

Self Confidence

Self-confidence is an attitude which allows us to have positive yet realistic views of ourselves and our situations. We are confident when trust our own abilities, have a general sense of control of our lives, and believe that, within reason, we shall be able to do what we wish, plan, and expect.

Self-confidence is an important aspect of Human Beings. Self-confidence is a key of Success. Without Self-confidence we can't achieve our goals. To Success any types of work Self-confidence plays a vital role.

Self-confidence is extremely important in almost every aspect of our lives, yet so many people struggle to find it. Sadly, this can be a fierce circle: People who lack self-confidence can find it difficult to become successful. After all, would you instinctively want to back a project that was being pitched by someone who was nervous, fumbling and overly apologetic?

On the other hand, someone who spoke clearly, who held his or her head high, who answered questions with conviction, and who readily admitted when he/she did not know something might persuade you.

Self-confident people inspire confidence in others: Their audience, their peers, their bosses, their customers, and their friends. Gaining the confidence of others is one of the key ways in which a self-confident person finds success.

The good news is that self-confidence really can be learned and built on. And, whether you're working on your own self-confidence or building the confidence of people around you, it's well-worth the effort! All other things being equal, self-confidence is often the single ingredient that distinguishes a successful person from someone less successful.

So how self-assured do you seem to others?

Your level of self-confidence can show in many ways: Your behavior, your body language, how you speak, what you say, and so on. Look at the following comparisons of common confident behavior with behavior associated with low self-confidence. Which thoughts or actions do you recognize in yourself and people around you?

Self-Confident	Low Self-Confidence
<ul style="list-style-type: none"> • Doing what you believe to be right, even if others mock or criticize you for it. • Being willing to take risks and go the extra mile to achieve better things. 	<ul style="list-style-type: none"> • Governing your behavior based on what other people think. • Staying in your comfort zone, fearing failure and so avoid taking risks.
<ul style="list-style-type: none"> • Admitting your mistakes and vowing to learn from them. • Waiting for others to congratulate you on your accomplishments. 	<ul style="list-style-type: none"> • Working hard to cover up mistakes and praying that you can fix the problem before anyone is the wiser. • Extolling your own virtues as often as possible to as many people as possible.
<ul style="list-style-type: none"> • Accepting compliments graciously. “Thanks, I really worked hard on that prospectus. I’m pleased you recognize my efforts.” 	<ul style="list-style-type: none"> • Dismissing compliments offhandedly. “Oh that prospectus was nothing really, anyone could have done it.”

As you can see from these examples, 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 the wonders of living life to the full.

Balanced Self-Confidence

Self-confidence is about balance. At one extreme, we have people with **low self-confidence**. At the other end, we have people who may be **over-confident**.

If you are under-confident, you’ll avoid taking risks and stretching yourself; and you might not try at all. And if you’re over-confident, you may take on too much risk, stretch yourself beyond your capabilities, and crash badly. You may also find that you’re so optimistic that you don’t try hard enough to truly succeed.

Getting this right is a matter of having the right amount of confidence, founded in reality and on your true ability. With the right amount of self-confidence, you will take informed risks, stretch yourself (but not beyond your abilities) and try hard.

Building Self-Confidence

So how do you build this sense of balanced self-confidence, founded on a firm appreciation of reality?

The bad news is that there's no quick fix, or 5-minute solution.

The good news is that building self-confidence is readily achievable, just as long as you have the focus and determination to carry things through. And what's even better is that the things you'll do will build success – after all, your confidence will come from real, solid achievement. No-one can take this away from you!

So here are our three steps to self-confidence, for which we'll use the metaphor of a journey: Preparing for your journey; setting out; and accelerating towards success.

Step 1: Preparing for Your Journey

The first step involves getting yourself ready for your journey to self-confidence. You need to take stock of where you are, think about where you want to go, get yourself in the right mindset for your journey, and commit yourself to starting it and staying with it.

In preparing for your journey, do the following things:

Look at what you've already achieved:

Think about your life so far, and list the ten best things you've achieved in a Paper. Perhaps you came top in an important test or exam, played a key role in an important team, produced the best sales figures in a period, did something that made a key difference in someone else's life, or delivered a project that meant a lot for your business.

Put these into a smartly formatted document, which you can look at often. And then spend a few minutes each week enjoying the success you've already had!

Think about your strengths:

Next, use a technique like SWOT Analysis to take a look at who and where you are. Looking at your Achievement and reflecting on your recent life, think about what your friends would consider to be your strengths and weaknesses. From these, think about the opportunities and threats you face.

Make sure that you enjoy a few minutes reflecting on your strengths!

Think about what's significant to you, and where you want to go:

Next, think about the things that are really important to you, and what you want to achieve with your life.

Setting and achieving goals is a key part of this, and real self-confidence comes from this. Goal setting is the process you use to set yourself targets, and measure your successful hitting of those targets.

Inform your goal setting with your SWOT Analysis. Set goals that exploit your strengths, minimize your weaknesses, realize your opportunities, and control the threats you face.

And having set the major goals in your life, identify the first step in each. A tip: Make sure it's a very small step, perhaps taking no more than an hour to complete!

Manage your mind:

At this stage, you need to start managing your mind. Learn to pick up and defeat the negative self-talk which can destroy your confidence. And learn how to use imagery to create strong mental images of what you'll feel and experience as you achieve your major goals – there's something about doing this that makes even major goals seem achievable!

And then commit yourself to success!

The final part of preparing for the journey is to make a clear and unequivocal promise to yourself that you are absolutely committed to your journey, and that you will do all in your power to achieve it.

If as you're doing it, you find doubts starting to surface, write them down and challenge them calmly and rationally. If they dissolve under scrutiny, that's great. However if they are based on genuine risks, make sure you set additional goals to manage these appropriately.

Either way, make that promise!

Step 2: Setting Out

This is where you start, ever so slowly, moving towards your goal. By doing the right things, and starting with small, easy wins, you'll put yourself on the path to success – and build the self-confidence that comes with this.

Build the knowledge you need to succeed:

Looking at your goals, identify the skills you'll need to achieve them. And then look at how you can acquire these skills confidently and well. Don't just accept a sketchy, just-good-enough solution – look for a solution, a program or a course that fully equips you to achieve what you want to achieve, and ideally gives you a certificate you can be proud of.

Focus on the fundamentals:

When you're starting, don't try to do anything clever or elaborate. And don't reach for perfection – just enjoy doing simple things successfully and well.

Set small targets, and achieve them:

Starting with the very small goals you identified in step 1, get in the habit of setting them, achieving them, and celebrating that achievement. Don't make goals particularly challenging at this stage, just get into the habit of achieving them and celebrating them. And little by little, start piling up the successes!

Keep control over your mind

Stay on top of that positive thinking, keep celebrating and enjoying success, and keep those mental images strong. You can also use yoga techniques to make the visualization even stronger!

And on the other side, learn to handle failure. Accept that mistakes happen when you're trying something new. In fact, if you get into the habit of treating mistakes as learning experiences, you can (almost) start to see them in a positive light. After all, there's a lot to be said for the saying "if it doesn't kill you, it makes you stronger!"

Step 3: Speeding up Towards Success

By this stage, you'll feel your self-confidence building. You'll have completed some of the courses you started in step 2, and you'll have plenty of success to celebrate!

Now's the time to start stretching yourself. Make the goals a bit bigger, and the challenges a bit tougher. Increase the size of your commitment. And extend the skills you've proven into new, but closely related fields.

Remember

To have self confidence, Always

- Believe your self that you can do.
- Believe your intentions that they are good
- Believe your thinking abilities
- Believe your imaginative power
- Believe that you can solve your problems
- Believe your understanding
- Believe your achievements.

Cheers! You are confident.

By: NTC Team

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