

WHY HAVE I LOST CONFIDENCE AS I GOT OLDER?

To be quite honest it doesn't matter if you are male or female, getting older can sometimes cause you to lose your confidence. But why does this happen, are you alone and is there anything you can do about it?

Firstly, you are certainly not alone. Of course there are many people who have fantastic confidence and self-esteem whatever their age, but if you feel like you are lacking in confidence more and more with every year that goes by then you are one of billions of other people who feel exactly the same as you. You're certainly not alone.



As to why this happens there is an absolute multitude of reasons, causes and results. Growing older many people begin to gain weight, lose hair, feel unwanted, lose energy or drive and this is simply the tip of the iceberg. Of course many of these problems can be tackled but the biggest challenge for people, their confidence and self-esteem has to begin with your mindset and how you view the ageing process.

When we look at society and media much of the negative stigma comes directly from these sources yet it is all built on very weak foundations that are being rocked to the ground with success stories every single day.

Let's firstly look at one cause of low confidence, being overweight. For many people we believe that if you are in your 40s, 50s, 60s or beyond then getting in shape is so so difficult. But with today's understanding of the human body, state of the art fitness programs and the best nutritional options in history it's common to see people getting in the best shape of their life in their more mature years. If you don't believe me it only takes seconds to see some before and after shots of people who have achieved just this, simply Google it and see what I mean.

Some other reasons for people to lose confidence in themselves is purely down to negative media and the irrational society beliefs that have shaped our minds through many years. For example many women believe that if they are not married by the time they are 40 they are going to be left on the shelf. This type of belief and attitude often stems from badly judged peer pressure and 'jest-full' comments taken too far. In reality there are millions of people who find the best relationships of their life during their 40s or 50s.

Gaining confidence in yourself is all about your personal beliefs and mindset. For example thoroughly accepting it's okay to be single at the age of 50 means you no longer succumb to society's ridiculous pressures on this subject, the result? Your confidence slowly restores and then continues to grow...

“And the best news is that I can help you to regain your lost confidence and much more. The process is relatively simple when you understand human nature and the workings of the mind; and how to trigger off good emotions. Contact me TODAY for a free consultation.”

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