

# WORK THOUGHTS

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## Yours for the *Acting*

An EAP bulletin reminded me recently that having self-confidence is like a boomerang: the more you project it, the more life's opportunities come your way. It got me to thinking: Which comes first: success or self-confidence?

One thing is certain: Recognizing whether or not someone is really successful can be illusive, but healthy self-confidence is *impossible* to miss. Confident people project poise and self-assurance; their optimism is contagious, and they are forever in forward motion.

As an example, a highly successful CPA in Southwest Louisiana always answers his phone by saying "Good morning!" regardless the time of day. His voice is consistently upbeat and positive and when asked how he is doing, he typically says, "Couldn't be better." Even during tax season, he remains calm and reassuring. His productivity is high, his clients feel secure, and countless business opportunities come his way. His confidence seems to breed success.

Your own idea of success may be out of reach at the moment, but you can demonstrate self-confidence *immediately*. Use these steps to get started.

1. Get over the "People will think I am acting superior" myth. Legitimate self-confidence is immune to that idea.
2. Look for opportunities where you can *take action*; face challenges head-on; refuse to play it safe; and put yourself out there!
3. Know that *everyone* is doubtful at times. *Occasional* doubt is helpful.
4. *Tame* your critical mind. Putting *yourself* down is directly contrary to any goal involving confidence-building.
5. Get clear about where you have been the *most* successful in the past. There you will find confirmation of your strengths and talents. Discovering and developing strengths and talents, no matter your age, will always place you on the superhighway of self-assurance.
6. Tap into the wisdom of others. *Listen* to self-confident people. Who, what, and where is their focus?
7. Make an appointment with your *Employee Assistance Professional*. Our specialty is working with people's strengths and resources. Nothing breeds self-confidence like working on a game plan for success and knowing that someone is there to support you all the way. Call 436-9533 to make your appointment today.
8. Proceed as though you are self-confident. With courage and intention, success can be yours *just for the acting*.

For more information about self-confidence, contact [candis@fyca.org](mailto:candis@fyca.org) or call 337-436-9533. Visit **Performance Employee Assistance and Business Services** at [www.fyca.org](http://www.fyca.org).



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