

Ep10 transcript - Courageous beginnings: Building confidence one step at a time

Laura Taylor (00:01)

In episode 10 of the Pivot Academy podcast, we are talking about how to overcome the obstacle of not having confidence. So if you are struggling to build confidence to make changes in your life, this episode is for you. Let's dive in.

Hey there beautiful and welcome back to the show. Today we are chatting about why waiting to feel confident before you actually try something new or try to implement changes in your life is a complete waste of your time. Now I know that that may be a really unpopular opinion and there's probably people listening who would argue that if you work on your mindset

or potentially upskill in some way, then you will be able to cultivate confidence. But I truly do not think that this is the case. And I know firsthand that if you wait for confidence to kick in before you try something, then you end up feeling like there's something wrong with you when you don't feel confident, even if you have been willing yourself to feel this way. And

it ends up sending you into a bit of a spiral where you feel even less sure of whether you should give something a go before you've even started. So instead of waiting to feel confident before you try something new, I discovered through my own journey that what you are actually better to focus on is courage, not confidence. And

there's a really big difference between courage and confidence. And once you start to understand this and have awareness of the difference, then you can really tap into the power that lies, I believe, within each and every one of us to create a life that is truly aligned with our goals and our visions. So you might be thinking, well, Laura, that's just semantics, the difference between confidence and courage.

but it's not, I promise. And I want you to stay with me on this one because courage is a choice. It is a choice that is available to each and every one of us in every situation. It's that choice to act even when you're scared. It's about taking that first step into the unknown, even if you feel petrified.

Confidence on the other hand though is that feeling of self assurance that comes from having experience and knowledge and it's really important as I said to understand the difference because confidence is not a prerequisite to start something new but I believe that courage really is. You see confidence comes in time. It comes once you've

had trial and error and you've made mistakes and you failed and you have that experience under your belt. But courage is what you actually need to get started. When I first decided to think about leaving my career as a practicing vet, I did not have confidence. I absolutely did not have confidence. I was terrified. I had spent a very long time studying.

become a vet and then I'd worked as a vet for 10 years and for months I really stewed over how I could make this massive change. I knew it was time, I knew I was ready for a new chapter in my life but I had no idea how I was going to pull off such a big change. So to say that I didn't have confidence

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To pull off making a huge change and following through with such a massive decision is an understatement. But I came to the realization that if I really wanted to create this change and follow my heart and intuition, and it was time to shake things up, which I knew that it was, then the bottom line was that I had to summon up the courage to take the first baby step.

And ultimately, if I look back on my journey, it was this, this decision to have courage that really started things off. I chose to move forward despite my fears. And that's the key courage. Courage comes first when we're trying something new, especially if it scares you. I mean, you think about any new venture or change that you may have wanted in your life at some point.

Did you feel confident from the start? Probably not. But the takeaway message that I want to give you today is that confidence isn't necessary to get started in whatever you are wanting to do in life, but courage is. And more importantly, courage is in you already. I know that sounds very woo and deep and philosophical, but courage is within.

each and every one of us. And I know that for a fact. You wouldn't be listening to this podcast if you weren't one of the brave people who had decided to create a life that is aligned with your values and your hopes and your dreams. So I want you to take a moment and recognize, really recognize that you are a courageous person. The courage you have already shown

by seeking out this podcast shows that you are courageous. It might be a small thing that you've done to show up for yourself today and to be listening to a self development podcast, but you're here because you're ready to make change and that takes incredible courage. So please take that moment just to recognise that.

So once you understand that courage is what you need to make changes in your life and that it's already within you, it's then a matter of starting to string together small successes and learning from your failures because that's when courage slowly turns into confidence. Each step you take, each challenge you face head on adds to your experience and builds your confidence.

It's like a muscle that gets stronger with use. If you think back to the first time you rode a bike or learned a new skill, at first it was daunting. It was scary, but you kept trying. And with each attempt, you got a little bit better and confidence grew. And that's exactly how courage morphs into confidence. So years before I made the decision to leave clinical practice as a vet.

I already knew that I wanted more. Now, I didn't know what that looked like. At the time, I still loved my job, but I knew for sure that I wanted a life that aligned with my top values of service and freedom. And I realized that while I could tick the service box, practicing as a vet in an animal shelter,

I certainly wasn't going to achieve the freedom that I wanted and in the way that I really desired. I knew that I wanted complete freedom in the way of finance and time so that I could decide when and where I was going to serve. I decided that I wanted to create passive

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income. And so I started out on a journey of creating a property investment portfolio. And that was something

that I built over years. But when I started to do this, I absolutely did not have any confidence. I knew nothing about looking at mortgages and finances and speaking to agents or town planners. This was something that I found incredibly scary. But I chose to be courageous and I took one step

after another. And slowly with each step, I gained experience. I gained proof that I had the courage to give things a go. I absolutely made mistakes, so many mistakes. I failed time and time again, but I continued to gain momentum and my courage grew. And finally I became

A confident, I was going to say a semi confident, but let's go with confident, a confident property investor. And confidence is the outcome of taking courageous steps. Confidence is what courage transforms into once you have experience and confidence will come in time, but not right away. I'm learning this all over again on my podcasting journey.

I have taken courageous steps to start this. I am getting feedback. I'm gaining experience and slowly but surely my confidence is building. You just need to take that first brave step. And one of my favorite quotes comes from Mel Robbins in her book, *The Five Second Rule*, where she says, confidence is built through acts of everyday courage. And this couldn't be more true.

Every time you push past your fears and doubts and take action, you are building your confidence. You're proving to yourself that you can do it. So if you want to feel confident and in control and in charge of your life, you just need to take the first brave step. But how do you harness bravery when you don't have experience or proof that you can do things yet?

Well, I'm going to share with you five steps that have really helped me to support getting started. And I know that they have the ability to help you too. So number one, visualise success. Picture yourself actually doing the thing that you want to do because visualising end results, they allow you to feel what that success is going to feel like.

It actually creates new neural pathways in your brain and it helps reduce fear and boost your courage. So if you are starting out on a new journey and you want to do something, but you don't have the courage, you don't have the confidence, then just visualise how do you think it would feel to do that thing? I guarantee it will give you that tiny little boost you need.

to start to take the first courageous step. Number two, start small. So if you have big dreams and big goals, it can be overwhelming. Break it down into really small manageable steps. Take one small step at a time and with each small success, you will build more courage and then eventually confidence. Number three, positive affirmations.

Now, I know that affirmations can get a little bit of a bad rap and you know, a lot of people talk about them. But I just want to say there is the scientific backing behind how affirmations work. I won't go into all of that now. I think that could probably be a whole other episode. But

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remind yourself through affirmations of your strengths and past successes. Positive self-talk can really boost your courage.

So your affirmations could be as simple or as in-depth as you want them to be. Mine sometimes are as simple as I am enough or I am courageous and I have everything within me that I need to make whatever change that I'm wanting to do. They can be really simple or they can be as I said quite complex and specific based on a particular goal that you're wanting to get to.

Number four, surround yourself with positive people. And I know I talk about this quite a lot, but who you spend your time with, who you choose to surround yourself with, does have an effect on you. So if you're wanting to make big changes and you are spending time with friends who think what you want to do is a really silly idea, that is not going to support you building courage to achieve your goals.

So surround yourself with supportive people and have discernment around who you spend your time with. Number five, accept failure as part of the process. So understanding that failure is not the end, but a learning opportunity is such a vital lesson that I have learned. Because each failure brings you one step closer.

to success. And the way I think about it is the more success you want, the more failures you also need to have. Because the more times you fail, the higher the chances are of your success. So try reframing how you look at failure. Celebrate it. Embrace it as something that is moving you closer to where you want to go. Now,

When I decided to pivot from my career as a clinical vet to an entrepreneur, I faced countless fears and doubts. I didn't have confidence, but I chose to act with courage. I took small steps. I celebrated small wins and I learned and continued to learn from my setbacks. And over time, those acts of courage built my confidence and

I can say today have truly transformed my life.

By choosing courage over comfort, you're setting yourself up for a life of abundance and alignment. So embrace courage, take the first step and watch your confidence grow.

So my takeaway for you today is that if you are ready to create change in your life, whatever that change looks like to you, whatever you are feeling called to do, you can absolutely do this and you can start to do it today because truly what you need to get started is already within you. You don't have to rely on confidence to start your journey. You simply put one foot in front of the other and take baby steps of courage.

So to recap some really helpful ways that helped strengthen my courage muscle, which I know will absolutely help you and support you do the same is to visualize success, start small, incorporate positive affirmations, support yourself with people who are supportive of what you want to do. And finally, accept failure as part of the process.

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Now, before I wrap up, I just want to say how grateful I am that you chose to join me today. Our time is our greatest asset and I truly appreciate that you chose to spend some of your time listening to this podcast today.

I would love so much to hear what steps of courage you are going to take. I absolutely love hearing from you and connecting with you. So head over to Instagram. I'm at pivot with Laura. And if you know someone who could benefit from this episode, please be sure to share it with them right now. Plus, if you haven't already subscribed to the podcast, this means that new episodes will appear automatically every week and you don't need to go searching for them.

I would also be so grateful if you have a moment to leave a review. This helps the podcast to grow and means we can help as many people as possible implement positive changes in their life. And until next time, beautiful, keep nurturing your growth, embracing change and believing in the power of your journey. Thank you for being part of the Pivot Academy community. Keep pivoting towards your dreams and I'll see you in the next episode.