

Adenike Olumide-Emmanuel

CONFIDENCE

Quotes

Building Unshakeable Confidence,
One Quote at a Time!



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Quote 1

**CONFIDENCE IS A BELIEF IN YOURSELF AND THE
CONVICTION THAT YOU HAVE THE ABILITY TO SUCCEED**
-Adenike Olumide-Emmanuel

You wear confidence like a cloth, girlfriend. You put it on and step out in it. You must believe in yourself first before someone else can believe in you. No one can do that for you.

Yes, your mentor, uncle, aunt or even your mum and dad may believe in you, but you will not go as far as you ought to go if you do not believe in yourself. You see, it has to come from within you, and as soon as that happens, the job is 95% done.

Anyone else believing in you is just the icing on the cake. The cake is the main thing and if there's no icing on it, it can still be eaten. But the icing makes it more beautiful to the eye, more appealing. So also, you believing in yourself is the cake. Others believing in you is the icing on the cake. It makes what you do, who you become, appealing to the eye.

Make up your mind girlfriend to begin from this day to believe in yourself. Say this: "I Believe in Myself"



Quote 2

DESPISING CRITICISMS REEKS OF LACK OF CONFIDENCE

-Adenike Olumide-Emmanuel



Do you lack self-confidence? Or better yet, do you despise criticism?

Despising criticisms may be a pointer to why you lack confidence. Criticisms are healthy. They help you to be balanced. If no one is critiquing you, you are not doing something worthwhile.

And when you are critiqued, be wise enough to know the criticisms that come from a place of love and those that come from a place of envy. Those which comes from a place of love have your best interest at heart, wants you to have a growth mindset, wants you to evolve and become a better you.

Those who criticize from a place of envy are in themselves not secure and then, they are projecting their insecurity onto you, so don't allow it.

But for you not to allow it, you have to be confident and secured in yourself to even be able to recognize the type of criticism it is, for you to know what to do.

When next you are criticized, be objective enough to know if it's from a place of love or envy. If it's love, please listen and consider carefully what is being said. But if it's from a place of envy, good for you. It means you are secured in yourself to know the difference.

Quote 3

CONFIDENCE IS BUILT THROUGH TAKING ACTIONS DAILY **-Adenike Olumide-Emmanuel**

Why do you feel the way you feel? Why do you lack confidence? Why is it that when you are called to speak or do something before a crowd even if the crowd is a people of 5, you feel a rush to your head and become light? Why? Have you sat down to critically ask yourself these questions?

Why exactly do I feel like this? If you haven't, you should because until you do, no one can help you. Once you narrow down your 'why', you can begin to do something about it. How? By taking action daily!

So, if you walk into a hall and you know you'll like to meet someone but you don't have the confidence to walk up to someone to say hello, begin to practice it in your mind. See yourself walking up to someone, anyone, in a crowd and introducing yourself to them.

Do that daily in your mind and the next time you go for a conference, practice it. Have a conversation starter, "Hello, my name is Denike and I play in the Shea Butter space, what's yours and what do you do?"...and that's how you begin. Be sure to put yourself out there, girlfriend. Be determined to say hello to at least one person to begin with and then move on to two, three, five and before you know it, you've conquered that.

So, whatever you lack confidence in, practice it first within, on a daily basis, then step out to put it into action also on a daily basis.



Quote 4

CONFIDENCE MEANS TRUST **-Adenike Olumide-Emmanuel**

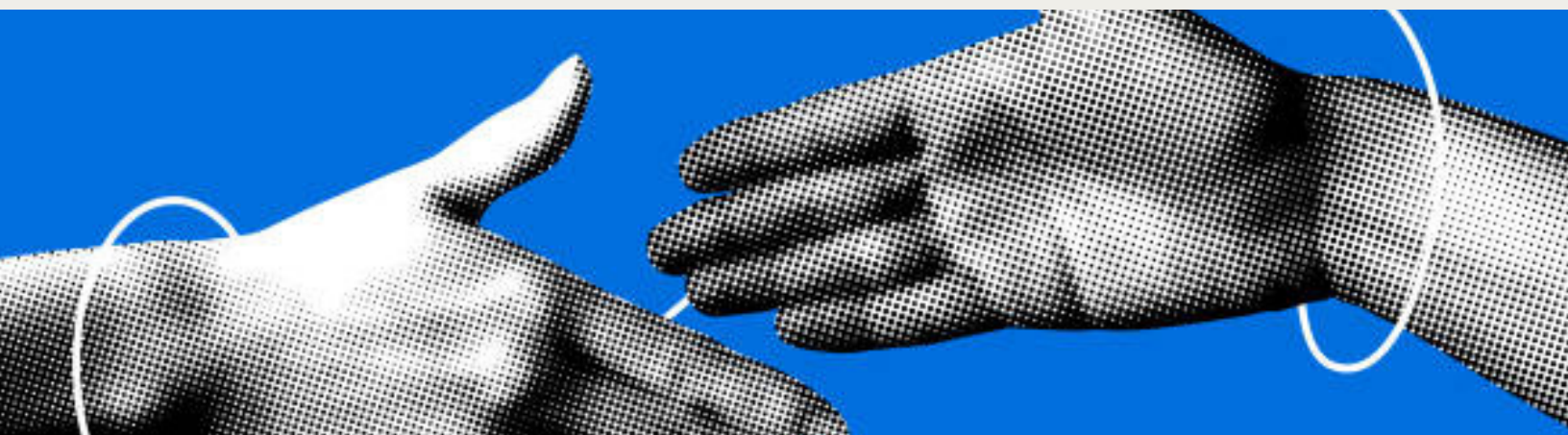
Confidence and Trust are related, yes! And in some parlance, trust could be a synonym for confidence.

While confidence is the trust you have in yourself, something or someone, trust is the ability to rely on someone because you are confident that they are reliable, dependable, trustworthy...worthy of your trust.

You cannot say you have self-confidence and not have two or more people that you trust, in your life. Having these people in your life is a sign of your confidence. It reveals to yourself and others around you that you are confident in yourself enough to depend on someone else.

It reveals that you are confident in yourself enough to bring others into your space. You can be vulnerable before them. You do not have to be put together all the time where these people arrange concerned. You get them and they get you.

Confidence means Trust. Do you have such people in your life? If you don't, you do. And if you do, good for you because that's one of the reasons you have a positive mental health.



Quote 5

CONFIDENCE IS NOT BRAGGING OR BEING PROUD -Adenike Olumide-emmanuel

When you say you are confident, it doesn't mean that you should be full of pride or bragging. The more confident you feel, the more humble you should be and not in a condescending way. So, how do you go about it, you ask?

When you are a confident person, you don't show off. You are not all

about the place. You don't make noise. When a barrel is empty and you roll it on the floor, it makes so much noise. But if you pour diesel into this same barrel and you roll it on the floor, you only feel that something is rolling towards you...quietly, there's no noise.

That's the same way it should be with you as someone who is confident. When you are quietly confident, it portrays you as a person who knows her onions. Someone who knows herself and what she is capable of doing.

You do not have to prove yourself to anyone. Let your confidence show in how you get things done around you. So, being confident doesn't mean you have to be proud.



Quote 6

FEAR OF REJECTION BREEDS LACK OF CONFIDENCE.

-Adenike Olumide-Emmanuel



Some people are bad marketers for their businesses and it is because they do not want to be rejected. They fear rejection. They are afraid to hear the word, "NO". The fear of rejection is an indication that you might lack confidence in some aspects of you.

In looking at the subject of confidence, I have come to realize that an individual can feel confident in certain areas of her life and the same person, lack confidence in other areas. E.g, as a Business Support Analyst, you may be a confident executive, sure of yourself at work, hands on and productive and known to be the go-to person when anyone needs things done at the office.

But in another setting, say among your in-laws you can simply sit in a corner or hide away in the room at a family function. Well, you may not need to carry your confidence level across all facets of your life, but there's got to be a balance. You shouldn't be at the end of the spectrum, you should carry it across the spectrum.

So, if you are a business owner, you are the first marketer for your business and you need to work on your confidence level in order to go out there and talk shop. Put your business model in place and run it. Accept the fact that you won't hear a "Yes" all the time because "No" is a word that you need to get accustomed to.

Quote 1

TURN YOUR FEAR INTO MOTIVATION

-Adenike Olumide-Emmanuel

Turning your fear into motivation helps you to conquer the fear. You not only conquer the fear, but your confidence level also rises on the Confidence Meter.

I don't have many things I fear in my life but you see Heights! Heights is one of them. When I go up a tall building and look out the window, I begin to feel like I'll fall.

When I was younger, we had this duplex in Festac and me and my cousins would climb up to the balcony and jump down. We would climb up the water tank, connect to the balcony, then jump down and do it again. It was like jumping off a one-storey building, it wasn't high at all. (Please, don't try this at home).

But when it's getting to 5-6 or more storeys, I look down and it's something else. So, imagine someone like that saying she wants to go skydiving! But, that was what I did. I went sky diving from 14,000 feet above sea level and you cannot begin to imagine how I felt after I landed.

That I could do it at all, was one thing. But that I did do it was another. Oh My! It boosted my confidence level off the meter. I did something that most people wouldn't dare to do. Writing about it now still brings a rush to my head...Smiles!



So, what is that thing that scares you the most? Face it and mark it off your 'scary things' list. Not only will it boost your confidence, but it will also propel you to reach for more because if you could have faced that, then what else can you not face, right? Conquering your Fear Motivates you to do more!

Quote 8

ONE WAY TO BUILD CONFIDENCE IS TO KNOW YOURSELF

-Adenike Olumide-Emmanuel

INVEST IN YOURSELF!

One way to build confidence is to know yourself. So, do you know yourself? Have you carried out a SWOT analysis on yourself by yourself? Have you sat down to really think about your person, to know why you behave the way you do, why you talk the way you talk, walk the way you walk, act the way you act? Have you sat down to carry out a study on your person?

If you have not done the above, please take time out this week or weekend to do so. Simply find a quiet place for about 30 minutes to 1 hour to think about YOU. What are your Strengths? What are your Weaknesses? What serves as an Opportunity about you when you consider your Person? What serves as a Threat to you? What are your Likes and Dislikes? What makes you happy? What brings A smile on your face? What Makes you Frown?

Those are some of the questions you need to answer in order to know you. When you know yourself, there are some things you'll no longer take in your life. There are somethings you will no longer do. There are some people you will no longer accept into your life. In short, your change will be noticeable by all and it's only because you took out time to get to Know You!

You build your confidence as you get to know yourself better because now you know and understand yourself. You are not defined by other people's narrative of you.

Quote 9

YOU WOULDN'T WORRY SO MUCH ABOUT WHAT OTHERS THINK OF YOU IF YOU REALIZE ABOUT HOW SELDOM THEY DO

-Eleanor Roosevelt

Is it not amazing how you walk past a group of people who suddenly burst into laughter and you started to think they were laughing about you? So, what if they were laughing about you? That means you've done something of note to be laughed about. You did something worth noticing. Some people are not even noticed at all...they simply pass through life without being noticed.

But guess what? They were not even laughing at you at all. As a matter of fact, they didn't even see you. They were so engrossed in their chat that they did not notice you at all and happened to burst into laughter when you were passing by. Yet, how many times have you experienced such and then you become self-conscious and begin to feel insecure?. You begin to think something might be wrong with your skirt suit or perhaps your hair is out of place. Or maybe it's your shoe.

It's just your mind playing tricks on you. It's you speaking to yourself and telling yourself you are not good enough. You must stop that immediately. When the thought "they must be speaking about me" comes, say, "yes, they must be. It's because I'm looking so gorgeous, I couldn't have passed by without getting unnoticed.

Instead of talking yourself down, begin to talk yourself up. Do this each time self-deprecating thoughts comes your way and thoughts by thoughts, day by day, you will begin to build your self-confidence.

B E L I E V E I N Y O U R S E L F

Quote 10

**IF YOU DOUBT YOU CAN ACCOMPLISH SOMETHING, THEN YOU CAN'T.
YOU HAVE TO HAVE CONFIDENCE IN YOUR ABILITY, AND BE TOUGH
ENOUGH TO FOLLOW THROUGH**

-Rosalynn Carter

If you think you can, you can and if you think you can't, you can't. What you believe is who you become. It is first within and then without. If you do not have it on the inside, you cannot produce it on the outside. If you don't have confidence in you, why should someone else have confidence in you? Another way to put it is this: "if I don't have confidence in me, why should someone else have confidence in me?"



Girl friend, you must have confidence in your abilities first, then follow through on that confidence. Look at the situation strategically, what do you need to put in place to accomplish what you need to do? What could be an hindrance? What's the worst case scenario here? What if you do it and you fail? So, what? What if you do it and you succeed? We will never know, until you try.

So, get to work. You've got all it takes within you. Get up and do what you know you should do. Do what you need to do. Others are getting it done, why not you? Stop talking yourself out of opportunities. It's your turn. Yes, you can. Yes, you must...Yes, you will!

Quote 11

**YOU ARE TWICE DEFEATED IN THE RACE OF LIFE IF YOU HAVE NO
CONFIDENCE
-Cicero**

If you have no confidence in yourself, you would have been twice defeated in the race of life. With confidence, you have won even before you have started.



Quote 12

THE OLDER YOU GET, THE MORE YOU UNDERSTAND HOW YOUR CONSCIENCE WORKS

-Criss Jami

The biggest and only critic lives in your perception of people's perception of you, rather than people's perception of you. Did you read that well? Please read it again. Did you read the part that says, 'The biggest and only critic lives in your perception of people's perception of you, rather than people's perception of you?' That's DEEP!

It is all YOU! It's all about how you think people think about you, about how you think people see you, about how you think people perceive you. It is all about Your Thought! How do you think? Do you have a positive perception of yourself? Do you give yourself some credit? Do you know that people might actually think highly of you, than you think of yourself?



You see, appearance is the first thing that matters in perception. When people see you, they categorize you in their mind...by your appearance, what you are wearing...down to your shoes and bags. Next when you open your mouth to speak, what you say and how you say it will determine whether you will go higher or lower on that mental category scale you have been placed...that's all fine and good.

However, what I am saying to you today is that it doesn't matter what mental scale you have been placed. You Are All that Matters. Your mental scale of yourself is the most important of all scales. Do your homework. Be good at whatever it is you are doing. If possible, be the best and then dress the part so that when you speak, the contents will correlate with the packaging.

You see, people's perception of you doesn't matter, it never mattered in the first place, but you thought that it did and it coloured the lens through which you saw yourself, which in turn, affected your level of confidence. Let me add here that Perception is different from Reputation. That's a gist for another book.

People can think of you to be a fantastic person, but you think they think you are an impostor. If you think they think- so many thinking here - you are an impostor, so become good at what you are doing and own your space in such a way that it doesn't really matter what anyone thinks.

Quote 13

BECAUSE ONE BELIEVES IN ONESELF, ONE DOESN'T TRY TO CONVINC. BECAUSE ONE IS CONTENT WITH ONESELF, ONE DOESN'T NEED OTHERS' APPROVAL. BECAUSE ONE ACCEPTS ONESELF, THE WHOLE WORLD ACCEPTS HIM/HER
-Laozi

Because you believe in yourself, you have no need to convince others to believe in you. Because you are contented with yourself, you know you do not need anyone's approval. And because you accept yourself, then the whole world has no choice but to accept you.

Some people live for the approval of others. They wait for others to validate them. They wait to be accepted by others. They try their best to convince others that they are capable, but you see, you do not need to convince anyone. All you need to do is To Do...Lol!

Did you get what I just did? Just Do. Actions speak louder than words. Go about your activities and let what you do speak for you. When certain people know that you are waiting on them to validate you, to approve you, then, they'll withhold that validation and approval. And because you are not getting it from them and some times, these are authorities in your life, it stops you from achieving your potentials. It becomes a mental blockage for you.

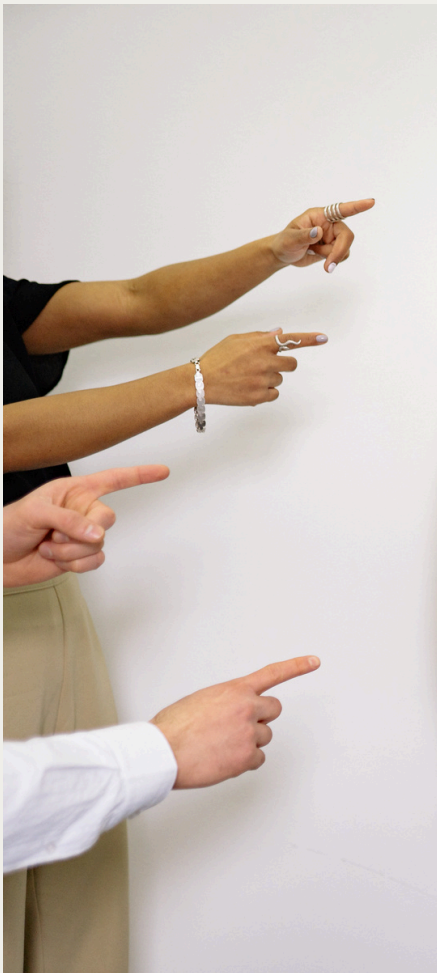


You need to let go of every need for external approval, acceptance or validation. Validate yourself, accept yourself, approve of yourself and go on to achieving all you've been sent to the earth to accomplish.

Quote 14

PEOPLE WHO REPEATEDLY ATTACK YOUR CONFIDENCE & SELF-ESTEEM ARE QUITE AWARE OF YOUR POTENTIAL, EVEN IF YOU ARE NOT
-Wayne Gerard Trotman

Honestly, I don't even know why they do that. Why do certain people attack the confidence and self-esteem of others, continuously? What are they afraid of? Why are they afraid? Why do they feel threatened? And there you are, obviously blind to your potentials, blind to what you are capable of, blind to who you can become if you allow yourself to become it, if you believe in yourself enough to be all you've been destined, created to be.



You need to come out from beneath that thumb and own your space. I've heard it that bullies were once bullied themselves and then became bullies, so maybe these confidence-barracudas, once had their emotions abused and then became barracudas in the process.

Well, I want you to know that if there's a particular person who is constantly making you feel little, who is repeatedly talking you down or bashing you emotionally again and again, I want you to know that that person is the one who has issues. Not you. That person is the one who feels little and wants you, no, they need you to feel like they feel.

I want you to know that there's something about you that threatens them and they feel attacking your confidence and self-esteem is a way they can show you who is boss.

They see something in you that you cannot see in yourself, yet.

Let the fact that that person has made it their life's ambition to put you down consistently make you know there's something about you. Let that Knowledge do the opposite for you. Instead of their actions killing your confidence and destroying what self-esteem you have left, feed on it and grow and become all that.

Become all that you know you can become, that you want to become and live a fine life. YOLO, girlfriend. You Only Live Once...Live it Well...On Your Own Terms!

N.B: A Confidence-Barracuda might be a woman on another woman, it's not all the time that they are people of the opposite sex...just so you know...Winks!

Quote 15

**IF YOU HEAR A VOICE WITHIN YOU SAYING "YOU CAN'T PAINT" THEN
BY ALL MEANS, PAINT AND THAT VOICE WILL BE SILENCED
-Vincent van Gogh**

First silence the voice within you and then, you can silence the voice without. This quote is from a painter's perspective. What's your perspective? What is that voice within you saying to you? What is it saying you cannot do? Is it saying you cannot be a flourist? Is it saying you cannot be a medical doctor? Or is it saying you cannot win a gold medal at the Olympics?



Whatever that voice is saying to you, I want you to do the exact opposite. Van Gogh says when you do that, the voice will be silenced. Apparently, that was what he did and now, history has it that he created about 2100 art works. The only one that can stop you is you.

Don't stop. Get up and get going!

Quote 16

**BELIEVE IN YOURSELF & THERE WILL COME A DAY WHEN OTHERS WILL
HAVE NO CHOICE THAN TO BELIEVE WITH YOU**

-Cynthia Kersey

If you are an entrepreneur or you've ever been to a business school, one thing they'll teach you is that to begin your business, it's better you begin with your own money. When I went to a business school, my faculty told me the proof of my business idea is that I put my money where my mouth is. If I say I believe in my business and believe in my idea, then before sourcing for funds, I must have sunk in some of mine and have something to show, as in, the idea should no longer be in my head, I should now have something visible to show my investors no matter how small.

That's how it is with you and your confidence. Though intangible, your confidence is your own. That's why it is called self-confidence. It is yours and no one can take it from you. But when you don't believe in yourself and you lose your confidence, at that point, you hand over your confidence to other people.

Now, just like you must put your money where your mouth is as it relates to your business, so also, you must also believe in yourself first before others can believe in you. When you do this and you do it consistently that it becomes a part of you, you have a strong sense of who you are and believe in yourself, then, others will have no choice but to believe with you.

Believe in **YOURSELF!**

Quote 11

**WHEN THEY SAY THE SKY IS THE LIMIT, TO ME, THAT'S REALLY TRUE
-Micheal Jackson**

That was in M.J.'s time. Today, the sky is no more the limit because now, there's something beyond the sky that you can reach for. Somebody said reach for the sun, if you fail, you will land among stars. The real thing here is that you have to reach for something. You must reach for something. Reaching for something is you trying to to make an effort, walking your talk.

But do you have enough confidence in yourself to reach for something? Or are you looking down on yourself and saying that you cannot achieve 1/10th of what she's done for herself, what someone else has done for herself?

M.J. said he believed when they told him the sky is the limit. Because he believed this, see all he achieved. Some of his achievements include over 10 Grammy Awards, Brit Awards, NAACP Awards, just to mention a few and all because they told him the sky is the limit. Imagine if he'd been told there was something beyond the sky to reach for? He no longer has that opportunity. But you do.



There's something beyond the sky that you can reach out for. Trust yourself to become all that and more...all you see yourself becoming...trust yourself to become, then step out and start reaching.

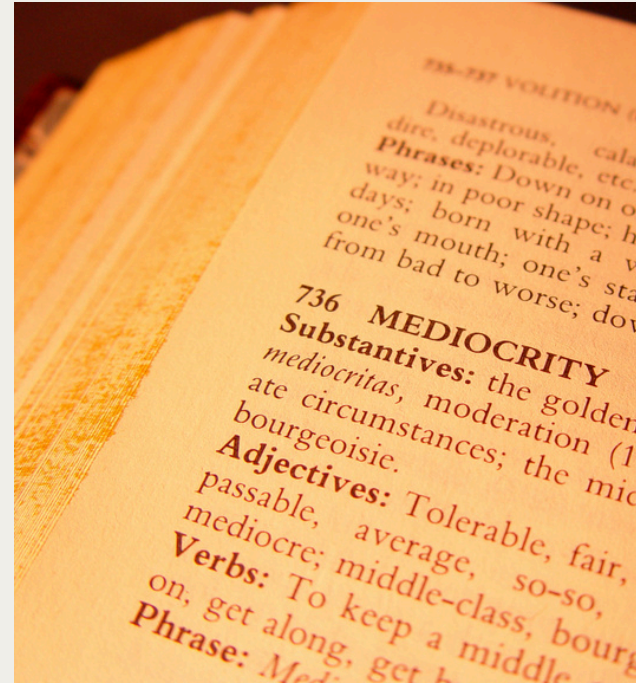
I'm waiting for you.

Quote 18

YOU DID NOT WAKE UP TO BE MEDIOCRE

-Robin Arzon

You did not wake up to be of average quality. In other words, there's more to you. So, why do you think you are not capable? No, tell me- email me at inspired@adenikeoemmanuel.com. But, really, why exactly do you think you are not capable? Why do you think you are not up to the task? Why do you think Lola is better at it than you? Why recommend Aniette for that task? Was it out of the goodness of your heart or really because you lack the confidence to step up?.

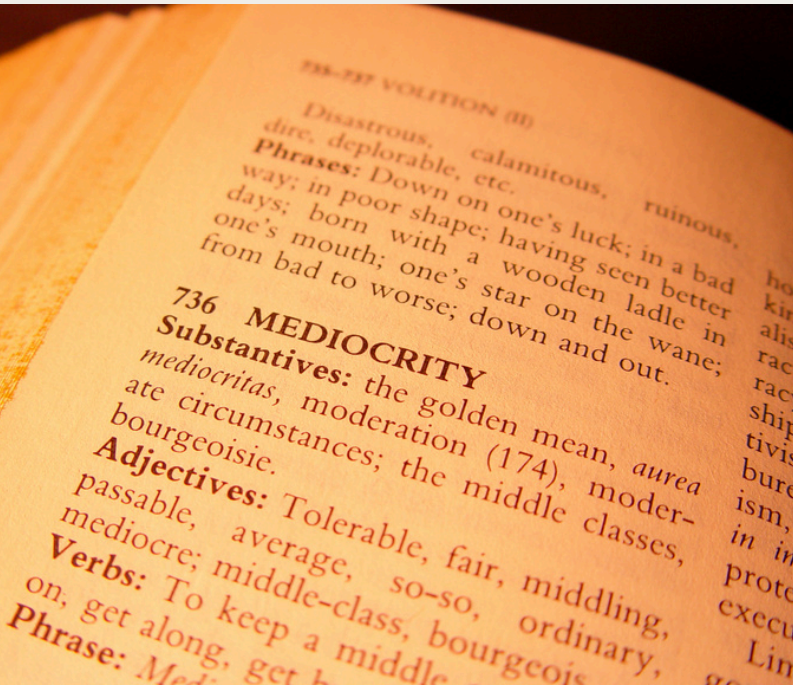


A mediocre is someone who is not very good at something or at anything in particular and that's not who you are. But, when you pass over tasks repeatedly, when you keep saying no to fresh opportunities above your pay grade, that who you make yourself out to be. When you are called upon to come do things, probably because those who are calling you see things in you that you don't see in yourself yet, get out there and do it and don't say no. Don't give false humility. All these things: Humility, Confidence, Pride, Arrogance, etc. there's a thin line between them all and you've got to be well balanced on the spectrum to function at your optimal level.

So, now, this week or when next you are called upon to take up a task, do not suggest a name, get up and get it done! That's how you'll keep rising! That's how you'll keep climbing the corporate ladder! That's how you keep climbing the confidence ladder! And that's how you keep getting better at what you do!

Quote 19

START WHERE YOU ARE, USE WHAT YOU HAVE, DO WHAT YOU CAN
-Arthur Ashe



One of the reasons why people tend to over analyze things or over think matters is because, and I am not saying, probably because or possibly because, I am saying, it is because they are afraid of failing...one of the reasons...not "the" reason, but "one" of the reasons.

So, an idea drops into your heart and you begin to mull over it. You begin to run it through your mind.

You begin to think about it. One thing you seem not to realize is that, ideas rule the world and in the same way that specific idea dropped into your heart, it dropped into the heart of at least a million other people. Therefore, whoever works the idea first will get the best of it.

What's your excuse for postponing the launch of that idea? Why are you not working that podcast yet? Why haven't you shared that idea with your bosses at work?

What if that's just what your company needs to come out of the quagmire the company has found itself in? Why do you think such a mind-blowing idea cannot come from you? Life-changing ideas have come from other people, some from your colleagues at work, why can't it come from you too?

Stop being fearful. Everyone out there who ever did something worthwhile did it afraid.

And guess what? Not many succeeded on the first try. But do you know why they became successful? They became successful because they tried again, and again and again. And then, because they got it right, their confidence level began to rise. And then, they began to walk with a spring in their step, chin in the air and their spine held in a straight line, and it was as if they never failed.

That's going to be you someday, as you take that first step towards confidence today.

What I'm saying in essence is for you to Just Start! Just Begin...Just Do Something. Use what you have to do what you can and simply start from where you are.. Lobatan!

(Lobatan means: that's it or that's all there is to it).

Quote 20

WHAT YOU HAVE TO GIVE, THE WORLD NEEDS

-Aditi Shah

What You Have to Give, the World Needs! That's apt, and it needs no more talk from me, but let me help you understand it better. Everyone has something to offer. For example, there's a book in everyone. Everyone on earth has gone through stuff, gone through issues, and some of us are even going through some challenges now.



There's someone out there who needs to know how you navigated that challenge you went through. They need to know how you kept it together through it all. They want to know how you were still able to function mentally, logically, with a smile on your face and how you didn't become a mess! Someone wants to know...why not put it down in a series on your platform or better yet, write a book!

Do not say to yourself "me, small me, who will read what I write?" Or "me, little me, who will listen when I talk?" Or, "me, minute me, who will buy my artwork if I begin to draw?" You'll never know who...not until you take that first step of doing rather than listening to that "shitty" voice in your head telling you, you can't.

Vincent van Gogh said "if they tell you you cannot paint, by all means, paint". Go ahead and do what they are saying you cannot do. Prove them wrong. And as you take a go at it, a day at a time, your confidence is being built in the process. So, there you have it. There is something you have to give and the world is waiting, ready to receive it from you. Please, go ahead and give it.

Quote 21

IF IT DOESN'T CHALLENGE YOU, IT DOESN'T CHANGE YOU
-Fred DeVito

Growth is never found in comfort zones. The things that stretch you, mentally, emotionally, spiritually, are often the very things that prepare you for your next level. Challenges may come disguised as setbacks, pressure, or even failure, but each one carries a hidden lesson that molds you into a stronger, wiser version of yourself. When you choose to embrace the uncomfortable, you're also choosing transformation.

Think about it: the gym doesn't build muscle without resistance, and diamonds aren't formed without pressure. In the same way, your personal and professional development is fueled by the obstacles you push through. Every challenge is a chance to rewrite your story, redefine your limits, and unlock a level of potential you didn't know existed. So when life gets tough, don't shrink, rise to the occasion, because change is on the other side.



Quote 22

OPTIMUM IS THE FAITH THAT LEADS TO ACHIEVEMENT. NOTHING CAN BE DONE WITHOUT HOPE AND CONFIDENCE

-Helen Keller

Faith, Hope and Confidence. Is it not strange to find confidence in that mix? But that buttresses how important confidence is. Helen Adams Keller wasn't born blind. She became blind and deaf after an illness at 19 months old, but that didn't stop her from becoming all that she became.

Helen Keller was an author, a globally-famous speaker, a political activist and a lecturer. She was awarded a Presidential Medal of Freedom in 1964, elected to the National Women's Hall of Fame in 1965 and has several streets in the world named after her in countries such as Switzerland, India, Israel, Portugal and France, just to name a few. She was deaf-blind.

Need I add that she was the first deaf-blind person in the United States of America to earn a Bachelor of Arts Degree? It was Helen Keller who said: "Optimism is the Faith that leads to Achievement; and that, "Nothing can be done without hope and without confidence". You must understand that not all hope is lost.

You can make the best out of every situation. You just need to add 'confidence' into the mix. You see, confidence is a prerequisite to success and achievement. Whatever your state in life, you must be a positive thinker, you must be optimistic, you must possess hope and then take confident steps to achieving your destiny, to making your dreams a reality. You owe yourself that much.



Quote 23

**IF WE ALL DID THE THINGS WE ARE CAPABLE OF DOING, WE WOULD
LITERALLY ASTOUND OURSELVES**

-Thomas Edison

In 1903, Mary Anderson created the windshield wiper. In the 1880s, Josephine Cochrane created the first Dishwasher. In 1664, Sir Isaac Newton gave us the laws of gravity. In 1821, Michael Faraday gave us the electric motor. And in 1910, Caresse Crosby gave us the first bra.



One thing these people and many more like them had in common was that they saw a need and they found a solution. They allowed themselves the emotions to go through the process to discover, to find, to create a solution.

How many times have you been in a jam and an idea popped up in your head that could be a solution to the jam, the problem, the challenge you just encountered? What did you do about it? Did you just shrug your shoulders and then moved on? Or did you put pen to paper to drop down what was going through your mind?

Hmnnn... I bet one reason you didn't rise to the task of creating a solution to the problem was the fear of failing? Another would be, "someone else will get it" and yet another would be the lack of confidence to take the initial step.

Don't do that to yourself, girlfriend. Please don't. Everyone that has ever invented something or created something once doubted themselves but they went on regardless of their doubts. Doubting yourself is a good thing. It shows that you are not, "cocky". But don't stop there. Don't let your doubt stop you. The next thing you have to do is to doubt your doubt!

Doubt your Doubt. Take steps to acquire knowledge to find solutions to that problem. You may be the one the world is waiting for. Steve Jobs said most of us don't realize we need something until it is created and presented to us. The woman who created SPANX only did so because she needed something to smooth out her dress, and today she is a Billionaire.

Your mind is limitless. It is said that the human brain can store the equivalent of 2.5 million gigabytes of digital memory and even at that, it can take more. You are the only one that can stop you. So say "I am not going to stop me" Get up from that chair and go get something done. We are waiting for you. I am waiting for you. Cheers.

Quote 24

**DON'T BE DEFINED BY OTHER PEOPLE'S EXPECTATIONS.
DEFINE YOUR OWN STRENGTH
-Susie Chan**

People are in the habit of helping you create narratives for your life. They tell your story for you, say your story on your behalf and at times, you might even be seated but they feel you do not know your story enough to tell it yourself, to narrate it yourself and you know the amazing part of it? You allow them! Who can tell your story better than you? It's your story, your view point, your narrative and it's up to you to tell it. Don't say you are being humble when you allow other people tell your story.

That's what we've done as a continent, too, when we allow the developed world tell our stories. We should tell our stories ourselves. So I want you to take yourself a notch higher on the confidence meter by telling your own stories. When something happens at work and you need to share your point of view, go ahead and share it. Don't let your colleague do all the talking alone.

When you are with family and some explanations need to be made, discussion is going on, add your voice to the talk, don't just sit there nodding your head yes and nodding your head, no. Spin your own narrative. Define your own strengths and don't be defined by other people's expectations of you.



Quote 25

**EVERYTHING YOU COULD POSSIBLY EVER WANT, HAVE, OR
NEED IS RIGHT HERE INSIDE YOU**

-Kristin Mcgee

Dig Deep within you, you are a Dynamite! You are a trove full of treasure. You are an embodiment of something good. You've got a lot going for you and some of us don't see this until we are in our late 50s and early 60s. If you are in your 20s, 30s or even 40s and early 50s and you are reading this, I want you to know that this is coming to you at just the right time for you to have it. I need you to know that you are valuable and there's a lot to you that you have not even discovered yet.

You see some of your friends bubbling, looking and feeling on top of the world and you wonder how they are doing it. It's not rocket science. They have come to know and accept that all they want or could possibly need is within them. They are not looking outside for what is within them. They are contented with what they have, where they are and if they need more, they'll simply reach for more deep within.

That kind of knowledge helps you live a satisfied life. It helps you live a rewarding life. It helps you live confident life. It gives you the freedom to become all that you can possibly be, because you've come to realize that your destiny lies deep within you.

Don't sit down envying that girlfriend of yours, girlfriend (did you see what I did there?) Get up and reach within you and begin to live your happiest life yet, begin to live for real rather than simply exist.



Quote 26

IF YOU THINK YOU CAN'T, CHANGE YOUR MIND **-Dennis Morton**

Why on earth would you think you can't? For that opportunity to have dropped into your laps, for one, it means you are capable. The next thing then to consider is to find out if you have what it takes to maximize that opportunity? If you have what it takes, though it was unexpected, you are to get to work and execute it. If you do not have what it takes to execute the opportunity, then the next thing to do will be to find out what you need for execution.

Say for instance, an opportunity comes your way to pitch your business in a competition and that's just an example. There are several opportunities out there. So, you've been called upon to pitch, what was your first response: "oh thank God, I've been waiting for this" Or, "me, pitch ke? I can't face a crowd. I'm shy"



If you fall within the second category, this quote is for you. What is the source of your shyness? Why are you shy? I hope you know being shy is not a virtue? There's the shy-secure, shy-dependent, shy-conflicted and shy-withdrawn, which type is yours?

I'm not focusing on shyness in this chapter, but it could be the source of your feelings. It could be the source of the reason why "you think you can't" and you simply have to address that. It was Rick Hansen that said, "There is nothing you can't do, if you set your mind to it. Anything is possible". And I believe that too. I have experienced it in my life.

I want you to know that you are free to maximize every opportunity that comes your way. You should maximize it confidently and then gain momentum to do even more.

Quote 21

WE ARE ALL ABOUT PROGRESS, NOT PERFECTION

-Selena Samuela

Perfection is a moving target that often leads to frustration, procrastination, and self-doubt. At our core, we believe in steady, intentional progress, no matter how small the steps may seem. Every effort, every mistake, every lesson learned is part of the journey. What matters most is that you're moving forward, not standing still. Growth isn't about getting it perfect; it's about showing up consistently and giving it your best with what you have.

Progress means embracing the process, celebrating the wins—big or small, and learning from every setback. It means choosing courage over comfort, and progress over perfection. You don't need to have it all figured out to start; you just need the willingness to keep going. At the end of the day, it's the daily commitment to improvement that leads to excellence.



Quote 28

CONFIDENCE IS HAVING FAITH IN YOURSELF, FEELING SURE OF YOURSELF IN A SECURED WAY

-Adenike Olumide-Emmanuel

Confidence isn't loud or boastful, it's a quiet strength that allows you to show up fully, even when you don't have all the answers. It's rooted in self-awareness, shaped by experience, and strengthened through consistency. When you're confident, you're not waiting for external validation to prove your worth; you already know who you are and what you carry. That assurance reflects in the way you speak, move, and make decisions, even in uncertain situations.



True confidence is not the absence of fear or doubt, but the decision to keep going despite them. It's understanding that you are a work in progress and still worthy of every room you walk into. Building confidence takes time, it grows as you stretch, try, fail, learn, and try again. With each step, your belief in yourself deepens, and that belief becomes the fuel that propels you toward your goals.

Quote 29

IT'S OKAY TO ASK FOR HELP. IT DOESN'T MAKE YOU LESS OF A HUMAN BEING

-Adenike Olumide-Emmanuel

It is okay to ask for help, you know? Have you ever wondered why some people find it difficult to ask for help? That's because asking for help doesn't come easily to them.

There are several reasons why some people find it difficult to ask for help. For starters, there's the fear of rejection. What if I ask for help and I'm turned down? Another is the fear of being vulnerable, not wanting people to think you can't handle things on your own, thinking that you are incompetent or weak.

Another reason why people don't like asking for help is that they have low self-esteem, which can then be linked to the fear of rejection. It can even make them think of themselves as not being worthy of help. Another reason certain people don't ask for help is that they do not want to be in debt to anyone. Asking for help and feeling or thinking that you owe that person in return is a place some people never want to be.

Not wanting to be a burden to anyone is another reason some people don't ask for help. They simply feel that rather than inconvenience anyone, they'll handle things by themselves. And another reason people don't ask for help is because they are independent. Nothing wrong in being independent but there is something wrong in being too independent, such that when you need help, you don't ask.



Asking for help is so much of a big deal that some couples do not know how to ask each other for help. The wife sees the husband struggling at something and knows that if he simply asks for help, what he's struggling with will be sorted. But the guy is just too independent to ask for help. And this happens the other way round too.

Whatever your reason is in finding it difficult to ask for help, I want you to know that it's okay to ask for help. In fact, study has revealed that people are more willing to help when asked. Most people are prosocial and want to make impact in other people's lives. It's been discovered that helping people make people happy so, people do really want to help.

When next you need help of any kind, please, feel free to ask. And ask in a confident way.

Quote 30

INTENTIONALLY SURROUND YOURSELF WITH POSITIVE PEOPLE.

-Adenike Olumide Emmanuel

People who inspire you, positively influence you, and also people who make you feel good. This week, I want you to intentionally surround yourself with the right people. Who are the right people? These are people that positively influence you, people that inspire you, people who make you feel good, not look good. Feeling good and Looking good are two different things. Today, I'm asking you to surround yourself with people who make you feel good and people who themselves are positive people because their positivity will rub off on you.

In talking about people who can do all the above to you, you'll discover that they are not just people above you. They could also be people on the same level with you as in your peer group and they could be people looking up to you too. E.g., I'm into podcasting but I didn't just begin like that. It's one of my mentees that is 20 years younger that started me on the journey. But guess what? After she started me on the journey, I then became a challenge to her...a challenge, not a threat. She realized I was getting better at it than her and knew she couldn't afford to slack anymore and just last week, she celebrated her 100th episode as a podcaster.

So, you must intentionally surround yourself with people who will help up on your life's journey. They could be above you, beneath you or at par with you. You can learn from people vertically, horizontally or in a reverse way. Bottom line is to surround yourself with people who give you positive vibes, people who will aid you in having a positive mental health which will in turn result in you being highly productive and confident.



Quote 31

CULTIVATE COMPETENCE, BE GOOD AT SOMETHING YOU KNOW HOW TO DO BEST.

-Adenike Olumide-Emmanuel

When you hear the word “cultivate” what comes to your mind? Cultivate means to nurture, to develop, to become good at something gradually that overtime, you become very good at it. You become so good that you become competent at it.



When you are competent at something, it helps you become confident. Somehow, Competence equals Confidence. So, if you lack confidence, if you have low-self esteem, it is probably because you have not discovered something you are good at, you’ve not discovered your strength in order to dwell on them and instead, you’ve focused on your weaknesses.

You’ve got areas of your life that you are good at and I can confidently tell you that you have at least 4 areas in your life that you can develop competence in. For starters, you are educated. What did you study in school? Is it what you studied in school that is sustaining you today? If yes, You can develop competence in that area. If you studied music in school and now you earn a living through music, have you developed competence in music or you are doing it the way everyone is doing it? What sets you apart from the rest? If no, what are you doing now? Have you developed competence in it? What’s your passion? You can develop competence in your passion such that you turn it into profit.

I could go on and on. But for time constraints, I need you to know that developing competency in something boosts your confidence. Sit down today and write out your Strengths. Pick out 4 of them that you want to begin to develop competence in, choose to focus on them, begin to ignore your weaknesses. Do this for about 3 weeks and you’ll be well on your way to becoming a more confident person.

Quote 33

YOU MUST OVERCOME SELF-DOUBT & STOP COMPARING YOURSELF WITH OTHERS

-Adenike Olumide-Emmanuel

"...and they comparing themselves with themselves, are not wise..." straight out of the Bible! Why are you doubting your abilities? Why are you doubting yourself? Why do you keep comparing yourself with others? Why do you keep doing this to yourself, why?

It is said that doubt is the mental state you find yourself in when your mind is between two or more situations. On an emotional level, it is an indecision between belief and disbelief. So, self-doubt occurs when you are undecided about how you see yourself and whether you believe in yourself or not!

Here's the question: why wouldn't you want to believe in yourself? Why would you want to see yourself in a derogatory way? Why would you think that you are not enough, not deserving? Why should I believe in you if you don't believe in yourself? Are you getting the points I'm trying to make?

You are an amazing person. You are one of a kind. There's no one like you, anywhere. I was going to write, on earth, but, in reality, there's no one like you anywhere. You are unique. I need you to begin to understand these realities, make them your realities, ingest these realities and begin to blossom!

Stop comparing yourself with others. Everyone has their own race to run and guess what? It's different! Stay on your lane, Dearie. Focus on your Focus! Ignore what people say. Major on your Major! Have a plan, structure it into goals and live your life on your own terms. You've got just this one life to live, please don't live it in anyone's shadows. Stop making and giving excuses. You are here for a purpose. Don't fail yourself and Don't Fail God!

Quote 34

MAINTAINING EYE CONTACT WHEN SPEAKING TO SOMEONE BREEDS TRUST & RESPECT

-Adenike Olumide-Emmanuel

I am a Yoruba lady in case you haven't deduced that from my name, "Denike...Lol! Amongst my people, youngsters don't look elders in the eye. It is said to be an affront, said to be rude. However, not in a bid to belittle culture, I'll say that is not a sign of respect. Instead, looking people in the eye when you speak with them is a sign of respect, honour and trust.

And there's a way to look. You don't look to stare. You look to indicate you are listening. I was speaking to my staff recently, two of them actually and their response intrigued me. So, the one sitting to my left wouldn't so much as look me in the face as I was speaking and the one to my right couldn't keep his eyes off my face as I spoke. But he wasn't looking at me in a way that indicated that he was listening to me. He was looking at me in a way that showed I was wasting his time, and he needed to leave.

A week later, I was talking with this same staff member, and his demeanour had changed. He kept his eyes on me, but in a way that showed he was listening, he was taking in every word I was saying. So, the way you look also matters.

Who are you in conversation with? Who is doing the talking and who is doing the listening? Is either of you giving a pause for the other to say something? A conversation is an active art and when one person is actively talking, the other person is actively listening, nodding where necessary and looking at the speaker as s/he speaks.



When you look the person you are in conversation with in the eye, it shows you are a confident person, you are self-assured, it shows you have interest in what they are saying, it helps to build trust, it shows that you are actively listening to what the other party is saying, it reveals that you respect the person enough to listen to them, it helps you to read the facial expression of the person talking. I could go on but the bottom line is this, when next you are in a conversation with someone, show some respect and look them in the eye with a 'duchenne' smile, also called a polite smile.

Quote 35

**MAKE MISTAKES. LEARN FROM THEM. MOVE ON. NEVER
MEDITATE ON THEM.**

-Adenike Olumide-Emmanuel

Do not meditate on your mistakes. Do not over-think matters. Meditating on your mistakes is you over-thinking it and it can be overwhelming. What do you do to a split milk? You clean up the mess and you move on to something else. Well, that's what you do with mistakes, you clean them up and move on to something else.

Meditating on mistakes has to do with your mindset. Do you have a fixed mindset or a growth mindset? When you have a fixed mindset, you won't accept growth, you won't accept change, you won't accept that mistakes are good for you. The reverse is the case when you have a growth mindset. When you have a growth mindset, you'll understand that when you make mistakes, you haven't failed; it was a learning curve, and you just learned one more way that whatever you failed at wasn't going to work.

It's okay to make mistakes. That doesn't make you a failure except you choose to put that label on yourself. How you handle your mistakes will determine where you'll end up in life: as a confident and successful person or as shy, weak and timid person. I believe you know everyone makes mistakes, in different proportions: on a small scale, medium scale and ginormous scale, Lol! Time will not permit me to give you some names but know this for sure: the reason their names are out there is because they kept trying until they got it right!

Go out there and try again. Go write your name in solid gold. Make the mistake. Pick yourself up. Look at the situation critically. Gain more information. Do some adjustments. Deploy yourself again and if you don't get it right, you'll be a step closer to getting it right and taking yourself a notch higher on the Confidence Meter. Have a good one.

Quote 36

**KNOW YOURSELF BECAUSE IF YOU DON'T THERE'S NO WAY
YOU'LL DEVELOP CONFIDENCE
-Adenike Olumide Emmanuel**

How much of yourself do you know? Do you know enough of yourself to love yourself? Do you know enough of yourself to give yourself a pat on the back and tell yourself you are doing well? Do you know yourself to the extent that you know you are doing the best you can with what you have? If you do not know yourself, you cannot give a definite answer to any of these questions.

And you need to give a definite answer to those questions in order for you to grow in confidence & really live. You've got only one life to live, you cannot afford to live it in doubt of who you are. Not knowing yourself is you not being sure of yourself, and when you are not sure of yourself, you will doubt yourself a lot more.

To know yourself, you must carry out a SWOT analysis on yourself. This will let you know your strengths and weaknesses. It will enable you to know things that are a threat to you and those that are opportunities. Are you ambitious? And there's nothing wrong with being ambitious; carrying out a SWOT on yourself will let you know. Are you creative? Are you a hands-on person...someone who is handy around the house, who fixes things? Are you the type who likes taking initiative? Are you collaborative? Are you empathetic? Or are you disorganised?

But when you know your strengths and your weaknesses and opportunities around you that you can tap into or things or people around you that poses a threat or are threat themselves to you, you'll know how to respond better to people and situations. Also, you'll accept yourself and be comfortable in your own skin. You'll know that for every strength you have discovered yourself to have, someone else is weak in them and vice versa. No one is a 100% gf, so stop being hard on yourself.

Quote 31

BUILD A SELF-CARE ROUTINE. KNOW HOW TO TAKE CARE OF YOURSELF

-Adenike Olumide-Emmanuel

Develop a self-care routine for yourself...Duhhh! Apart from going to the salon every week or two weeks to go make your hair for the office, when last have you taken yourself out? Really taken yourself out? Food for thoughts!

Us girls are good at taking care of everyone around us except ourselves. We are good at feeding everyone around us except ourselves. We are good at checking on everyone around us, except ourselves. It's time to take a pause and take care of you and feed you and check on you...Lol!

There's something about self-care that just makes you bloom. I truly cannot put it into words. Just taking yourself to go have a massage or a mani-pedi just because...is great. You don't need to have a mani-pedi because you need to look good for work on Monday, but just because you want it for yourself.

Some of us don't know how to do things for ourselves except it's in response to something else. So, everyone is going to the cinema at the office, and you must go. How about you going to the cinema all by yourself? Have you ever been at the cinema all by yourself, in the hall, all by yourself? I have and it can't be put into words!

But of course, you may be the type that cannot go to watch a movie alone, so, by all means, do you. Simply find whatever works for you and do you. Listen to music all day. Watch movies all day. Be at the beachside all day. Read an interesting novel all day. Find that thing that adds a spring to your step, a smile to your face and gives you a warmth within you and do this once a month. You will Blossom, I tell you...just try it out.

Quote 38

COMMUNICATE EFFECTIVELY. BE CONFIDENT WHEN YOU SPEAK -Adenike Olumide-Emmanuel

Communication is a tool that is very key in every level of an individual's life. You communicate at work. You communicate at home. You communicate with friends. You communicate with family and you communicate with foes too. So knowing how to communicate is very important to your success in life.

There are different keys to effective communication. You see, to communicate effectively, you must be clear about what you are saying. You must be clear to yourself in order to be clear to those listening to you and one way you can be clear is for you to understand yourself first before you can be understood.

Another way to communicate effectively is to be coherent. It's still about understanding what you want to pass across. Once you are sure about what you want to say, the next step is how you want to say it. If you are jittery, it will be revealed in your voice. If you are anxious, it will be passed across to your listeners. But you need not be jittery and you need not be anxious. One thing you don't know is that your listeners are rooting for you. They are waiting to hear from you, learn from you, listen to you and some of them are even praying for you. For you to be out there, speaking means you have something to say and so just do your homework on your presentation, own your space and pass across your information.

The way you will communicate amongst friends is not the same way you will communicate with your boss at work. The way you will communicate with family is not the same way you will communicate when giving a presentation but one thing is the same across this platforms.

For effective communication to have taken place, your listeners must have understood what you were saying.

Quote 39

YOU MUST BEGIN TO PRACTICE YOUR POSITIVE SELF-TALK -Adenike Olumide-Emmanuel

Beginning the practice of positive self-talk is an intentional thing. It's easier to engage in negative self-talk than positive self-talk. Self-talk, whether negative or positive is an internal thing and there are a number of reasons why people move towards negative self-talk instead of positive self-talk.

One major reason is because of the way the human brain is wired. The human brain has something called negativity bias. This means the human brain tends to focus more on negativity than positivity. The human brain is more inclined to focus on negative matters and so, this makes negative thoughts come to the fore more than positive thoughts.

Another reason why negative self-talk comes easily to some people is because it's their own way of coping with situations. It's a coping mechanism for them. They feel the need to be hard on themselves in order to get themselves to move along.

There are other reasons why people engage in negative self-talk but let's leave that for a while. I want you to do something for me. If you've been engaging in negative self-talk, I want you to stop it. Today. Stop it. Now, it's not going to be easy to stop something you've been doing for a while, doing for some years, but it's do-able...you've just got to take it a day at a time.

Make up your mind that from today to begin to talk to yourself in a better way. You want to love yourself. You want to continue to encourage others by encouraging yourself first. We are quick to encourage others, to give others a pat on the back, a high five, a thumbs up, make up your mind to encourage yourself first, give yourself a pat on the back, first, a high five, first, before you give to others. You begin to encourage yourself before you encourage others.

Quote 40

NETWORK WITH OTHERS, SEEK MENTORSHIP -Adenike Olumide-Emmanuel

Networking, mentorship, and collaboration are some of the new ways you can use in growing your business as an entrepreneur or even scale as an employee. These tools have always been in existence but in this time and season, they are even more effective than ever before.

You cannot be a business owner and not know how to network. Even as an individual, it has been said that your network is your net-worth. You are the first marketer for your business as an entrepreneur and this is where Networking comes in. As you network with people, businesses and industries, you exchange talks about your businesses, grow your reach and increase your customer base. After all, you are only 5 people away from the help you need.

When it comes to Mentorship, you must know girlfriend, that for every level of aspiration you have, people are there already. And you must also be grateful for where you are too because people are aspiring to be like you. You see, as you are looking ahead and aiming for the top, there are people aiming for where you are so, you must have a mentor on one hand and on the other hand, also have a mentee.

Collaboration is the new Competition. Its okay to compete, that's the essence of the whole market force, isn't it? But, its better to collaborate. It has been said that if you want to go fast, go alone but if you want to go far, go with others. It is better to have 10% of something than have 100% of nothing. So, which business out there can you collaborate with? Think about it. As you think on the trio of networking, mentorship, & collaboration this week, don't just think, act on it and I see you getting results when you act.

Quote 41

SELF-ESTEEM IS HOW YOU VALUE YOURSELF. SELF-CONFIDENCE IS TRUSTING YOURSELF

-Adenike Olumide-Emmanuel

How much do you value yourself? And how well do you trust yourself? Do you know that you must first value you before others can value you? And if you don't trust yourself, why should I then trust you? Selah!

How do you value yourself? How do you place a premium on yourself? Make a list of your strengths, that's one way to start. Sometimes, some of us focus and dwell on our weaknesses and forget all the strengths that we carry. Yes, you might be afraid of public speaking or have poor communication skills, or you are someone that procrastinates a lot, but hey, you are creative, you are kind, you possess something called resilience, you are authentic, you've got zest, I could go on.

So take a moment today to make a list of your Strengths and Weaknesses and decide to focus on your strengths and either work on your weaknesses or simply ignore them. And that's just one way you can value yourself. For you to trust yourself, you have to burrow deep down into yourself to know why you don't trust you, to know why you don't have confidence in yourself. Why do you think you are not capable of that task?

What happened in your past that made you decide not to trust yourself anymore? You are hurting yourself by not trusting yourself. There's an image, an aura that you are passing off, something invisible to you but visible to people around you that will make them not to trust you too. You've got to simply begin to trust yourself again. Be kind to yourself. Remember the post on positive self-talk, did you read it? If not, go and read it. Begin to practice positive self-talk and then take it a step at a time.

Quote 42

CHALLENGE YOUR LIMITING BELIEFS **-Adenike Olumide-Emmanuel**

Don't say you can't achieve it, nor do it. Identify your limiting beliefs, challenge them and lift yourself beyond them. Don't let anything stop you. You must challenge your limiting beliefs. What are those beliefs you have that have been limiting you? What exactly are limiting beliefs?

Limiting Beliefs are beliefs that you formed unconsciously from happenings in your past. It could be something you heard from your parents or grandparents repeatedly, it could be something you got from your first job or even while you were in school. It's a state of mind that makes you think of a thought as an absolute truth. Thoughts like: I'm not good in front of an audience, or you are not an achiever, or you can't do certain things.

These are examples of limiting beliefs to help you track any you might be carrying around with you mentally. This week, I want you to take pen to paper and track all your limiting beliefs and challenge them. Challenge your limiting beliefs and then lift yourself above them. Why do you think yourself not capable? Where did that thought come from? What do you need to do to make yourself capable? Go ahead and do it and rise above that thought.



Quote 43

AVOID NEGATIVE & TOXIC PEOPLE. DON'T COMPARE YOURSELF WITH OTHERS, & DON'T FOCUS ON THEM
-Adenike Olumide-Emmanuel

Avoid Negative People.

Avoid Toxic People.

Don't even focus on them. Don't give them the time of the day. Don't let into the bedroom of your life people that should be in the balcony and don't compare yourself with anyone. You are unique!

In life, there can be some people that you esteem, people you think highly of, people whose opinion matters to you. It's okay to have such people around you. But when this same people refuse to allow you grow, when they choose to keep looking at you with the eyes of yesterday, seeing you with the eyes of yesterday, sticking to their old opinion of you and refusing to see who you are becoming, choosing to stop you from becoming, then you've got to let them go. Don't give anyone that kind of hold over you.

Nobody can stop you except you. I've said this, time and again. You are here on earth for a purpose and I hope you've discovered that purpose. You've got to live your life because you are accountable to God for this life He's given you. So, if you are in a place where you are not celebrated, move up, Sis. Don't let anyone dull your shine.

Anyone who sees you and is always critiquing you is not your friend. You can't be all bad all the time. They see you today, it's your shoes, another day, it's your skirt, yet another day and it's your hair, they never have something nice to say to you and these people mean something to you, girl, you've got to cut the apron string and focus on your purpose.

Quote 44

FAILING AIN'T BAD. JUST FAIL FORWARD
-Adenike Olumide-Emmanuel



Do you know that it's okay to fail? Failure is good...when it happens once in a while. It is not good when it keeps happening because then, it begins to affect you psychologically.

Failure makes you think outside the box. If you are trying to do something and you do it the way you know how to and then fail at it, you ask yourself, What better way can I get this done? How else can I do this? That's you thinking outside the box, which you wouldn't have done if you had gotten it right the first time.

Somehow, failure expands your appetite for tolerance. What do I mean? In the process of failing and finding out better ways of doing the same thing, your appetite for risk and tolerance is increasing, expanding because you are not giving up, not throwing in the towel, eventually you'll get it done and not only would you have increased your appetite for tolerance but you would have also built character in the process.

Don't be afraid to fail, just fail forward. You fail forward when you learn from that failure and do better. Don't repeat the same error. Learn from it and move on. Whatever it is, where ever it occurred, learn from it and move on. When you build character, you also build confidence. Learning from failures, yours or those of someone else helps you to build your confidence.

Quote 45

CONFIDENCE COMES FROM DISCIPLINE AND TRAINING

-Adenike Olumide-Emmanuel

When an individual lacks confidence, it's because deep down, they lack competence in a particular task. They think they cannot do what they see others doing, and so when they are called upon to come do the same thing, they lack the confidence to do it, thereby exuding low self-esteem, which makes them feel inferior, and they are said to have an inferiority complex.

A complex is said to be something that is made up of many parts. An inferiority complex is made up of many parts and it could be real or perceived. Are you really bad at delivering a presentation or you think you are bad at delivering a presentation? That's a food for thought!

If you know you are bad at delivering a presentation, then all you have to do is to practice. Practice, practice, practice until you feel good about it. Watch other people delivering presentations and learn from them. Practice in front of your mirror first and then in front of friends and family.

Anytime your esteem level is low, ask yourself, why are my feeling this way? Dig down within yourself and once you get why you are feeling that way, do something about it if you can and if you can't, seek help. Like the issue of delivering a presentation, all you have to do is to practice and then discipline yourself to practice when you should.

That's one of the ways you can raise your confidence level, by locating what is making you feel that way, practicing and then disciplining yourself to practice some more. I look forward to hearing your success stories. My email: inspire@adenikeoemmanuel.com.

Quote 46

STOP BEING HARD ON YOURSELF **-Adenike Olumide-Emmanuel**

When you think about it, you are your own self biggest and harshest critic, why? I want you to give yourself a break.

I had a group staff meeting with my staff sometime ago where I brought everyone from across our organisations together. Since I didn't want to repeat what I have said, I brought the staff of Adenike Selah Foods & Products Limited together with the staff of Madiba Beautiful Homes and Garden, including the staff of Opolo ati Ewa Women Empowerment Initiative. One of the things I told them was that, in life, you will always be in the middle.

Yes! You, as an individual, will always be in the middle. There will always be people ahead of you, people you are aspiring to be like. There will always be people on your level, your peers. And there will always be people below you, people aspiring to become like you! You are an inspiration to others. Hear me clearly: You Are An Inspiration to others! And I need you to see this, know it and accept it about yourself too.

Something someone else would do, and you would tell the person, "Don't worry, life happens, it's just a mistake" You would do the same thing and dwell on it for weeks, why? Give yourself a break. Here's a virtual hug for you, and a pat on the back.

Stop wasting your energy berating yourself over and over again. You are doing well. You might not be where you want to be but gf, you are not where you used to be.



You are doing well. I want you to break free from those voices in your head that have been traumatising you since you were a kid. Focus on your accomplishment, focus on what you have, and before you judge yourself next time, take a pause and ask yourself, if it were Adenike (or fill it with the name of your bestie) that came to me and told me she did this, what will be my response? Then respond to yourself that way and move on. Learn and Move on.

Quote 41

LOVE YOURSELF AND DON'T BE AFRAID OF WHO YOU ARE -Adenike Olumide-Emmanuel

When you look at you in the mirror, what part of you are you not comfortable with? Yep, what part of you? I'll like for you to know that you are uniquely made. As in, there's none like you. You are an exceptional person. You are distinct. You are one of a kind and why you may not be the cup of tea for everyone, you are the cup of tea for somebody.

I was speaking with someone recently, you know, and she was telling me how certain people had formed a biased opinion about her and she was beginning to believe it, that, perhaps, that was who she really is. But then I began to ask her questions and she mentioned how that she is the first of 5 siblings and is used to taking charge of things so much so that any office she resumes at, within a year, she becomes a leader. But now, certain people are reading her wrong and she's beginning to think something might be wrong with her character-wise.

I told her to take a pause to listen to what they were saying. Considering the fact that it was one episode that was bringing about this issue, I didn't want her to be hard on herself. Next thing was the way she was addressing these people, they were not her siblings at home and she needed to understand that and put things in perspective. Finally, I told her to be authentic, to just be herself. I told her to check herself, her attitude, her manner of approach, sift herself and get her true self intact. I told her to go do a SWOT on herself for me and we would take it from there.

So, you too, gf, have you carried out a SWOT on yourself in recent times. People can be mean, so don't let what they say faze you or make you feel ashamed of yourself or feel bad about you. Love yourself. But at the same time, take a pause to assess what has been said about you. Go through it, sift it, get the gist of it all and retain the authentic you!

Quote 48

PEOPLE WHO ASK CONFIDENTLY GET MORE THAN THOSE WHO ARE HESITANT & UNCERTAIN. WHEN YOU HAVE FIGURED OUT WHAT YOU WANT TO ASK FOR, DO IT WITH CERTAINTY, BOLDNESS & CONFIDENCE

-Jack Canfield

Jack Canfield is a prolific author and a speaker. He is the co-author of the world-acclaimed series: Chicken Soup for the Soul. Having been in the industry for over 40 years, he knows that people who ask confidently get more than those who don't and those who speak confidently get listened to more than those who do not.

You know you want something, right? Perhaps, there's a need you want met or you have a presentation to deliver and you need to speak before an audience but there's this 'knot' in your tummy. There's this 'blockage' in your throat and this & 'pounding' in your chest, why? Why do you feel this way, particularly when you have prepared, why? You just need to speak to yourself and tell yourself that everything is alright.

Yes! Everything is alright. Know with 100% assurance that everything is alright. Whatever it is, figure it out, then, do it with certainty. Do it with boldness. And do it with confidence. I want you to try this today, try it this week. Figure out what you want and after you do, with certainty, boldness and confidence, get it done. And then come tell me about it. I can be reached at: inspire@adenikeoemmanuel.com



Quote 49

CONFIDENCE DOESN'T COME OUT OF NOWHERE, IT'S A RESULT OF SOMETHING...HOURS, DAYS, WEEKS, & YEARS OF CONSTANT WORK & DEDICATION

-Roger Staubach

I love sports a lot & I particularly love the game of football because it bridges gaps & makes nations forget for 90 minutes or more that they are at war with each other. I was a handball player in school. Just the other day, I watched as Aitana Bonmati win her 2nd Ballon d'Or Feminin while her club, FC Barcelona Women's football team won the women's club of the year trophy for 2024. It is one thing to win the first time, but to keep winning again and again, it takes some level of discipline and training. And as these winnings occur, confidence comes with it, that's just how it works.

I completely agree with Staubach when he said confidence doesn't come out of nowhere but instead, it is a result of hours and days and weeks and years of constant work and dedication. The 82 year old knows what he's talking about after having played in the NFL for 11 seasons with the Dallas Cowboys. He's won awards over and over again but he knew they didn't just happen. Winning the first time might be easy but to keep the wins...that takes some work.

Don't rest on your oars because you got it right the first time. You've got to keep getting it right. Also, don't give up because you've tried and it seems as if you are not just getting it. Why not take a step back, look with fresh eyes and see if there's something different you can do. Where ever you are on your confidence journey, on your confidence barometer, I need you to know that people don't wake up confident. It takes weeks and months and sometimes, years of discipline, dedication and hardwork. Keep at it.

Quote 50

**I WAS ALWAYS LOOKING OUTSIDE MYSELF FOR STRENGTH & CONFIDENCE,
BUT IT COMES FROM WITHIN, IT'S THERE ALL THE TIME**

-Anna Freud

Anna Freud, daughter of Sigmund Freud was a child psychoanalyst. History has it that she and her eldest sister engaged in sibling rivalry which led them to develop a "sisterly-division of territories, brains and beauty". Apparently, Anna must have undergone some form of emotional trauma because she later penned down the quote I'm sharing with you today.

She said, "I was always looking outside myself for strength and confidence. But it comes from within. It is there all the time", just waiting for you to discover it.

You must know girlfriend that all a spider needs to spin its web is within the spider. The spider does not need to buy the silk it's needs to create its Web, it comes from within. So, also, you must know that your confidence comes from within you and its always been there for you to discover it. It is okay for you to have outside validation but the validation that comes from you to you is one of the quickest way your confidence level can rise.

You are strong. You are amazing. You are powerful. You are one of a kind. You are an intelligent woman and you must see this of you and accept it. See where you are in life at present with the level of self-doubt you exhibit. You've still managed to make a success of your life. Imagine where you can be if you come into your own strength and discover that which you carry. Self- discovery is important and if you have not discovered yourself, it's something you need to do. Discovering yourself will boost your confidence level and then, you'll begin to thrive in your space. Stop looking outside of you for what is within you. All that you need to be successful in life is within you like the spider. It's been there all along. Look within.

Quote 51

SELF-CONFIDENCE CAN BE LERNED, PRACTICED, & MASTERED, JUST LIKE ANY OTHER SKILL. ONCE YOU MASTER IT, EVERYTHING IN YOUR LIFE WILL CHANGE FOR THE BETTER

-Barrie Davenport

Barrie Davenport is no stranger to the world of Confidence. As a coach, author and founder of the award-winning personal development platform: Live Bold and Bloom, she knows that self-confidence can be learned. Are people born with confidence, or do they acquire confidence in life? Gist for another day. But for today, please know that self-confidence can be learned, practised and mastered.

How do you learn self-confidence, you ask? Firstly, you must acknowledge that you lack it and then you are 50% up the mountain. If you do not accept that you lack self-confidence, then why do you want to waste your time learning it? How will you know you lack self-confidence? When you carry out negative self-talk, when you are always putting yourself down, when you don't see anything good in yourself, when you are a yes-woman: you never say no to anyone, it's always yes, when you compare yourself to others all the time, when you are a people-pleaser, then, you lack self-confidence. Once you've realised and accepted that, we move on to you accepting yourself the way you are.

Secondly, accept yourself the way you are because there's only one you. I need you to know that nobody is perfect. And even those that look all put together still have their moments of doubts. But, they don't linger on it. They change what they can change and move on from what they cannot. What is it that you don't like about yourself? Whatever it is, write it down. Analyse it. Find out what you can do about it. Do what you can and accept what you can't. If you need to go back to school, then do so. If you need to take up a training, then do so. If you need to stop doing certain things like negative self talk, then stop it.

Quote 52

SUCCESS IS MOST OFTEN ACHIEVED BY THOSE WHO DON'T KNOW THAT FAILURE IS INEVITABLE

-Coco Chanel

Absolutely. They simply go about their tasks. They go about their plans. They go about their goals thinking that they cannot fail. They are the ones that reach for the sun, and when they cannot get the sun, they land among the stars.

You must know that it takes a certain level of mental attitude to be an achiever in life. I keep turning over in my mind, the question "are people born with confidence or do they grow in confidence" And the more I think about it, the more I'm getting to the conclusion that no body is born with confidence but what they see around them, the environment they are birthed into, who their parents are and some other germane matters are things that determines if someone will grow in confidence in life and when.

The quote up there is attributed to Coco Chanel whose real name is Gabrielle Bonheur Chanel. At age 35, she opened her first store in Paris. By the time she was 38, she'd owned 5 properties and was into fashion boutique and later expanded into accessories, jewelry and fragrances with her most iconic being Chanel No. 5. It takes a certain level of mental fortitude to do that at age 35.

Was it that she never failed? Definitely not. She must have failed, in fact several times. One story has it that she got into a deal that took her 20 years to get out of. So, she must have experienced some stumbling blocks along the way but to have kept at and for her business to still be in existence over a century later, indeed, you mustn't think about failing. You must see yourself succeeding and achieving what you have set out to do and it takes a level of confidence to do that.

Quote 53

**NEVER BEND YOUR HEAD. ALWAYS HOLD IT HIGH. LOOK THE WORLD
STRAIGHT IN THE EYE.**

-Helen Keller

Helen Adams Keller wasn't born blind. She lost her sight at 19 months after an illness. Not just her sight, but also her hearing. But she became the first deafblind in the United States to earn a Bachelor of Arts Degree. So, when Helen Adams Keller says, "Never bend your head. Always hold it high. Look the world straight in the eye", you know she's speaking figuratively and not literally. She didn't have the eye with which to look the world, but, my God, did she look the world in the eye!

Most often than not, confidence is an attitude. The way you carry yourself, the way you walk, the way you look, these all say a lot about you before you even open your mouth to talk. I'm not talking about putting on designers here...Lol! Nothing bad in doing that either, but, you don't need to rob the bank to look good. Carriage with dignity, is what I'm talking about. Walking with your spine straight, tummy tucked in, shoulders squared is what I'm talking about. And then when you open your mouth to speak, you are making sense because you've done your homework on your subject.

Knowledge gives you confidence. However, even if you don't know what you are talking about, when you strike the confidence pose, people notice you. So why not make the notice worth their while? Don't just be all beauty and no brains. Let yours be brains with beauty, the whole package and then you know that when you are not bending your head but holding it up and looking the world in the eye, you'll know you are the total package and that alone makes you square your shoulders and get the work done.

Quote 54

THE EYES OF OTHERS OUR PRISONS, THEIR THOUGHTS, OUR CAGES **-Virginia Woolf**

Our mental wellbeing has a lot to do with how we see ourselves; how you visualize you. Many-a-times, we look at ourselves through the eyes of others, think about ourselves through the thoughts of others and fail to see ourselves through our own eyes and think of ourselves through our own thoughts. Am I sounding philosophical today? Hmnnn!

Are you a person of faith? I am. I believe there's a God who rules and reigns in the affairs of man. I am a Christian and honestly, I do not know how I would have coped without believing in God.

You need know that it is only the opinion of one person that counts where you are concerned and that is the opinion of God. Certain people's opinion of you matters too, but you must know how to balance things. Don't live your life in such a way that it appears to all that you are looking for validation and acceptance. Don't give people permission to play ping-pong with your emotions. You are complete, all by yourself.

You need to be attentive to yourself.

You need to praise yourself.

You need to accept yourself.

You need to validate yourself.

When you are able to do all these to yourself, then, any coming from outside will be an addition to what you have.



I want you to be in a good place, mentally, where you are concerned. I want you to think well of yourself, speak well, and feel good about yourself. Don't let the eyes of others be your prison. Don't let their thoughts be your cage, please don't. Draw your strength and validation from God. And be sure to have good people around you. There are still some very good people out there who love and accept you just because you are you. Get such people around you cos after all is said and done, no man is an island. You thrive in relationships but ensure they are positive relationships that will aid your mental health and not destroy it.

Quote 55

AS SOON AS YOU TRUST YOURSELF, YOU WILL KNOW HOW TO LIVE

-Johann Wolfgang von Goethe

this quote was made by Wolfgang von Goethe, a man that was considered a polymath in his time, the 19th century. His words still ring true today. You not trusting yourself is affecting your self-confidence. Why do you not trust yourself but you trust others? You really cannot trust others when you have not trusted yourself. As in, how can you say you love others when you do not love yourself?

Have you dug deep down to know why you do not trust yourself? What did you find out? Well, reasons you don't trust yourself could be because you lack confidence in your abilities or because you are afraid to make mistakes or because you enjoy critiquing yourself or because you are someone who wants everything perfect, you are a perfectionist, or, it could be because you get anxious when it's time to make decisions. I could go on and on, which is yours?

You've got to start trusting yourself. Right now, you are not living. You are alive, yes, but you are not living a wholesome life. You are holding back on life. You must begin to learn how to trust yourself, and now, this moment, is a good time to begin because the year is wrapping up and getting set to usher you into the new year. So, how do you begin to do this?

It always begins with you knowing your strengths and acknowledging them. You've got some good things about you. You are not bad at all. You've got some good sides to you, recognise them. Then begin to make decisions about things that matter to you. Make decisions at work too. Stop pushing the decisions to others to make. Assess the situation, make the decision and defend it. If it ends up being a wrong decision, learn from it and make better decisions next time.



It's better than living on eggshells and never wanting to make decisions because you don't want to make the wrong ones. Other things to do include you embracing your vulnerability, celebrating your wins, no matter how small, listening to your guts, most times, it's right, and finally, for today, spend time in solitude.

Quote 56

YOU CAN'T HATE YOURSELF INTO CHANGE. LOVE YOURSELF INTO GREATNESS

-Emma Lovewell

You cannot hate yourself into change. You've got to love yourself into greatness. In other words, to be the greatest of all time, you must love yourself. Loving yourself does a lot of things to your psyche. Some of them are:

- It helps you to reduce stress because you won't put yourself under pressure. There's good pressure and bad pressure, you won't put yourself under the bad pressure.
- It protects you from self-sabotage: you won't work against yourself, you won't do things to hurt yourself.
- It improves your mental health: it drastically reduces feelings of depression, anxiety and loneliness
- It makes it easy to attain success because you are not fighting yourself. Being successful takes a lot of grit and effort, and loving you makes it easier.
- It improves your self-esteem and self-confidence.

There are a lot more benefits to loving yourself than those listed above. However, listed below are some steps you can begin to take to love yourself from today:

- ♥ Forgive Yourself
- ♥ Pamper Yourself
- ♥ Live in the Moment
- ♥ Set Healthy Boundaries
- ♥ Make Yourself a Priority
- ♥ Treat Yourself Like a Date

- ♥ Nurture a Positive Relationship with Yourself
- ♥ Surround Yourself With the Right People
- ♥ Stop being judgmental when it comes to you

Begin with those and I guarantee that you'll feel lighter, feel rejuvenated and able to accomplish anything. To love any other person the right way, no matter who they are to you, you must first love yourself.

Thank
You!

Follow @adenikeselah on
social media and let's connect.