

## 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.