

# Self Confidence

Why do so many people have so little self confidence? What about you?

We are born full of self confidence. At birth our bodies work, our blood flows, we breathe, and we have too many natural instincts to count.

While watching our year old grandson, Cameron, my wife and I reflected back on the few short months ago that he was born. Cameron was a bundle of joy all wrapped up. Just one short year later, he is still a joy, but does so much, we are amazed.

Cameron has never learned he can't do something. He has never been told he can't accomplish something. He has no idea of our word failure. He sees something and he works to copy it. Sure, rarely does it work on the first try. He keeps trying, and at some point he gets it. Then he practices until he gets good at it.

Think of a child learning to walk and how many times they fall in the process. Children never say, "I can't walk" and give up. They continue to work at it until they can do it. The same goes for all things they try.

Spending time with a growing child is a gift and a lesson. If we could only be like the kids. If we could only try and try again until we accomplished something. If no one told us we couldn't, why, we'd accomplish far more than we have.

How often have we been told we can't do something in our lifetimes? How often have we been afraid to attempt something for fear of the ridicule of our peers? How often have we wanted to try but have been afraid? How often have we held back due to a lack of self confidence?

I was looking at pictures of Cameron for this newsletter. I was struck by, not only how good looking he is, but by how confident he appears in his photos. Why, to me anyway, he looks large and in charge. Yes, many children do. They know they can do it, they know no better, they live self confidence, and express it in how they look and present themselves.

While self confidence is within one's being, it is usually at risk based on others. What others say to us, how they treat us, and their reactions to us, can rock our confidence. When children are told no, are put down, and held back, it affects their level of confidence.

School is challenging socially for children as the workplace is also for adults. As people grow, the risk and challenge to their confidence is often a daily event.

We all have setbacks and we all have relationships, jobs, and events that did not turn out as we had desired at the time. Reflecting, often we will see the benefit of them not working out. The key is to allow and accept what happens with little or, ideally, no effect on a person's self confidence.

Often, when we look back on what was a great tragedy to us, we find it was a great benefit that helped lead us to our current success. That loss of a relationship, job, or promotion, was beneficial but unknown to us at the time. So, why should anything rock your self confidence?

Self confidence is what enables a person to accomplish, to learn, to grow, to prosper and to build positive and strong relationships. We need to promote and protect the self confidence of all with whom we come into contact. We need to guard against allowing anyone who would reduce our self confidence.

We are born with great self confidence, and we need to keep it. We need to promote it in others. It is in the way we talk to and interact with others. We can teach them, we can assist them, and we can tell them when we feel they are wrong. However, we should always watch what we say and do, so as to not affect another's level of confidence.

Let's all be kids, knowing we can do and accomplish.