**Lesson #2: Confidence**

Confidence.

All right, so, what I've found, is that while a lot of people admire my physique, people admire my confidence even more.

In my YouTube videos, it seems like I'm very confident with the ladies, but the thing is, I was not always like that. In fact, I was the opposite. I used to be extremely shy, and introverted.

So, there are really two basic concepts when it comes to increasing your confidence, and that's mindset, and practice. So, the mindset. So, fear is instinctual, right? We have the instinct of fear in our minds to keep us alive. But, too many times we fear things that we should not actually be afraid of.

If you're afraid of approaching or talking to girls, you need to ask yourself, "What is the worst that could happen?" Some people, including me, subconsciously have these irrational fears, right, when it comes to talking to girls, or you know, approaching girls. But, once you actually sit there, and think about it, you realize that the worst possible outcome is not that bad, let alone the average outcome. So, the worst thing that could happen is that you get rejected. She just, she doesn't want anything to do with you. She says, "Fuck off," or she doesn't talk to you, or whatever. It could be someone you know, or it could be someone you don't know, but who cares.

There are literally millions of attractive girls your age in this world you can meet and interact with.

Who cares if one doesn't want to talk to you? There's no longer term negative consequence, especially if you don't even know the girl. Yes, things might get awkward, if for some reason you have to see that girl every day, but you can avoid this by practicing, right, which we will talk about in a minute, with girls that you don't care about. But remember, this is the worst case scenario. Most of the time, you're just going to end up having a decent conversation with a girl. All right. So practice.

So just like anything, you get good at something by practicing. Right now, you have a comfort zone, right? And most likely, it's a pretty small comfort zone. Your goal should be to make this comfort zone as big as possible. But how do you do that? All right.

You need to do things that are slightly out of your comfort zone

All right. Use the mindset, to realize nothing bad is going to happen, and then do something to get out of your comfort zone. That might be as simple as approaching a random girl, and having a conversation with her. But, for some really shy and introverted guy like myself, it might have to be even simpler. All right. You might have to start smaller.

A lot of people are not comfortable with social interactions in general. So, force yourself to interact with people. If you're checking out at Walmart, ask the cashier how her day was. And it doesn't even have to be just girls, all right. Strike up a conversation with guys. Then, over time, you'll get comfortable with this.

Then start to expand your comfort zone even more, until finally, after a lot of practice, you're approaching and talking to girls like it's nothing.