

# **Worry and confidence**

by Ralph Marston

**If you're able to worry, you're also able to be confident.**

**Because from a functional standpoint, worry and confidence are pretty much the same thing.**

**Worry is the expectation that something negative will happen. Confidence is the expectation that something positive will happen.**

**How do you create confidence about something that hasn't happened yet? You use the exact same process you would use to create worry.**

**The big difference between worry and confidence is the expected outcome. And the powerful fact is, you can expect whatever outcome you choose.**

**There's another way that worry and confidence are quite similar. They both tend to be self-fulfilling prophecies.**

**So instead of destroying your effectiveness with worry, you can vastly enhance your effectiveness with confidence. It takes nothing more than a simple yet powerful change in your expectations.**