



Reframe Confidence

We see a great speaker, a daring athlete, a charismatic leader and think, 'I wish I could be like them'. Able to show up and just do it.

We don't see the hundreds of times they tried, and it didn't work out.

Chances are, you've just not done much of whatever 'it' is. **What you lack is not confidence but experience.**

Confidence isn't about results; it's about effort. Do you trust yourself to keep showing up? Or, will you give up and stop doing it?