

## The Confidence to Walk

Confidence is not something that can be created out of thin air; it is a by-product of living life much like happiness is a by-product of the choices we make.

It's true that some people have more confidence than other people but they get there by making the choice to 'act anyway,' 'create anyway,' 'just get it done...' Their confidence has grown out of the decisions made – over and over again – to just go for it and see what happens mixed in with a healthy dose of tenacity. Confidence is the by-product of just doing it and trusting the process that taking action engages.



We can take an example of that from early childhood. When toddlers first begin the process of learning to walk, do they sit and wait until they have the confidence before getting up and getting to business? It's highly unlikely that the idea of confidence even crosses their sweet little minds.

They just do it!

And the first two hundred times a toddler stands up to take their first step – they fall right back down. Do these same toddlers stop trying because of a sudden loss in confidence? I'm sure it's happened once or twice in the history of man but everyone I know personally has made it through the process and learned to walk rather well.

Taking that same thought a little further, just about everyone I know over the age of three and under the age of eighty, is pretty confident

in their ability to walk – in fact, most don't even think about it any more.

Remember learning to drive? Do you remember being confident or was it something that grew over time?

Confidence is a by-product of taking action, experimenting, exploring, experiencing; it's the end result – not the pre-requisite. It's the end result of 'just doing it!'

I can hear many thinking, 'I can't possibly do...fill in the blank...unless I am confident I will succeed. Well, if that were true, most of the human race would still be crawling around on all fours, wearing diapers and never saying a word.

Recently I've had an experience that really drove this home for me. I've moved away from Canada to Norway to get married. In order to stay here in the country, I am required by law to learn the language.



Many of the sounds in this new language are familiar but some are not. The sounds that are unfamiliar are really difficult for me. I have had absolutely no confidence at all – until I realized I was putting the cart before the horse. I have no choice but to learn the Norwegian

language and how confident I feel in the endeavor changes nothing; I have to just do it.

Funny thing is happening through this... As I say the words anyway – as badly as I say them – my confidence levels grow.

Now I feel completely confident about a few things. I am completely confident that I will screw up the pronouncing as often as getting them right. I am completely confident I will make people laugh by screwing up. I am completely confident that I will eventually learn the language... As I just do it and trust the process my confidence grows.

Confidence is a by-product that can only be experienced after the action has been taken...



Want my advice? JUST DO IT!

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