

WEEK 44 OVERCONFIDENCE

“Your overconfidence is your weakness.” – Luke Skywalker

As there is no such thing as perfect practice one must also be prepared for failure. Overconfidence is a form of arrogance and is a character flaw. You may be confident in everything you do but remain realistic and humble. A healthy sense of knowing the limit of your skills is important to being Jedi.

Defeatism is the opposite of overconfidence. While the latter will almost always lead to failure the former guarantees it. The problem with perfectionists is that they are often overconfident in the beginning. They honestly believe that they can exceed their own expectations and those of everyone around them. They do not take a realistic and pragmatic view. As a result, when failure occurs, they take on a defeatist attitude. The blow to the ego is such that they abandon any further attempt because it did not go well the first time.

Being confident is being realistic and pragmatic. You know your limits and how far you can go. You are not afraid to say “no” not because you lack confidence but because you realize that an attempt is futile or too risky.

Special Forces operators such as SEAL Team 6 are given an option of whether to take part in a mission or not. Operators are expected to be highly skilled and confident but never overconfident or “cocky”. Overconfidence is seen as a liability in the Teams as the Operator is likely to be reckless, arrogant and a danger to his teammates and the mission. Commanders prefer if their men are honest about their limitations or concerns about a mission before final preparations are made. There is no shame in saying “I can’t do this Boss, I’m out” when you know you cannot.

In Star Wars “The Last Hope” Luke Skywalker is inexperienced, impatient, idealistic, and naive. Obi-wan Kenobi is there to guide

and mentor Luke and teach him the fundamentals of being a Jedi. The Jedi Master had taught Anakin and could see the fiery spirit in Luke. Obi-wan sensed Luke's overconfidence which he tried to temper by teaching him to sense and use the Force. Obi-wan was trying to ground Luke so that he could act using his mind instead of his heart. Han Solo saw it more simply when he reminded Luke "don't get cocky".

How often have you thought "I got this!" only to fall flat on your face? The rush of confidence and caution is thrown to the wind, the excitement of expected success and then the bitter fall. Everyone experiences it. No one has ever got on a bike the first time and not fallen off. Great accidents and catastrophes from the sinking of the Titanic to the Great Depression and major military defeats were the result of overconfidence. The battles of Salamis, Agincourt, the Spanish Armada, Napoleon, and Hitler's invasions of Russia are classic examples of overconfident commanders. The Jedi were so confident Palpatine was able to build the clone army, mastermind a war and overthrow the Republic without being noticed. Their overconfidence led to the fall of the Jedi.

Do you consider yourself to be confident and competent? Would you rate yourself better than the average person? Do you practice self-reflection and introspection? Do you honestly evaluate your performance? Are you, always right? Would you say you are honest with yourself? More than 90% of people consider themselves above average in ability which is statistically impossible. Being Jedi is finding the middle path between defeatism and overconfidence.

Being Jedi is about being able to be honest with yourself and with others. This means honestly about your shortcomings as well as your abilities. Self-examination and appraisal are important in knowing your limits and identifying when you are wrong as well as right. You must have the courage and humility to accept what you know and what you do not. You must also be willing to accept reality and learn from your mistakes. You cannot learn what you think you already know.

DAY 302

“Let the Force flow through you” – Obi-wan Kenobi

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DAY 303

“Do or do not, there is no try” – Yoda

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DAY 304

“Overconfidence is the most dangerous form of carelessness.”
– Moral (Clone Wars: Cargo of Doom)

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DAY 305

“Strong is Vader. Mind what you have learned. Save you it can.” - Yoda

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DAY 306

“Strong am I with the Force, but not that strong.” - Yoda

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DAY 307

“If no mistake have you made, yet losing you are... a different game you should play” – Yoda

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DAY 308

“Blind we are, if creation of this clone army we could not see.”
– Yoda

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WEEK REVIEW

Reflect on your daily practices and personal goals for the week.
How did you do? Where can you refocus your attention?

Meditation:

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Physical Exercise:

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Diplomacy:

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Awareness:

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Self-Discipline:

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