

The Confidence of a Super Model

By: Amanda Winder

As a child my sister and I grew up playing with Barbie's. We spent hours "setting up" their houses and picking out their clothing. After everything looked "just right" we would be too tired to actually play. Basically we just enjoyed dressing them and their houses. Today, most of my friends and family know that I have a great love for fashion. I credit some of that love for fashion into the hours I invested into playing with my Barbie dolls.

Now, I love to shop, try on clothes, look at magazines with beautiful models and clothing, and watch runway fashion shows. The girls in the magazines and on the runway fascinate me. My favorite runway show is the Victoria's Secret Fashion Show that comes on TV every December. The women that walk that runway, I believe, are some of the most beautiful women in the world. Lights, cameras, the press, celebrities, and hundreds of thousands of viewers play a part in making this annual event a huge success. The models must own the runway. It takes a great amount of *confidence* to walk down the runway in teeny, tiny lingerie in front of hundreds of thousands of people.

I, personally, do not have that kind of *confidence* because I am not secure in my own body yet. I would rather stand, watch, and wait. It can be easy to stand, watch, and wait while others, like super models, walk down the runway with *confidence*. I believe *confidence* is an incredibly important aspect of life. *Confidence* is trust in you. Trusting in you means believing you can conquer a circumstance and then having the ability to take action in that circumstance.

In the past, I have not trusted myself much. I have allowed my sister to gain most of the attention when we were around others because I feared myself and what others thought of me. I am learning that I must have *confidence* and no longer fear what I think others are thinking about me. I must have the *confidence of a super model*. The confidence of a super model says, "I have enough poise to walk down the runway of life and not predetermine the thoughts of others. I must believe in who I am, where I am going, what I am learning, and what I stand for." Having the *confidence of a super model* has been playing to my advantage.

I am learning how to play tennis. Because of my lack of trust in myself I tend to make excuses when I make a mistake. When learning a new skill we must have confidence. If I choose to allow my excuses to cover my embarrassment for making a mistake I might not ever learn how to play tennis. So when I make mistake I keep my mouth closed, and think, "Amanda, you can do this. Confidence is trust in you. Just trust yourself and forget what others think." After I do this I play a lot better because I have chosen to overcome my insecurity.

I believe, as Christians, we must trust God and His Spirit, but we must trust ourselves too. I trust what the Spirit tells me, but if I live in fear and don't step out on my own and do what I need to do to succeed, the things He is telling me to do might not ever happen. He guides me on what decisions I should make, but I must choose. I must choose whether I will have the *confidence of a super model* or just continue to stand, watch, and wait.

