

Entrepreneurial Confidence

The famous author and humorist Mark Twain wrote that to succeed in life, you only need two things: ignorance and confidence. Well, I'm not sure ignorance is really a trait modern entrepreneurs should embrace, but I do agree that confidence is a key factor to success.

Don't think you're "the confident type"? Well, I've got good news for you: you're wrong. There's only two types of people in the world – confident people, and people who haven't learned how to be confident.

Confidence is simply a feeling of wellness that comes from knowing that you handle any challenge. It's not something people are born with. You can take steps to increase your confidence. And, everyone has great days and not-so-great days. Using my techniques will help boost your mental strength when you're not feeling up the task at hand.

Remember that having a sense of self-assurance is not purely mental. Confidence is an attribute that comes from the sum total of your being. So, whether you are shy or outgoing, it's important to get regular exercise. Physical activity not only activates chemicals in your brain that make you feel good, but it will also supercharge your energy level. As a result, you will have the confidence to take on anything – even at 8 p.m.!

And, what you put in your body will also affect your state of mind. In addition to regular exercise, I also recommend a balanced diet. Believe it or not, a part of what determines your mood is what's in your body. What you eat can even help you manage stress. By putting good food in "downstairs," you will see your mood and your confidence improve "upstairs."

For more information on how to eat smart for more confidence, check out these links:

Good Food, Good Mood	http://www.besmart-eatsmart-livesmart.com/html/goodfood.html
Grains Elevate Mood	http://www.femail.com.au/good-mood-food.htm
Benefits of Omega Oils	http://www.nutraingredients-usa.com/news/ng.asp?id=66234-omega-behavior-fish

Confidence is also a reflection of how we think other people perceive us. If we think others perceive us well, we will be more outgoing and confident, and the end result is that everyone knows you feel great! It's a benefit that builds upon itself.

But if the opposite is true, and you're feeling timid or unsure of yourself, then you start off on a slippery slope. The end result will be that you're afraid or worried, and everyone around you can tell. One way to avoid this is to force yourself to make conversations with new people. As you realize that these people like you and enjoy your company, your confidence will naturally increase.

Also, dress for success! When you look neat and professional, you'll automatically have more confidence in business. I'm not saying you have to waste money on the most expensive department store clothing, but how you look on the outside WILL affect how you feel on the inside.

The last component to being confident is making goals and reaching them. They don't have to be big tasks. But by setting mile markers and passing them, you will prove that when you set your mind to something, you can and will accomplish it.

Remember, confidence is something you can create. And after you are confident in your own abilities, the sky really is the limit.

Warmly,

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