

CONFIDENCE

When faced with a big challenge where _____ failure seems to lurk at every corner, maybe you've heard this _____ before: "Be more confident." And most _____, this is what you think when you hear it: "If only it were that simple." But what is confidence? Take the _____ that you are _____, worthwhile, and _____, also known as self-esteem, add in the optimism that comes when you are _____ of your _____, and then empowered by these, act _____ to face a challenge head-on. This is confidence. It turns _____ into _____. So where does confidence even come from?

There are several _____ that impact confidence. One: what you're _____ with, such as your genes, which will impact things like the _____ of neurochemicals in your _____. Two: how you're treated. This includes the _____ of your environment. And three: the part you have control over, the choices you make, the _____ you take, and how you think about and _____ to challenges and setbacks. It isn't possible to completely untangle these three factors, but the _____ we make certainly play a _____ role in confidence development. So, by keeping in mind a few _____ tips, we do actually have the power to _____ our own confidence. Tip 1: a quick fix. There are a few _____ that can give you an _____ confidence boost in the short term. _____ your success when you're beginning a difficult _____, something as simple as _____ with deep bass; it can _____ feelings of power. You can even _____ a powerful pose or give yourself a pep talk. Tip two: _____ your ability to improve. If you're looking for a _____, consider the way you think about your abilities and. _____ Do you think they are fixed at birth, or that they can be developed, like a _____? These beliefs matter because they can influence how you act when you're faced with setbacks. If you have a fixed _____, meaning that you think your talents are locked in place, you might give up, assuming you've discovered something you're not very good at. But if you have a growth mindset and think your abilities can improve, a challenge is an opportunity to _____. Neuroscience supports the growth mindset. The _____ in your brain do get stronger and grow with _____. It also turns out, on average, people who have a growth mindset are more successful, getting better _____, and doing better in the face of challenges. Tip three: practice _____. Face it, you're going to fail sometimes. Everyone does. J.K. Rowling was _____ by twelve different publishers before one picked up "Harry Potter." The Wright Brothers built on history's failed attempts at flight, including some of their own, before designing a successful airplane. Studies show that those who fail _____ and keep trying anyway are better _____ to respond to challenges and setbacks in a _____ way. They learn how to try different _____, ask others for advice, and persevere.

So, think of a challenge you want to take on, realize it's not going to be easy, accept that you'll _____, and be _____ to yourself when you do. Give yourself a pep talk, stand up, and go for it. The _____ you'll feel knowing that whatever the result, you'll have gained greater _____ and _____. This is confidence.