**STEP OUTSIDE YOUR COMFORT ZONE (PHYSICAL CONFIDENCE)**

**Male speaker**: Welcome to the Chalene Show. Chalene is New Your Times Best-Selling author, celebrity fitness trainer and obsessed with helping you live your dream life.

**Chalene Johnson:** For so many people, their confidence can start by doing something physical. And I don’t necessarily mean that you need to lose weight or to look beautiful and that like it’s an outward thing. But there’s something for many of you that is less scary than changing your mindset. It’s just like saying, “Okay, I’m going to commit to doing something tough physically. I don’t know if I can do something tough mentally yet. I don’t know if I can do something that scares me in terms of standing up for myself or having a voice where I’ve never felt like I’ve had one before, but I know I can do something physically that’s like less intimidating.

So I want to talk to you about that and share with you how I believe that when we do things physically it doesn’t just build our strength outwardly, it can often be the catalyst for building strength inwardly. Like the first time you try something you’re like, “This is going to be hard and I’m kind of scared that I’m going to fail and - but I’m going to go for it.” And you get through that workout and you’re like, “That’s kind of cool. I feel really confident.”

 Now, it might surprise you to know that even though I’ve been a fitness professional for 25 years like just a year ago I started taking a new style of workout, meaning, indoor cycling to the beat that I’d never done before. And it was scary because the only other times I’d done in the past I kind of felt like a failure, like I didn’t enjoy it and I thought it was too hard. And it just wasn’t my thing. I didn’t connect to it. It didn’t help my confidence.

 But then I found a style of indoor cycling where you’re like moving to the beat and I loved it and it was really, really hard. It was really hard because I hadn’t developed those muscles. I hadn’t developed that type of endurance training in those fast intervals. And because of it, you might be surprised to hear that there here was this new form of workout that just gave me like this cool feeling of confidence.

 So I want you to first think of what type of exercise do you feel like you would succeed at. Because I don’t want you to pick a workout that makes you feel like you’re going to fail. I mean, I’m not going to name names but there are certain workouts that I’m not going to do because I know enough about it to know it’s not the right decision for me. It’s not going to make me feel more confident. I’ll probably get injured. It’s not what I want for my body. It’s not the type of challenge that I’m looking for. I want challenge. I want something that’s tough, but I want to know and I want you to know that you can pick something that you can succeed at.

 I want you to set a goal for yourself of doing something this week physically that’s a little intimidating but you just know that once you decide and commit that you might not be great the first time but you’re going to get it. And if you go to that first workout or you’d pop in the DVD or you try something new with a friend, you just decide this is not the thing, then pick something else. But don’t decide it’s the wrong thing just because you weren’t good at it. I want you to know like you shouldn’t be good at something the very first time you do it. Where is the challenge? Right? That’s number one.

And then I want you to identify how it made you feel. Like notice because so much of changing our confidence is changing the way that we think and what we place our focuses and emphasis on. When we only focus on the negative, then that’s what we attract more of and that’s what we feel more of and that’s where our brain goes. And we get stuck in a rut. So you’re going to start focusing on all the positives. Like if you feel soreness the next day, recognize like soreness is change. This is my body changing. This is me becoming more courageously confident by doing something that’s scary.

I want to share with you a story of one of my friends who had a very difficult decision to make, a very scary decision to make. And she had to go to her family and tell them her truth. She knew that she had to tell her parents that, “Listen, I’m not going to marry a man. I’m in love with a woman.” And I don’t know how to tell them this and I wish I could change it and I wish I didn’t have to feel this fear and disappointment and I don’t want to have to look into the eyes and feel like they don’t love me. And this is the scariest thing I’ve ever done in my whole life but I’m living a lie. As scary as this is, I can’t keep living this way. Even though I don’t know how they’re going to respond. I don’t know what’s going to happen. But I do know this, I’m not being truthful. I’m not being honest. And I’m dying inside because of that.

And that was so scary. So you know what she decided to do first? She decided first to jump off the stratosphere in Las Vegas. Now you might go, “That’s not that big of a deal.” Did I mention that she has extreme fear of heights and she was standing in line to do that? “I felt like I’m going to puke. I felt I’m going to throw up. I’m going to be physically sick. I feel like I’m going to die.”

Now, if you have a fear of heights you know what I’m talking about. When you feel that and you’re placed in that environment, you literally feel—it might not be logical—but you feel like you’re going to die. And she thought, you know, “If I can overcome this fear physically, if I can just put myself in a situation and see that I actually am not going to die, I’m going to live; if I can do this, I know I can face my parents and my family with my truth, because that’s making me feel like I’m dying.

And she said, “You know, I just - and I realized, wow, I feel like a million bucks. I did it. I lived. My knees were shaking. I felt like I was going to throw up. I was sweating. My heart was racing. I literally felt like I was looking at death and I did it and I lived. And I feel better.” And just a week later she sat down with her family and she did that very, very scary thing and I’d love to be able to tell you, “Oh, it was perfect and her parents embraced her and hugged her and they were so happy and joyful that she had found love and that she was being true to herself,” but it didn’t turn out that way. And I asked her, I said, “So, what happened?” She said, “Well, you know, surprisingly, my dad accepted it and it was hard on my mom, really hard on my mom.”

“As hard as that was, it wasn’t as hard as where I was which is living a lie.” She said, “As terrible as it felt to see the disappointment in her eyes, I felt so much more confident and courageous because I had been honest with her and eventually did come back around.” These things work themselves out when you courageously do what you know you need to do. When you feel the fear and you feel that little gut instinct inside of you that says, “I know what’s right in my heart. I know what’s right in my heart and in my gut and I just have to do it, it works itself out. And how she has her love and support.

You might have to do something that is so scary and you don’t know how it’s going to turn out. But I tell you this, when you do what’s right, you will always feel better. But sometimes it starts by building up our inner confidence by doing something physical where you realize like, “Okay, I didn’t die. I’m still alive. And I feel more confident.

This episode has been sponsored by CourageousConfidenceClub.com. It’s a club that I’ve created specifically to help people who struggle with confidence and insecurities and social settings and just standing up for themselves, being yourself and feeling good about it. All of us could benefit from having more confidence.

I’d love for you to just experience a taste of it. So please be my guest by going to ChaleneJohnson.com/confidencetips. Now, if you don’t feel like writing that web address down or remember to go there later, all you have to do is, while you’re listening from your phone, send me a text message. The number is 949-565-4337. And that is for U.S. residents. Then send me the word “confidence” and I will send you access to this video. This video will help you to eliminate self-doubt and just feel more confident in any situation whether it’s worth or personal or just your social interactions. Every one of us can benefit from having more confidence.

There you’ll submit your emails address and I will immediately send to your inbox my latest training video where I’d teach you step by step how to feel more confident in just about any social setting. I think you’ll find this incredibly useful whether it’s business or personal or just in your everyday interactions. Confidence is something that makes life easier, it helps you to raise more confident and self-efficient children. It allows us to speak our minds, to stand up for ourselves, to do the things that otherwise we are paralyzed by fear and we just allow our own thoughts to stop us. By learning how to overcome self-doubt and fear of success, you can become that confident person that others are attracted to, the person you want to be, the person you deserve to be, the person you know is inside of you.

So thank you for checking out my free tools by going to chalenejohnson.com/confidencetips.

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