Book Name: *The Magic of Thinking Big*

Chapter 3: “Build Confidence and Destroy Fear”

Fear uncertainty, lack of confidence, confidence is actually a skill that we can develop even if I can't imagine how that could be possible for me right now. Lacking confidence often means having a very low opinion of myself. There is only one answer to this and there (there's no getting out of it if I want to move forward). I will need to learn have self love.

Being positive is an essential element of self confidence whenever I notice that I am feeling down about myself take a moment to recall the moment before I started feeling down. Remember the negative thoughts and words said to myself. Knowing how I come across to people really matters. Most people get this wrong. Hey assume they look and sound terrible, embarrassing even.

Reconciling this is essential. I must do the things that challenge me the most.

It's impossible to get more confident if I just think about it. It takes courage to step out of my comfort zone. It is the right thing to do. If I fail at something, I try it again but approach it differently. I never avoid situation that I have failed at if they matter to me. I Learn from the mistakes and move on and this takes resilience.

To many very capable people lack faith in their own abilities. This stops them doing the things that they really want to do. The main reason for this? A fear of failure. The thought of getting it wrong is enough to stop them doing it. But when I feel symptoms associated with fear, I stop and ask myself," what have I been listening to that is causing me to go into fight or flight". Fear is like friend and indicator that shows me what I shouldn't do , more often not it shows me what I should do. I have learned over the years that when one's mind is made up, this diminishes fear, knowing what must be done does away with fear.

Fear is one of the seven universal emotions experienced by anyone in the world. A trigger for fear is a threat of harm, either real or imagine, and usually loss of courage. Sometimes some situations or circumstances create fear in me. I have to accept that I am afraid, I do not need to be in denial, and my feelings do not make me weak less of a person. Virtually every feeling we have has its conception in our mind and so I have to first accept that I have that feeling of fear because when I try to ignore my fears, it grows. When you face it. It shrinks.

While it may not seem so if I am low in self-confidence strongly believe that I can do things increase to my self-confidence. It is not genetic, and I do not have to be reliant on others to increase my self-confidence.

Without really thinking of it in those terms, that's what I, Ve been doing over the years, and that's what helped me finally overcome my fears, and finally pursue my dreams. I still have those fears, undoubtedly. But by building confidence and destroying fear I know that I can beat them, that I can break through that wall of fear and come out on the other side. I have done it many times now, and that success will fuel further success.

Finally, I would like to conclude that, if I had to win, I would have to make countless efforts and So at this time no any type of fear present in my life.