

7._ SELF-CONFIDENCE

**There are 5 different types of Self-Confidence elements
we need, in our reach for personal Self-Confidence**

SELF-CONFIDENCE ELEMENTS NEEDED

The first one is the most important of all 5, since it lays the foundations for the other 4.

→ It's a personal quality that we call "OPTIMISM".

THE FIRST AND MAJOR

→ **is the confidence in our environment and our parents**, which is sometimes the weakest start in our lives; Even if everyone is doing its best to lead us through our childhood, it may not be enough to help us grow physically or emotionally.

Family stability and all the special care exerted throughout our childhood may not be enough to enable us to reach a satisfactory level of self-confidence we will need to succeed later.

However even if this first type of self-confidence is lacking in some respects, we can compensate and supplement it by developing the other four, but it may involve a greater degree of work and attention.

THE SECOND TYPE

→ **is the confidence in our abilities, competencies, qualities**

And here, what we have accomplished is of primary importance provided we connect it to the project we set out to accomplish.

This type is gradually built by a combination of work, learning, knowledge, perseverance, under our decision and control and it will reinforce the first type of confidence.

THE THIRD ONE

→ **is the confidence in our decisions,**

And if we firmly decide to get the wish, the motivation and the energy,

↳ we need first to be in touch with our heart and what we value the most.

Then our brain will organise the different steps, and finally our body will act, then we will manage to develop this kind of confidence

Sometimes, our brain may be disconnected from our heart, this will lead to insufficient energy and motivation; We are considering here some kind of "OUTER MOTIVATION". We will talk about this in the next video

THE FOURTH ONE

→ **is confidence in our future, our destiny**

and we cannot allow ourselves to lose faith and fall in the dark side, or we will never reach success;

↳ That means we need to be well aware of our thoughts and be ready to change them along the way if necessary in our quest for success.

THE FIFTH ONE

→ **is confidence in our instincts,**

which means our ability to make a choice within a glimpse, and it's related to our ability to connect instantly to **our heart first and then our mind** to sense what is good for us in this respects and to build up strategies.

And only after these two steps, our body will implement actions.

We need to develop a sense of positivity in a way that we will tend to see "The glass half full rather than half empty".

→ *This is being optimistic*



**The self-confidence can be either specific on a particular task,
or momentary depending then on results, situations, circumstances**



Now let's talk about some elements which can **negatively impact our self-confidence**, and a few **tools to fight them**

NEGATIVE IMPACTS ON YOUR SELF-CONFIDENCE

INNER FACTORS:

- _ 1 / A negative approach of the competition
- _ 2 / Negative inner talks or negative beliefs about our competencies and qualities
- _ 3 / Being afraid to loose and of the consequences
- _ 4 / A bad concentration

OUTER FACTORS:

- _ 5 / Results change during the contest
- _ 6 / The team spirit
- _ 7 / Advises and comments of the trainer, coach, team manager
- _ 8 / The conditions of the competition like drawing of lots, weather conditions and so on
- _ 9 / The most important factor being the previous results in a similar competition

We need to become aware that we can control our self-confidence it's possible to have doubts about results but not about our competencies (depending on our inner language).

TOOLS TO FIGHT NEGATIVE IMPACTS

We can see competition as a challenge rather than a threat

We can decide what we put in our self-talk, also to become aware of our strongest points,

↳ here visualisation will help to emphasize our qualities and competencies

The more we will have objectives of accomplishment, the more we will realize that many things are under our own control, and that we can manage them which also help to feel more self-confident as well as to increase motivation.

We can also realize that being tense is normal before the contest, but this shouldn't impact our serenity about our accomplishment

Finally being physically strong is really helpful to feel confident too, since if we are weak we will get easily tired which impact self-confidence and motivation

Sometimes the self-confidence may be impaired by thoughts of being ashamed like when we are called to talk in front of a reputable audience if we feel insecure about for instance our appearance or tone of our voice for example It may be difficult to climb on a podium in front of the public with this kind of insecurity.

↳ We really may need in this case professional assistance to overcome it.

Thanks for watching and remind you to visit us at [Academy Of Aerobatics](#) and [Aero-Safety First](#) websites.

See you very soon for the next one



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