy. Does it have a shape? Does it feel like a rock or like butterflies? Where is it in your body? And it could be multiple places. And if it had a color, what color would it be? And if it had a texture, what texture would it be? Try to get as familiar as you can with the sensations of the name them.[00:07:00]

I do this and think, okay. That's what sadness feels like or all right. That's what anxiety feels. And when you go through this process, you're helping train your brain, that you're okay. And you can handle every feeling and you don't have to do it perfectly all the time, which is practice tapping into your feelings even once a day.

And that's going to help you build that acceptance of all feelings. And that is the foundation of conflict. The last lesson to build confidence is fail a lot and fail well, and this is one of those things that I remember thinking this is crazy. When I first heard my coach talk about it, who wants to fail?

I want to be successful. Thank you very much. I'd grown up believing that failure and fault. And we all learn at some point, that failing means you have to accept blame for that failure and our brains think that's dangerous. They want to protect us from it. And that's why so few of us [00:08:00] really get out of our comfort zones and make our dreams happy.

And the problem is we literally have to fail. Think about it, you learn to walk by failing, right? You learn to talk by failing about every single thing you've done in life is because you had failed at something before that. And recognizing that really helped me separate that failure and fault are totally separate.

And that actually failures amazing. It teaches us so much how to embrace our feelings. How to iterate what we like. And don't like in our results, it's kind of amazing. So I want you to practice failing. That's actually what last week's dare challenge in the podcast is about. It's not about being successful at every dare.

It's about failing at that dare and noticing what feelings come up and giving yourself the opportunity to learn from them. All right, rockstar. You've now [00:09:00] got three strategies to start failing your way to confidence. And I hope you actually make time to do this work this week. Now it's one thing to listen and think about this work and a very different thing to apply it and see it change your life.

And don't forget to send this episode to a friend you think could benefit from it and I'll be back next week with a super special favorite lesson of mine. That's changed my life. So make sure you're on the lookout. I love you so much. Okay, bye.