



The Power of Affirming Words

Quotable Quotes to Improve Your Self-Confidence



Copyright © 2016 – All Rights Reserved

www.beablackbeltleader.com

Table of Contents

INTRODUCTION	3
WILLIAM SHAKESPEARE	4
DALE CARNEGIE	5
ROBERT FROST	6
J.K. ROWLING	7
F. SCOTT FITZGERALD	8
COLIN POWELL	9
CHRISTOPHER REEVE	10
STEVE MARABOLI	11

Introduction

There are many different strategies and tips you can use when you're feeling down and doubt yourself. One thing that's often overlooked is to look at the greats of history – the people we respect enough that their words and their writings survived the passing of time. And the idea is simple. Use famous quotes to lift you up and inspire you out of self-doubt.

That's the goal of this short report. Over the next few pages, I want to share some of my favorite quotes with you that help you stop self-doubt in its track and instead boost your confidence and help you get through your day with a smile on your face.

Turn to these quotes whenever you're feeling down. Copy your favorites and hang them in a prominent place, at your desk, in your kitchen, or just stick them on your bathroom mirror to motivate yourself to start your day on a positive and productive note.

Let's dive right in with one of the literary greats that I'm sure you've heard of.

William Shakespeare

*“Our doubts are traitors, and make us lose
the good we oft might win, by fearing to attempt.”*

William Shakespeare

Yes, we’re starting with William Shakespeare because he brings up a good point and the first and most important thing you need to realize about self-doubt. It is destructive because it tricks us into in-action. It tricks us into thinking that it’s better to give up than to try.

He also speaks about fear. Like it or not, fear is often the root of self-doubt and we’ll never know what good we’re missing out on because of it. Treat those feelings of doubts like the traitors Mr. Shakespeare recognized them as. Fight them, ignore them, do whatever you have to do to keep them from forcing you into “fearing to attempt” to do what you’ve set out to do.

Dale Carnegie

"It isn't what you have, or who you are, or where you are, or what you are doing that makes you happy or unhappy. It is what you think about."

Dale Carnegie

So often we focus on what we have, who we are, or who we think we should be, that we forget about being happy. Instead, we let the self-doubt creep in and question everything we do, everything we are, and everything we have accomplished.

Don't let self-doubt destroy your happiness. Instead, make it a habit to think about all the good you've done and everything you've accomplished so far. And the key to creating this or any habit is to make yourself do it every single day until it becomes a habit. Stick the quote by Mr. Carnegie on your bathroom mirror and use it as a reminder to practice thinking about all your positive accomplishments.

Robert Frost

“Two roads diverged in a wood and I, I took the one less traveled by and that has made all the difference.”

Robert Frost

Here’s an interesting quote by Robert Frost that has an important lesson about doubt in general and self-doubt in particular in it. It’s not obvious at first glance, but in our context, this quote is all about making choices – even the unpopular ones and sticking to them.

Self-doubt is often fueled by a lack of confidence in ourselves. And the end result is not taking action on anything. Instead, we become paralyzed into not doing anything, less we make the wrong choice, or not choose the right road.

Frost teaches us that it’s ok to use the road less traveled. The only wrong choice when you come to a fork in the road is to not make any choice at all. Standing there at the fork in the road without choosing your path is what gets you stuck. Make a choice and see it through and who knows where your path will lead you.

J.K. Rowling

Yes, I'm using a quote from the author of Harry Potter... She has a good point.

“Failure is a stripping away of the inessential.”

J.K. Rowling

It's an interesting idea, isn't it? We are so afraid of failure, when it may just be something we should embrace instead. Because when we fail, we learn.

Think back to your childhood days. You made lots and lots of mistakes every single day. You had to make every single one of those mistakes to get to where you are today.

Yet, as adults, we suddenly expect to get it all right on the first try. Take that pressure off yourself and embrace failure. Look at it as a way to get down to what's truly important and essential. This little shift in perception takes away the bad feeling and self-doubt associated with fear. And suddenly fear no longer paralyzes us into not doing anything, but instead motivates us to take massive action, fail fast and get to the solution that actually works.

F. Scott Fitzgerald

“I hope you live a life that you’re proud of. And if you find that you’re not, I hope you have the strength to start all over.”

F. Scott Fitzgerald

Beautiful words, aren’t they. Yes, it would be wonderful to get it right the first time and live every day in a way we can be proud of. But even more hopeful is the idea that we’re not stuck on one path. We can get a do-over. We can turn around, try something else and get another chance at getting it right.

More importantly, if you shift perspective just slightly and look at it one day at a time instead of taking a whole lifetime into consideration, we get a potential fresh start every single morning.

Looking at it this way, there’s no reason for self-doubt. Just do your best and then evaluate if it’s working or not. If it isn’t ... start over. Beautifully simple, yet incredibly powerful.

Colin Powell

“Great leaders are almost always great simplifiers, who can cut through argument, debate, and doubt, to offer a solution everybody can understand.”

Colin Powell

This is an excellent quote and something important for anyone in a leadership position to take to heart. But it doesn't stop there. It doesn't matter if you're at the bottom of the totem pole, or you work for yourself. This advice is just as applicable when it comes to you and you alone.

You have to break tasks, projects, and complicated concepts down into little bite-sized tasks or ideas that you can not only easily understand, but also easily tackle. This will help you not get overwhelmed to the point that you don't get anything done.

Give it a try the next time something overwhelms you. Instead of staring at everything you need to do at once, break it down and focus on one little mini task at a time. The work will start to flow and you'll start to make progress almost effortlessly.

Christopher Reeve

“A hero is someone who, in spite of weakness, doubt, or not always knowing the answers, goes ahead and overcomes anyway.”

Christopher Reeve

This may just be the best and most powerful quote in this entire report. Mr. Reeve gives us permission to be weak and doubt ourselves. And it's ok to not know what we're doing or where we're going sometimes. The important thing is to go ahead and do something anyway.

The takeaway here is to take action despite everything else going on. Don't let your fear, your doubt, or your lack of knowledge or expertise stop you. Do something... no matter how small to move forward. That's how obstacles are overcome and mountains moved. Just take a step... and then another... and another. Keep going until you reach the end of your journey, the end of your path, your goals.

Do that and you can be not just an ordinary person living their life, but become a hero. A hero to your spouse, your children, your family and those around you. A hero in your community, your job, or your business. And all it takes is to take action and get things done even when you're fearful and have your doubts.

Steve Maraboli

“It doesn’t matter what others are doing. It matters what you are doing.”

Steve Maraboli

Let’s wrap this up with one more quote. The keyword here is “doing”. It doesn’t matter what those around you are doing. The important thing is that you do something. The important thing is to take action.

I think this quote sums up this entire report nicely. Yes, the other quotes are important when it comes to getting us to take action, but what it all boils down to in the end is that we have to find a way to get things done. That will bring us confidence, satisfaction, and in the end happiness... and isn’t that what life is all about?

I hope you’ve found this short collection of inspirational quotes to help you build your confidence and your faith in yourself helpful. Now go out and get stuff done!

WANT MORE MOTIVATIONAL MASTERY TIPS?

Subscribe to the Black Belt Leadership

MASTER Your Life™ Podcast

<https://anchor.fm/beablackbeltleader>



www.facebook.com/beablackbeltleader