

# Self Confidence

Compiled by

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Dean Career Guidance



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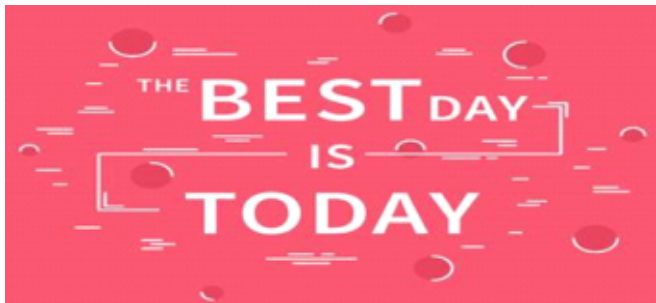
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The concept of self-confidence is commonly used as self-assurance in one's personal judgment, ability, power, etc. One's self confidence increases from experiences of having mastered particular activities. It is a positive belief that in the future one can generally accomplish what one wishes to do.

### **Use Positive affirmation**

statements that are meant to reprogram your mind to seeing yourself in a better light. These include statements such as: "I am worthy", "I'm a great leader" and so. You can write down your own mantra and repeat it to yourself every morning. You can write the positive statements on a piece of paper and put it somewhere where you will always see it (stick it on a wall or on a fridge), etc..



## **Fake it till you make it**

When people act in a self-confident way towards others, they actually feel more self-confident themselves. This is one of the most amazing rules in our lives. If you want to have something, act as if you already have it. The way our mind works, is that the more familiar an idea is, the truer it will seem. And how to make an idea familiar? By repeating it! The more you do something, the more you say something, the more you'll believe in it.



## **Dress smart**

If you ever lack confidence, the easiest way to boost it by dressing like an authority. If you're perceived like somebody important, you will start feeling like one!. Smart outfit is an international symbol of status, you can always wear it. Things such as suits, shirts, nice shoes, accessories, gadgets – they all add to our confidence.

## **Speak loud**

The way you talk and the way you project your voice is directly linked to your confidence. Shy people tend to keep their voice low. They don't want to draw attention, which they would if they spoke up. You probably have noticed it yourself in meetings. There is always that one guys, the loudest of all, very self-confident, maybe sometimes arrogant, who doesn't care much about what others think.



## **Sit in the front row**

When do you usually sit at big events or class? Do you rush to take a seat in the first row or do you rather go in the back? My bet is the latter, just like many other people do. The reason for it is that we don't want attention on us. We'd rather hide in the back, so we don't risk being pulled on stage or asked a question. But let me ask you something. Who usually sits in the first row of all official company meetings? Who sits in the first row of fashion shows? The most important people. By sitting in a first row you're putting yourself among these people. You give others the signal that you are one of the most important people and so they treat you accordingly. You'll notice also, that you will start behaving like one.

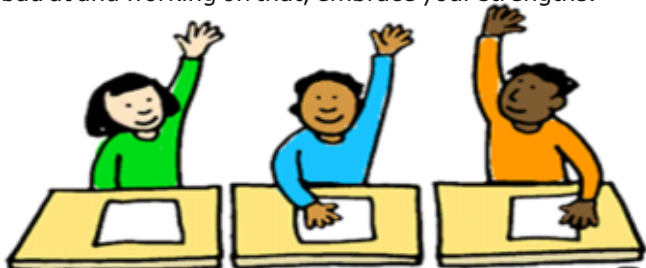


## **Body language**

Confident people have a different body language. They walk tall. They keep their head up. They look into the eyes of others. They also keep their body open. Whenever we feel bad about ourselves, we feel down or hurt, we tend to close down. And not just emotionally but physically too. We try to become as small as possible, so people don't notice us. We curl up, so we limit the surface of exposure. Lack of self-confidence manifests itself in such a body language.

## **Leverage your strengths**

If you keep focusing on your shortcomings, sooner or later you will lose much of your confidence. After all, if there are so many things you're bad at, and so many mistakes you've made, then where is that confidence going to come from?. Rather than thinking of what you're bad at and working on that, embrace your strengths.



## **Accept compliments**

Imagine somebody tells you, you look really nice. What would you respond? Does *"Oh, it's an old dress."* or *"Oh, I actually feel quite tired today"* sound familiar to you? What do you usually say when somebody pays you a compliment? We rarely just accept a compliment. We rarely say *"Thank you"* without any *but's*. But think about it. If somebody takes time to tell you something nice, it's because they think that. Why can't you just accept a nice word? Why are you tempted to downplay it? If you did a good job, take ownership of it. Embrace it! Allow yourself to believe in all the good things people tell you. It's the easiest, and all for free, way to boost your confidence.







### **Avoid perfectionism**

If you aim for perfection, than you're aiming for disappointment. It's very difficult (if not impossible) to be perfect. You can always be better, you can always be faster, you can always do more. Stop trying to do everything and do it flawlessly. Accept that things don't have to be perfect to be good. And you don't have to be perfect, either. Perfectionists usually have lower self-esteem, because they criticize themselves all the time.









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