confidence fighting doubt

If you follow MMA or even if you don’t you have probably heard of one of the hottest stars of MMA. I’m talking about Roudy Rhonda Rousey. In womens MMA she was the women to beat.

Many tried but few made it past Rhonda getting them into an armbar position and tapping out. Usually within a couple minutes of the first round.

This happened so many times that it was like Rhonda the champ at the top rung of the ladder…and everyone else about halfway down the ladder. She was essentially unbeatable, she knew it and pretty much everyone else thought it also.

I watched a couple fights and you could see the doubt on the faces of her opponents. They had the thoughts of winning, the outward face of winning, but all that was backed by doubt.

Then along comes Holly Holmes to fight Rhonda…Holly’s ground game was probably not as good as Rhonda’s. But Holly is an excellent striker, puncher in boxing speak.

As good as Rhonda’s ground game was she had no response, defense against a good striker.

So Holly ate Rhonda’s lunch on that day. Rhonda took a beating in that fight and lost her title.

This one event placed the seed of doubt in Rhonda’s subconscious…now she knew and everyone else knew she wasn’t unbeatable. So for Rhonda’s comeback she takes on Amanda Nunes, someone in my opinion she should have handled fairly easily.

But instead she loses in the first round in the first few minutes.

I believe Rhonda could not defeat her own doubt about her abilities.

This is something many of us do in our own lives. We present our fight face to the world. We ooze confidence but it’s backed by doubt. Doubt we will be able to start that business or make that leap to the new startup that will really be a stretch personally and professionally.

Can we overcome the nagging doubt? Yes but it may take some serious effort and a few successes to cement that unbeatable winning attitude in to our brains.

At least we don’t have to have our bell rung and our face punched to see if we can beat doubt.