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Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #515

4 Biblical Principles for Building Bulletproof Confidence

You don't need another "how-to" to feel confident.

You already know what to do— eat better, train harder, be more consistent. But confidence isn't about information. It's about what you believe when things get hard.

In this "Success for the Athletic-Minded Man" episode, I unpack how faith (yes, even if yours looks different than mine) can be the missing link between striving and peace.

I'll walk you through the four enemies of confidence every high-performing man faces, and how faith flips each one on its head.

You'll hear stories of Kyle Guy stepping up to the free-throw line with everything on the line, A.J. Brown finding peace in pressure, and lessons I learned firsthand after quitting my job right before COVID hit.

But this isn't a sermon, it's a conversation about what it really means to perform with calm, clarity, and conviction.

Whether you're a man of faith or just someone searching for something steadier to stand on, this one will challenge how you think about confidence forever.

Top Quotes From This Episode

"Remember, everyone you meet is afraid of something, loves something, and has lost something." —Jackson Brown

"When you show up with confidence, you show up better."

"If you do your best and you lose, then you did your best anyway."

"When your ego and pride get in the way, you're not the best version of yourself."

Show Notes

This episode touches on the following key topics and ideas:

- **The Truth About Confidence (0:50):** Confidence is built at the intersection of mindset and faith. And performance psychology aligns closely with biblical truth.
- **Four Pillars of Confidence (1):** Confidence is challenged by four barriers—fear, self-doubt, uncertainty, and ego.
 1. **Fear → Let Go (7:40):** The story of Kyle Guy's three clutch free throws shows how pressure eases when focus shifts from outcome to execution. Scripture echoes this: "Fear not, for I am with you" (Isaiah 41:10). Confidence grows when moments are treated as important, not special.
 2. **Self-Doubt → Act As If (13:40):** Belief precedes performance. The Patriots' comeback from 28–3 and Deion Sanders' mindset— "the ball is mine"— illustrate how behavior follows belief. Proverbs 23:7 and Mark 11:22–24 reinforce that thoughts shape reality.
 3. **Uncertainty → Trust the Plan (19:00):** Setbacks and detours often disguise divine direction. Trust turns anxiety into awareness and opens new opportunities. Proverbs 3:5–6 advises leaning not on personal understanding. Confidence deepens when uncertainty is viewed as part of a bigger design.
 4. **Ego → Serve Others (25:33):** Ego shifts focus inward and tightens performance, service turns it outward and builds freedom. The mindset of Philippians 2:3–5— valuing others above self— creates humility without weakness. Confidence expands when attention moves from proving to serving.
- **Integration (31:44):** Confidence through faith is built in daily choices, not rare moments. Let go of fear, act as if, trust the plan, and serve others. When belief drives behavior, the "how-to" naturally follows.
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List of Resources Mentioned in the Episode

["The Confident Mind: A Battle-Tested Guide to Unshakable Performance"](#) by Dr. Nate Zinsser

["INNER EXCELLENCE: Train Your Mind for Extraordinary Performance and the Best Possible Life"](#) by Jim Murphy

["The Inner Game of Tennis: The Classic Guide to the Mental Side of Peak Performance"](#) by W. Timothy Gallwey

["As a Man Thinketh"](#) by James Allen

Other Episodes Referenced

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

[#514 How to Reverse Engineer Your 10-Year Dream into Daily Action \(With Fitness Coach Todd Durkin\)](#)

[#511 How Dean King Turned Danger Into Discipline and Storytelling Into Purpose](#)

[#509 The #1 Leadership Mistake That's Quietly Killing Your Team— With Ross Bernstein](#)

[#507 How Anthony Robles Built Unstoppable Confidence \(With One Leg and No Excuses\)](#)

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