



SELF CONFIDENCE

What is it?

Self-confidence combines positive self esteem with the ability or belief that something can be accomplished or achieved. This allows people to try challenging or difficult tasks or to take healthy risks.

Can people tell if I'm confident?

People have different levels of self-confidence and it shows in different ways:

Your body language?

Do you fidget? Look down? Shake your body? Hold your head up? Smile? Are you hard to understand because you mumble? Do you apologize for everything? Are you loud and clear?

What you say?

Are you negative? Do you put yourself down to others? Do you shrug off compliments?

Your behavior?

Do you try new things like going to school? Take training? Try for a new job? Is it difficult to hold a conversation? Do you make friends easily? How is your self-confidence?

High Self-confidence	Low Self-confidence
Doing what you believe is right, even if others disagree.	Guiding your behavior based on what people think.
Being willing to take healthy risks and go the extra mile.	Staying in your comfort zone, fearing failure and avoid taking healthy risks.
Admitting your mistakes and learning from them.	Working hard to cover up mistakes and hoping that you can fix the problem before anyone notices.
Waiting for others to congratulate you on your accomplishments.	Praise your own qualities as often as possible to as many people as possible.
Accepting compliments graciously. "Thanks, I really worked hard on that. I'm pleased you recognize my efforts."	Dismissing compliments offhandedly. "Oh, that was nothing really. Anyone could have done it."

Low self-confidence can be self-destructive, and it often manifests itself as negativity. Self-confident people are generally more positive; they believe in themselves and their abilities, and they also believe in living life to the fullest.

Boosting Self-confidence

Positive self-affirmations	Identify your successes and strengths
Positive thinking	Be thankful for what you have
Set and achieve goals	Be positive, even if you don't feel that way
Recognize your insecurities	Accept compliments gracefully
Talk about it with friends and family	Look in the mirror and smile
Remember that nobody is perfect	Fake it, it will help you
Stick to your principles	Help others
What else?	