



It's a Moving Scale

We tend to think of confidence as being something some people miraculously possess. It's a matter of good luck, genetics, and some other stuff neuroscientists might one day discover.

Even worse, we often believe that there isn't much we can do about our particular situation. We are stuck with the confidence levels we're born with, and that's that.

This is simply not true. **Confidence is a moving scale; of course, past events can impact it, but we can grow and develop new ways of seeing ourselves at any time.**