

## What Are Your 'Islands of Competence'?

*From: Susan Bock, CEO (Chief Everything Officer!)*

The effect of self-confidence on achieving goals has been highly researched around the world – over 6,000 studies in the past 25 years. Each study confirms self-confidence to be a significant factor (and often the *single* most significant) in success in relationships, work, musical performance, sports... Why, you might ask?

Self-confidence keeps the emotional brain out of the fight-or-flight mode. In addition, it is a reminder to our thinking brains that we can meet our goals.



Self-confidence is a good thing to have. What do you do if it's not your strong suit? It's my experience that we don't manufacture self-confidence by talking ourselves into it. Rather, we need concrete evidence that we have 'islands of competence' as Steve Jobs referred to talents and strengths in a graduation speech. Your 'islands of competence' is where you find your self-confidence. The best place to find your 'islands of competence' is in your past successes.

No matter who you are, no matter the circumstances of your life, you have talents and skills that have produced success. Even if you feel like you've messed up over and over, you have succeeded at something – finishing school, being a friend, painting a house, learning to cook and you used qualities of heart and mind to do so. Perhaps you dismiss or ignore your competencies. Now it's time to inventory them in writing.

To create your competence inventory, select four to six accomplishments and write down the strengths and skills you used repeatedly to create success. These are your competencies, the personal qualities you can apply to any goal.

# SUSAN BOCK

COACH AUTHOR SPEAKER

Here's an example. Cheri is a big worrier and wants to be more relaxed about her life. Her accomplishments: going to medical technician school while holding a full time job; taking a trip to Europe; doing a 5k race; creating a small next egg.

Her strengths that cross all four include:

- Determination to succeed
- Independence
- Courage
- Discipline/commitment
- Creative
- Time management
- Resourceful



She decides to treat her desire to stop worrying as she did these more concrete tasks – she will remind herself that she can succeed, remember she can do it herself, and keep going even when she is scared.

Believing in yourself is built on the foundation of what you've already accomplished in your life. This is your invitation to revisit your successes in life and take note of the attributes, talents and skills that made your success possible. If you have trouble remembering your accomplishments or tend to minimize your talents, these questions can serve as your guide.

- How did you foster your own development?
- What was a high-point learning experience for you?
- What are the most challenging and exciting career development opportunities that you have experienced?
- What is your most rewarding sport or physical activity?
- What made it challenging and exciting?
- Reflect on when you are 'in your zone' of productivity, confidence and achievement. What did that look like?

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Thank you, Steve Jobs, for a wonderful message. When we live in our 'islands of competence', we have self-confidence.

You have succeeded in the past and you will continue to succeed in your future! Give yourself the energy boost of self-confidence and go for it!



*A special thank you to my editor, who consistently provides me with encouragement, inspiration, and opportunity to laugh at myself.*



I've shown 1,000's of women how to let go of what is holding them hostage and step into their purpose, power and potential. Would you like to learn more? Check out my Coaching packages and 'On Purpose' Power Products at [www.SusanBock.com](http://www.SusanBock.com)

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