



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success Through Failure Podcast

Action Plan Episode #430

Ironclad Confidence: 12 Strategies for Unstoppable Success

This episode of [#STFpod](#) is your playbook for transforming uncertainty into unyielding confidence. Confidence isn't just a wishful thought; it's a skill, honed like a muscle. Today, I'm breaking down 12 bulletproof strategies to boost your confidence in any arena.

We're diving deep into leveraging your hidden strengths, honing a champion's mindset, and mastering the power of visualization. Learn the real deal about affirmations, the same ones used by UFC powerhouse Michael Chandler and Olympic gold medalist Lindsay Shoop! Plus, I'll show you how to flip failures into a powerful arsenal for success.

But remember, these tactics demand action, not just thoughts. There are no magic shortcuts here. Implement these strategies into your daily grind to see tangible results.

Confidence is the key to unlocking your potential. If self-doubt has been your roadblock, and you're looking to gain an edge in your career, personal life, or beyond— this is your must-listen episode.

Top Quotes From This Episode

"Confidence is what stands between you and what you actually want in your life."

"It's the repetition of affirmations that leads to belief. And when that belief becomes conviction, things begin to happen." (Muhammad Ali)

"Life is performance. Every day is a performance."

"Can you truly evaluate, unemotionally, your performance? Not critically, but with an eye for an opportunity to improve. Can you practice being compassionate to yourself?"

"Put yourself in those uncomfortable situations. Step outside of your comfort zone; that will build confidence."

Show Notes

This episode touches on the following key topics and ideas:

12 Surefire Ways to Boost Your Confidence in Any Situation

- 1. Reiterate Your Strengths (3:57):** Take a moment to write down and memorize your strengths. This simple act helps reinforce your positive attributes and bolsters your self-confidence.
- 2. Set Achievable Goals (6:11):** Learn from [Jake Herbert](#)'s insight: track small wins. Consciously set realistic goals and celebrate achievements. Small victories build a foundation for tackling larger challenges.
- 3. Visualization (7:55):** Utilize [the power of visualization](#). Envision success in specific scenarios. Whether it's your senior season or a critical business presentation, mental rehearsal gives you a mental edge.
- 4. Positive Affirmations (10:14):** Embrace positive affirmations, not just in words but in feelings. Internalize the positivity to build confidence.
- 5. Practice Self-Compassion (11:53):** Instead of dwelling on mistakes, evaluate your performance objectively. Identify opportunities for improvement without harsh self-criticism.
- 6. Improve Your Body Language (13:37):** Be mindful of your body language. Proactively convey confidence: stand tall, offer a firm handshake. Small adjustments can significantly impact your perceived confidence.
- 7. Step Out of Your Comfort Zone (14:40):** Push your boundaries. Gradually expand your comfort zone, understanding that growth lies beyond familiarity.
- 8. Surround Yourself with Positive Influences (17:43):** Seek inspiration from successful peers. Whether it's fitness achievements or entrepreneurial success, being around positive influences sets a higher standard for yourself.
- 9. Celebrate Your Achievements (20:00):** Plan celebrations for milestones. Acknowledging accomplishments fuels ongoing success. Celebrate intentionally and get back to the grind.
- 10. Practice Gratitude (22:00):** Connect gratitude with self-assurance. Adopt gratitude practices; write letters, list things daily. Acknowledging what you're grateful for enhances your overall mindset and confidence.
- 11. Avoid Comparison (23:51):** Be mindful of subconscious comparisons, especially in the age of social media. Limit exposure and shift your focus to your unique journey. Awareness is the key to breaking the comparison cycle.
- 12. Embrace Failure and Learn from Mistakes (25:17):** Emulate [Michael Chandler's approach](#): pursue goals with total disregard for past failures.

Learn from setbacks, as failure is an inevitable part of the journey towards confidence.

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List of Resources Mentioned in the Episode

Dr. Nate Zinsser's book, "[The Confident Mind](#)"

Want to talk to a personal performance coach?

Want to consider executive life coaching? Claim a spot on Jim's calendar for your free one-time clarity call: [JimHarshawJr.com/APPLY](#)

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Other Episodes Referenced

[#336 West Point Director of Performance Dr. Nate Zinsser on How to Create a Confident Mind](#)

[Wrestling with Greatness Episode 3 with Jake Herbert and Andy Hrovat](#)

[#99 World Champion Mike Chandler on Escaping Doubt and Finding True Confidence](#)

[#323 Mindset of a Champion from a Champion: UFC's Michael Chandler on Success, Failure, and Your Journey to Greatness](#)

[#320 Better Great Than Never with Olympic Gold Medalist Lindsay Shoop](#)