

Faith

We all have faith in different things and that doesn't have to be a religious faith. Faith is about having confidence in someone or something. It's also about having belief and commitment, that could be your organisation, manager, colleague or family. It could also be about having faith in a product or an organisation that you like to buy from or use. Do you stick with the latest product from the same organisation, as it's what you trust – how many iphones have you had for example? I know I am on my third and my last 3 cars have all been the same make.

I know I can trust those products, so I go back for the latest version, as I know it is something I can rely upon. So I know I have faith in those products and organisations. That faith is built from trust, reliability and having confidence in the service. So as well as gaining faith, it is also something that you can lose, I am sure there is a product or organisation that you use to use that you would no longer do so. Once the faith has been lost it is difficult to recover. So try to never allow others to lose faith in you.

Beliefs

You can also have Faith in a belief system. For a lot of people their faith can be something that guides and gives them their core values and beliefs. Faith is something that man has had for thousands of years and it has spawned numerous faith based systems. At the core of beliefs and faiths, no matter which one you follow, is the principle to be the best you possibly could be and to show respect for others.

All faiths can have their values manipulated and interpretation slanted to someone's view. This is not the intention of the faith; it should be about having respect for yourself, others and the environment. No matter what faith you follow, being accepting and understanding will mean that others will have more respect and faith in you.

Faith in yourself

Having faith in yourself is vital to work and having a positive relationship with others. If you don't have faith in yourself how do you expect others to have faith in you? It's more than having a positive feeling in your body, although that's the start. It's also about an attitude and an approach to life that leads to success, motivation and new possibilities. It is about being your true self and feeling accepting and totally comfortable about that true you. Continually pretending to be something you are not just, contributes to your lack of confidence and self-worth. It will appear insincere and in long term others will not have faith in you.

A Lack of faith will hold you back from the highest level of success. If you don't believe in yourself, others will lack the belief in you. If you have faith, they have faith.

To build faith in yourself, regularly remind yourself of the good things you can say about yourself and keep adding to it. These lists will serve to remind you that you are valuable, capable and appreciated and that you can proud of the things you have achieved.

Faith in others

The other important thing to do is to show faith in others. If you truly demonstrate that you have faith in what others do, then that will build their confidence and your relationship with them. Allow others to fail, that way they will learn, show them that you trust them. Allow them to get on and do things without looking over their shoulder. If you give someone a task to do, then trust them. If they are doing it a different way does it matter, so long as you achieve the right results. Do not set them up to fail by not giving them a clear objective in the first place, whether that's how you want the brussel sprouts prepared or a project objective.

If you feel that you don't have faith in someone else then ask yourself what can you do to build that faith and what support do they need from you. How can you ensure that you show them the faith that you have? If they fail what can they learn for next time.

Having faith is a 2 way process, give it if you want it back.

