

Stepping into Confidence Finding that Kid Again

Confidence - belief in oneself and one's powers or abilities;
self-confidence; self-reliance; assurance:

You have brains in your head.

You have feet in your shoes.

You can steer yourself in any direction you choose.

You're on your own.

And you know what you know.

You are the guy who'll decide where to go.

~Dr. Seuss



At a very young age, I had all the self worth, self esteem, self confidence, self respect with absolutely nothing holding me back. I was all adventurous, speaking to everybody I came across, participating in all sports, very creative, tapping into games of imagination; generally just being a fun, outgoing and loving kid.

Here is a good example of my self-esteem (confidence) when I was much younger. Back then, I moved from city to city to accommodate my father's profession of being in the military. My parents always attempted to find areas to live where there were many other children living. Probably even before I was unpacked in a new city, I was out in the neighborhood knocking on doors asking if there were any children living there. Another example was that I would go to the local park to see if there were any sports happening. It did not matter what the sport was, I would walk up and ask if they needed an extra player.

What happened to that kid?

Stay with me here for a bit and I will eventually get back to the kid in me. First, here are a few things that I would like to throw out to you on where my thoughts are as of this writing.

Not sure where I got this quote or whom it is by but it simply states, we as humans subconsciously attract/choose into our lives the people and experiences we feel we deserve. Hmmmmm... Deserve. To me deserve relates to one's self worth. That is my greatness, sense of value and even throw in a bit of self-respect in to top it all off.

On the other side of the coin, we have confidence, which to me is all about self-esteem. How one feels about what they do, how they look, how they feel about themselves.

Now back to the kid as promised.

The older you get, the more you learn to see what you have been taught to see. When you are a kid, you see what is there. - Steven Wright

As that younger child, I was that carefree, playful, very innocent and just plainly put, me, an out there kid. Time marched forward and life jumped up, going straight for my jugular or at least my subconscious thoughts.

Suddenly there were many more rules and restrictions brought forth, being told by others what was good or bad, being bombarded by the mass media on how I should be or feel about stuff. Then there was internal stuff happening as I grew up a bit more. My parents did not really get along very well which in turn brought up many negative self-esteem thoughts within me, over time. They became withdrawn from me and of course each other. It got to the point where I wanted to be out of the house the entire time rather than being home listening to arguments or total silence. Subconsciously I held onto that one for way too many years.

School was not very different. We are taught to do things a certain way, as perceived by another individual (teacher), to obtain a mark. Over ninety percent of my teachers taught textbook courses; do what

I tell you to do and you will pass. With that I was placed in a position to make good grades; to bring home good report cards to keep the peace at home.

Life just kept coming at me in this sort of way. My subconscious continued to jump up and bite me (you know where?) day after day showing me that my self-worth and self-esteem were not like that kid I started out being. Please do not get me wrong here, I was well liked by others, good at sports, good at being creative, did my work, adventured to the best of my ability and in turn was rewarded and compensated well for my ability to perform.

There came a point in time, retirement to be exact, when I made a conscious effort to find that kid in me once again. With the help of many friends, too many seminars, tons of books and endless conversations about growing and moving forward, I was coming into my own kid once again. Notice I did not say sessions of therapy. LOL Basically, I was making conscious choices that felt better; obliterating those older sub conscious beliefs that tore me down inch by inch.

I let my hair grow back, I put my thoughts out to the world for all to listen to or read. I dress the way I want, interact with others that I feel I wish to connect with. I now go on the path that feels good in the moment without any self-sabotage or questioning.

I will walk out on stage without fear and speak about me being a life coach who will inspire you to reach higher levels. I will speak about me and my experience, the good, the bad and even the ugly. I will tell jokes that make me laugh. I will create websites for me and for others that come from my heart. I will play and just be me, no matter what others think. After all, it is all about me, being that kid.

I have found that kid in me once again. My love goes out to all of you.

Peace and Love
Wayne

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