4 Ways to Turn Fear Into Confidence

When you know yourself, other people's insecurities can't affect you.

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In this video, Peter Voogd talks about an early experience of being nervous ahead of a speaking engagement and the ways he's learned to overcome fear. Voogd's four things for turning fear into confidence are:

1. **Preparation and research** to get excited about what you're creating and to consistently better your craft
2. **Shifting your circle of influence**, avoiding people who are fearful or play the victim and instead surrounding yourself with positive people
3. **Strengthening your body and mind**, as the effects of a workout can last for as many as 12 hours and help boost confidence
4. **Knowing yourself**, understanding your strengths, vision and purpose so that others' hatred, insecurities and expectations affect you less

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