

Ask the Expert Happy High Status

What is Happy High Status?

Happy high status is a personalised definition of confidence. It's about accessing 'your best self', when you are least self-conscious and where you make decisions without second-guessing them.

The idea of happy high status is borrowed brilliance from theatre director and author [Keith Johnstone](#) who says:

"There are people who prefer to say 'yes' and there are people who prefer to say 'no'. Those who say 'yes' are rewarded by the adventures they have. Those who say 'no' are rewarded by the safety they attain."

Where are the moments in my career where I have said 'yes' and had 'happy high status'?



How to feel authentically confident



Tap into your least self-conscious self

When you are being your 'best' and least self-conscious self you actually take the focus away from yourself and instead focus on others.

Getting into that zone during the meetings or moments that matter the most helps you stay strong, grounded and connected.

To help you get into this zone, reflect on:

- 🔗 How do I make this less about me?
- 🔗 How do I get others on the ride with my 'best self'?



Decide what your leap is

Leap challenges are useful in building the confidence to help you achieve tasks and goals. It is when you choose to do something that represents a challenge in a short amount of time (*this could be a project, a big move, an important conversation*). It is how you adopt a 'what-if' attitude.

Author of *Playing Big*, [Tara Mohr](#) says: "Leap challenges are gifts. They grow us. They rebirth us. They create breakthroughs in our lives"

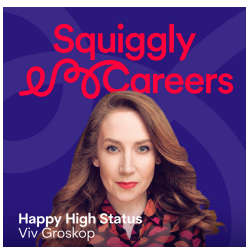


Don't bring confidence, bring clarity

Be specific about what you want to achieve from a leap challenge. Find other ways to describe "I want to be more confident".

This could be "I want to be *useful and collaborative*". Bringing clarity stops you from limiting yourself and helps you to reflect more deeply about what you might want to achieve.

Doing this is helpful in reframing your future possibilities and what actions you might take.



"Dip a toe in the 'what-if' water. This is about experimentation, giving yourself permission to ask 'What if I can do this?' It allows you to think very openly and is a very basic and freeing idea."

[Viv Groskop](#), Writer, comedian, TV and radio presenter

The 'leap challenge' I want to focus on is....



Recommended resources

Happy
High
Status

[Happy High Status:
How to Be Effortlessly Confident](#)

Viv Groskop's new book about a fresh way of thinking about confidence and how you relate to yourself.



[How to own the room](#)

Viv Groskop discusses 3 ways in which you can improve your presence, performance and authenticity on [#105](#) of Squiggly Careers.