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universe that declare you believe in yourself. Doing this will break down your walls and allow you to acknowledge that believing in yourself requires you to be vulnerable. It takes courage, but showing up as you are right now is the first step to becoming a more confident version of yourself. Once you do this, you are ready to overcome your own negative self-talk and the limiting beliefs that are holding you back in your life. Conquering these two obstacles will make it possible for you to map out your path toward reaching your dreams and goals for your life. You will face obstacles along the way, but when you truly and deeply believe in yourself, and you have the support of a positive inner circle, your passion and commitment to reaching your goals will make you unstoppable on your path toward great things! If you are looking for more positive thinking inspiration, check out our collection of positive thinking quotes! Dont forget to share this post with your friends and family on social media! If you know someone who could use some help with believing in themselves, this post could be just what they need! As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.John F. KennedyIm writing this on Thanksgiving Day in America. Im sitting in the home where I was born and raised for my entire life. My family is scattered around the room just a few short feet away.As I sit back and think about what Im thankful for this year, Ive settled on one thing that seems to have made the difference in my life over and over again. Im thankful that I believe in myself.This quality is partially who I am and partially a result of the family and friends that have supported me throughout my life. Regardless of where it comes from, it is the one quality that allows me to not only talk about what Im grateful for, but also to live it out.Nothing Will Work If You Dont Believe In ItEarlier this week, I posted an article on 2 psychological tricks that offer easy ways to lose weight. The article was well-received overall, but I also heard a complaint from someone who identified themselves as NoSalt (the internet is a strange place).Heres what NoSalt had to sayNone of these techniques will work for me:1. Let your plate control your portion. My problem is that I eat until I feel full. Sure, I can use a small plate, but Ill just keep going back until I feel full.2. Pick a color that makes life easy. How can normal people possibly do this? I dont want to have 3, 4, 5 different sets of dishes for every color meal that I have.3. Try the holiday version of intermittent fasting. Literally. Simply dont eat for a 24hour period. This strategy is one form of intermittent fasting.What do I do about my hunger pains? What do I do if I want food? Ill end up snapping at people around me, and chewing all my fingernails to the bone. NoSaltI did my best to answer the questions with actionable advice that would help the reader overcome the problems mentioned. But there is something much more important going on here.Are You Determined To Fail?Do you notice the theme throughout all of the questions? There is an undercurrent of self-doubt and vulnerability. The unspoken thought that drives these questions is, I dont believe these ideas will work for me. Or, stated another way, I dont believe I can make these ideas work. I dont believe in myself.Worrying about not being able to implement a few diet changes is just one, tiny example of this fear. But a lack of belief in yourself will limit you no matter how great the ideas or opportunities are that you are exposed to.My biggest question to the reader above would be this: Why are you determined to make these ideas not work for you? Why are you searching for reasons why these ideas wont succeed instead of figuring out a way to make something good happen?The biggest difference between successful people and unsuccessful ones (in health, in business, and in life) is that successful people are determined to make the situation work for them rather than playing the role of the victim and searching for reasons why a situation wont work.No idea will work for every person on the planet, but many ideas can work for most people if you believe that you can make them work. You have to be willing to not just think differently, but to also to experiment with new ideas and trust that youll discover a way to make them work.Believe in YourselfThe biggest difference Ive noticed between successful people and unsuccessful people isnt intelligence or opportunity or resources. Its the belief that they can make their goals happen.We all deal with vulnerability, uncertainty, and failure. Some of us trust that if we move forward anyway, then we will figure it out. As I sit here on Thanksgiving, Im thankful that Im one of these people.When I started my business, I was the only entrepreneur in our family in the last century. I didnt have anyone to learn from, but I trusted that I would figure it out anyway.When I was kicked off a train in the middle of the night while traveling through Hungary, I was lost and confused. I couldnt find anyone who spoke English, so as the train pulled away I ran along side, hopped back on, and trusted that I would figure it out anyway.When Ive discovered an opportunity that sounds awesome but that Im not qualified for (which happens often), I trust that Ill figure it out and go for it anyway.I believe in myself.This confidence has made the difference for me again and again. I didnt need intelligence or opportunity or resources. Just a simple belief in myself.Do You Believe That Change Is Possible for You?One of the most foundational beliefs of this community is that you can become better.We believe that it is possible for human beings to improve. We believe that it is possible to raise the bar in your own life even if the world around you accepts average. We believe in ourselves and in each other. We believe that if you want better health or more happiness or a more meaningful job that you can make those things happen.And because of this belief we are willing to test, experiment, and try new things even when we feel uncertain. If you dont believe that its possible to make new things work, then its hard to make any progress. I dont care how good the ideas are, nothing will work for you if you dont believe in it. And more importantly, nothing will work if you dont believe in yourself. Thanks for reading. You can get more actionable ideas in my popular email newsletter. Each week, I share 3 short ideas from me, 2 quotes from others, and 1 question to think about. Over 3,000,000 people subscribe. Enter your email now and join us.

When you don't believe in yourself. What are you if you don't believe in anything. What happens if you don't believe in yourself.