

YOURSELF TO SELF-CONFIDENCE

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What is Self-Confidence?



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It is nothing more than a belief in yourself. It is a feeling of trust in one's abilities, qualities and judgement to achieve a specific task or goal. It comes from the Latin word "fide rev" which means "to trust". Therefore, having self-confidence is having trust in one's self and a sense of control in life.

You know your strength and weakness well and have a positive view of yourself. You set realistic expectations and goals, communicate assertively, and are able to handle criticism. It is a feeling of certainty that you can accomplish whatever you set your mind to. When you have confidence, you trust your own abilities even when others do not. It means you do the right things, even when it is hard. You are not afraid to admit when you have made a mistake and not afraid to learn from those mistakes.

Why is Self-Confidence Important?

Self-confidence is vital in almost every aspect of our lives, yet many people struggle to find it. Sadly, this can be a vicious cycle: people who lack self-confidence are less likely to achieve the success that could give them more confidence. Having a healthy sense of

self-confidence will help you to explore new subjects, roles and follow your ambition without worrying about how others may perceive you. Confidence can enhance your reputation, get you the projects you want, and open up all kinds of opportunities in your career.

The good news is that self-confidence can be learned, just like any other skills. It is not something you are born with or have but something you can create and there is a lot you can do to build it up.

How to boost your Self-Confidence?

1. Recognise and emphasise your strengths. Reward and praise yourself for your efforts, progress and accomplishments. Learn to celebrate yourself.
2. Learn to think positively. Whenever you find yourself slipping into self-defeating thoughts, force yourself to stop and think of something more empowering such as, "I can do this!"
3. Challenge the assumptions you make about yourself, people and situations. It is

having an open mind to question your beliefs and dismantle any thoughts that may be limiting your options.

4. Set realistic, meaningful and achievable goals. Then build up on the knowledge and skills you need to achieve them. This might mean doing some studying, finding a mentor, or going on a training course. Try to get into the habit of setting small goals for yourself. Your confidence will start to build up as you gain additional knowledge and skills to reach your objectives. Do not expect perfection; it is impossible to be perfect in every aspect of life.

5. Slow down when you feel the intense emotions and think logically about the situation.

6. When you stumble on an obstacle, treat yourself with kindness and compassion. Do not dwell on failure. Recognise that past negative life experiences do not dictate your future.

7. Express your feelings, beliefs and needs directly and respectfully. Learn to say "no"

to unreasonable requests.

8. Use routines. Almost all Olympic and professional athletes use pre-event and pre-game routines to help them be their best. Basketball great Kobe Bryant always follows the same routine before every free throw.

9. Prepare obsessively. Warren Buffett's success strategy is the same. He prepares obsessively and because of his study and preparations, he notices things other people do not, and he creates more opportunities from himself.

10. Choose your tribe carefully. Negativity is a highly contagious virus – it is hard not to catch it when you are exposed. Choose to be with positive people who can build you up. We are all influenced by those around us. Therefore, choose your friends carefully.

What is the bottom-line of Self-Confidence?

Self-confident people are generally more successful. It helps you to achieve goals faster and easier, which means you enjoy more success.

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