

## Confidence – In Leadership

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Confidence is the foundation of leadership. That confidence is gained by acting as a true leader would do in our day to day life. The myth is that leaders are born that way, but, it is only a myth. The truth is that leaders make themselves that way by assuming the leadership position and exhibiting leadership whenever the chance arises no matter how small. It's practice, practice and more practice amidst the safety of the day to day humdrum that leaders make themselves.

### **(Script)**

There are many myths in circulation that people as a general rule hold to be true ... as you relax very deeply now I would like you to think of some of the leaders that you know ... that's right ... just take your time ... all the leaders you have come across in your life ... from history ... from current events ... leaders you may have come across in your own daily life ... the myth is that leaders are born and not made. Relaxing ever deeper and deeper now ... you will understand now that leaders are made and not born ... all those leaders you have just thought of ... they made themselves to be leaders ... leaders are mirrors ... what you see in a leader is a direct reflection of what they are like in their own day to day life ... they were never born leaders ... they gained the confidence to lead from the confidence building traits they exhibit in their everyday life ... one just leads to the other ... it is a natural flow-on effect ... and you can be that way as well.

You can have all the confidence necessary to become a great leader in whatever field you choose ... you are blessed with the best classroom in the world ... your life ... the way in which you live, design, and carry on your day to day activities ... the confidence in leadership you will now show there will equal the level of leadership confidence that you will exhibit throughout all your other endeavours.

From this day forward when you go about your daily activities ... you make positive and thoughtful choices about what you do ... you make things happen ... you behave as someone of value, someone of integrity ... you will see your boundaries as limitless ... you always stand up for what you believe in and see as right ... you embrace responsibility ... you are always ready to make a decisive decision whenever it is called for ... you know what to do ... you are open to taking calculated risks ... you easily accept constructive feedback from your peers ... you develop and work at your passions ... you square your shoulders and lift your head ... you seek out mentors as you need them ... you happily and freely empower and mentor those under you ... you give yourself credit for all of your big and little successes along the way ... when offered, or you detect a chance to volunteer, you step forward and accept leadership roles ... you practice leadership whenever the chance arises ... you gain confidence everyday ... you feel good about yourself ... imagine yourself

now ... all this is you from now on ... you set goals and are motivated to accomplish them ... you recognize the success of others ... you dress like a leader ... you have the visual appearance of a leader ... you fully realize that to be a confident leader you must be a willing and humble servant to others ... you confidently tackle and conquer challenges with assurance and ease ... this is the confident leader in you.

See yourself now as this confident leader ... just imagine it ... see yourself making a snap decision ... that's it ... you did it ... you can do this ... you have the right mindset ... you are a confident leader because you now and will always exhibit all the traits of a confident leader in your day to day life.