

8 TYPES OF CONFIDENCE ECOURSE

Lesson #1

SELF-CONFIDENCE



WHAT IT MEANS TO HAVE SELF CONFIDENCE

Self-confidence is defined as having a strong sense of trust in your own abilities, qualities, and judgment.

A self-confident person believes in themselves; they know they're able to make good choices because they trust their abilities to do so.

A self-confident person has a strong sense of trust in their own unique abilities. For example, a self-confident teacher believes strongly in his abilities to lead his classroom successfully.

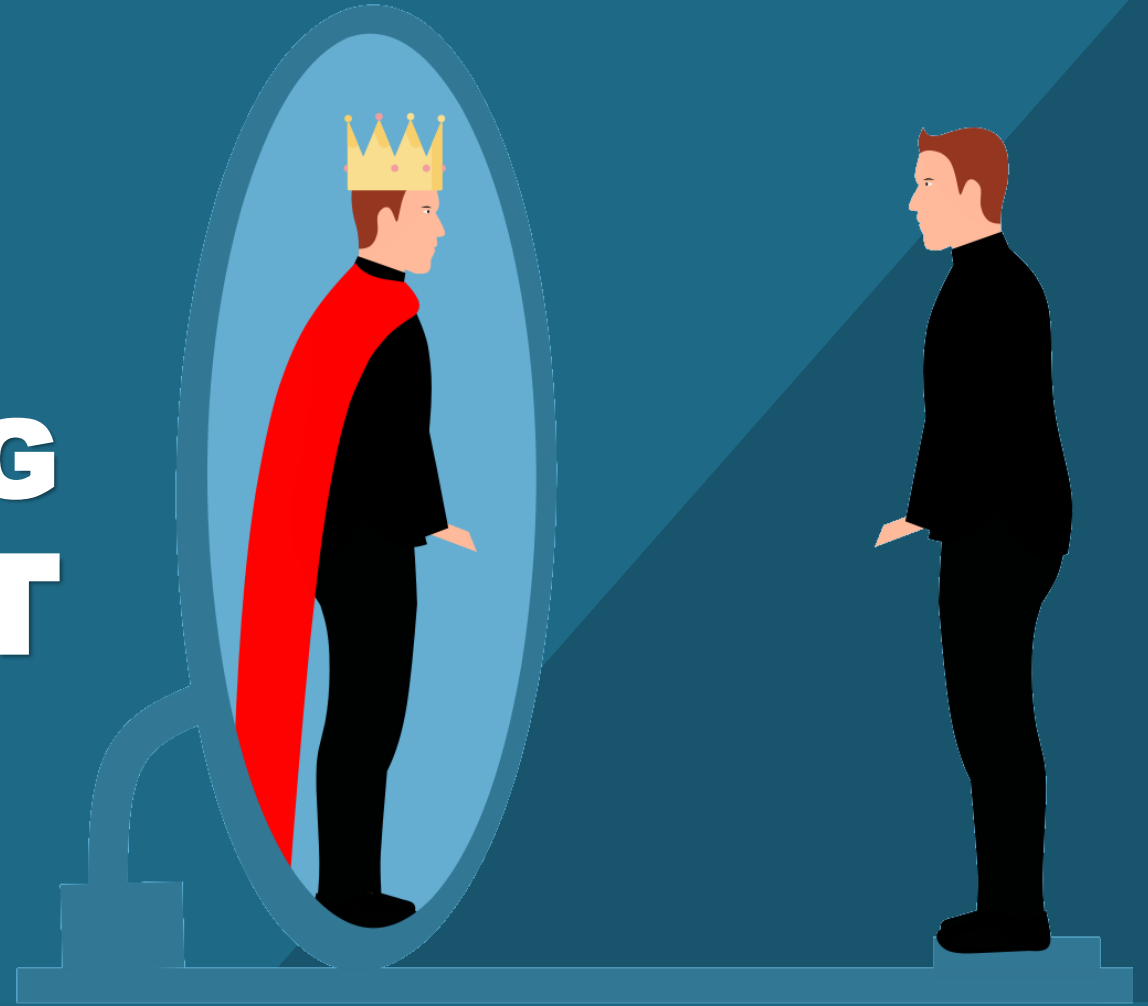
A self-confident mayor believes strongly in her abilities to make good choices for her community. Self-confident parents believe strongly in their abilities to do their very best at raising their children, and so on.

Being able to trust your own qualities is another important part of being self-confident. Self-confident people know themselves very well; they have a thorough understanding of all their personal qualities that make them unique human beings.

By understanding all those qualities, they understand how to use those qualities to enhance their own lives and the world around them.

A self-confident person trusts in their own judgment. Because they trust in themselves to make good, sound decisions, self-confident people often have an excellent sense of judgment. When they must make a decision, a self-confident person knows they have all the personal tools necessary to make the best choice.

6 BENEFITS OF BEING SELF-CONFIDENT



SELF-CONFIDENCE COMES WITH LESS ANXIETY

- When you feel confident in yourself, you experience less anxiety.
- Without self-confidence, it's difficult to believe in yourself or your ability to make good choices. If you're constantly worrying about whether you can do something correctly or make the best choice, you're experiencing increased anxiety.
- People with self-confidence don't necessarily live anxiety-free lives, but they do not experience any additional anxiety about themselves.

ALLOWS FOR MUCH MORE OPPORTUNITY IN LIFE

- Feeling confident in yourself allows the world to really open up for you. By having trust in yourself, you'll find yourself trying more new things, having more new experiences, and meeting more new people. All this “newness” leads to a lot of opportunities in life.
- Self-confident people aren't afraid to try new things. They understand that sometimes their adventures will lead to success and other times, failures. However, they do not allow the possibility of failure to stop them from pursuing a new opportunity.

SELF-CONFIDENCE MAKES IT EASIER TO WIDEN YOUR SOCIAL CIRCLE

- Because self-confident people have a good understanding of who they are, they enjoy reaching out to new people and establishing connections with them.
- A self-confident person isn't afraid of talking to someone new – they see all introductions to new people as a chance to make a new friend. They are confident in their abilities to present themselves well to new people, making the process of getting to know someone much more comfortable.

SELF-CONFIDENCE ALLOWS YOU TO HAVE A BETTER OVERALL SELF-IMAGE

- A self-confident person feels good about themselves. They are comfortable with who they are, accept themselves, and understand their unique traits and quirks.
- Self-confidence means you have a good understanding of yourself. You accept yourself for everything you are, including your strengths and weaknesses.
- A self-confident person has a strong self-image because they embrace their strengths, strive to improve the aspects of themselves that can be changed, and accept the parts of themselves that can't be changed.

SELF-CONFIDENCE LENDS ITSELF TO A MORE POSITIVE ATTITUDE AND OUTLOOK ON LIFE

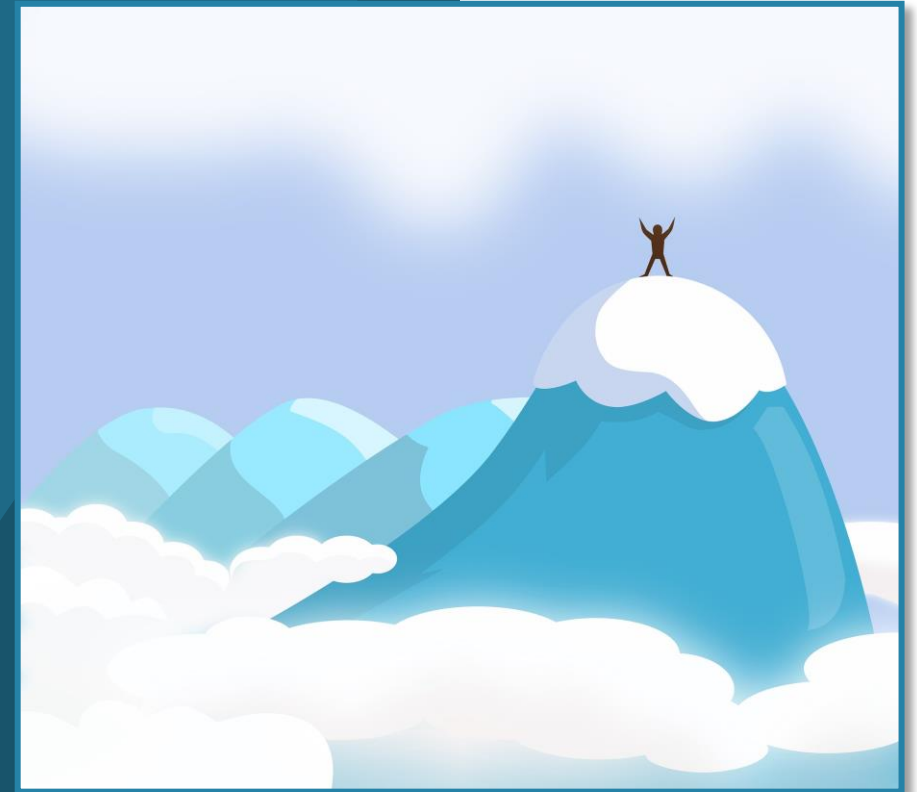
- Self-confidence leaves you feeling good about yourself. With this level of comfort and ease in your own skin, it's much easier to have a positive perspective about other aspects of your life.
- When your focus isn't on worrying about yourself, you're able to turn your attention outward on other experiences and adventures.
- Your overall attitude and outlook on life will be much more positive when you're able to actually enjoy it and embrace it fully.



SELF-CONFIDENCE MAKES ANYTHING POSSIBLE

When you believe in yourself and have that ultimate feeling of confidence it opens up a wealth of opportunities.

Anything is possible because you believe in yourself and your abilities.



15 TIPS FOR DEVELOPING A STRONGER SENSE OF SELF CONFIDENCE

ALWAYS KEEP TRACK OF YOUR SUCCESSES

- Document them, revisit them, and give yourself credit for what you've accomplished – no matter how big or small those wins might be.
- Every success is worth acknowledgement. No, you won't be making giant strides and massive wins every single day, but you accomplish lots of small wins each day that are absolutely worth celebrating.
- Regularly acknowledging the things you do well, no matter how big or small they might be, fosters an environment where self-confidence can flourish.



BREAK DOWN YOUR BIGGER GOALS INTO SMALLER, MORE MANAGEABLE ONES

- Having big goals and ambitions is fine – dreaming big is a wonderful way to keep yourself motivated to actually push forward and meet those goals. However, sometimes having those big goals looming over your head can feel intimidating, making it tough to continue believing in your ability to actually meet them.
- In this scenario, consider breaking down those bigger goals into something smaller and more manageable. For example, if your big goal is to finish your college degree, you can boost your self-confidence by making this big goal more manageable.

MAKE YOURSELF WRITE A LIST OF TWENTY ASPECTS ABOUT YOURSELF THAT YOU ADMIRE

Twenty individual things may seem like a long list, but really challenge yourself to come up with them all. **Your twenty things don't have to be anything excessive, major, or over-the-top. For example, your list of things you admire about yourself could include....**

- Your neat handwriting
- Your ability to make new friends easily
- Your neatness and cleanliness
- Your ability to beat your personal records when you run 5ks
- Your fashion sense
- Your love of learning and knowledge
- Your ability to cook delicious meals

PRACTICE TAKING COMPLIMENTS TO HEART WHENEVER YOU RECEIVE THEM

- Instead of shooing away these kind comments, learn how to accept compliments and really take them seriously.
- Taking compliments to heart is a good way to build up your self-confidence. Your acceptance of the compliments helps gear your mind toward actually accepting them.
- When you practice taking a compliment to heart, begin by telling the person a simple “thank you” instead of challenging the validity of what they’re trying to tell you.
- Over time, you’ll notice that accepting these compliments rather than brushing them aside helps you begin to accept them for what they are – the truth! You’ll feel yourself beginning to believe those kind words, creating an instant confidence booster.

CARVE OUT SOME TIME EVERY DAY TO PRACTICE SOME SELF-CARE

Taking good care of yourself is good for many aspects of your life – self-confidence included! It's easier to feel good about yourself and your abilities when you're giving yourself a chance to relax and recharge.

Some examples of self-care activities include....

- Treating yourself to a favorite meal or treat from a restaurant you enjoy
- Taking a long nap
- Taking a hot, steamy bath or shower
- Spending time engaging in an activity you enjoy doing, such as reading, crocheting, scrapbooking, etc.
- Catching up on your favorite TV shows
- Treating yourself to a manicure or pedicure (or both!)
- Turn off your emails and cell phone notifications in the evenings

When you're taking care of yourself, you're able to boost your self-confidence.

CREATE A POSITIVE MANTRA OR TWO YOU CAN RECITE EVERY DAY

WRITE THEM DOWN WHERE YOU'LL SEE IT REGULARLY

- Mantras are powerful meditation tools with a history that stretches backward centuries in time.
- You can harness the same power of mantras in your current, present-day life.
- Create a short and simple mantra that's easy to read and repeat whenever you need a reminder to boost your self-confidence.
- Your mantra doesn't need to be lengthy or complicated.
- For example, it can be as short and simple as "I believe in myself" or "I know I can do good things."

When you see your mantra, repeat it to yourself multiple times.

Doing so accomplishes a few important things:

- It refocuses your thoughts on what really needs your focus
- It reinforces positive thoughts about yourself
- It stops negative thinking in its tracks

FIND A TRUSTED GROUP OF PEOPLE TO SERVE AS YOUR SUPPORT SYSTEM

- Self-confidence does come from within yourself, but a great way to build it is to have a good support system on your side.
- Your support system is usually made up of people you trust, such as your close friends and family members.
- These are people you can trust when you're struggling or need help – for example, if you find yourself wrestling with a difficult problem, these would be the people you'd seek advice from first.

FIND SOMETHING NEW AND INTERESTING YOU CAN LEARN MORE ABOUT

- Learning something new is a great way to raise self-confidence.
- Getting yourself involved in learning about a new topic or skill boosts your self-confidence because it grows your abilities and knowledge.
- When you know and understand more, you feel better about yourself. Seeing yourself learn how to do something new is also very empowering.
- Choose something you've always wanted to learn more about, grab your supplies, sign up for that class, and get started!

DETERMINE WHAT YOUR PERSONAL BOUNDARIES ARE AND ESTABLISH THEM WHERE THEY'RE NEEDED

- Personal boundaries are great tools. Not only do they protect your sanity and your comfort from outside intrusion, but they're also great for keeping your self-confidence intact. If your self-confidence needs a boost, determine your personal boundaries, and begin enforcing them where you need to do so.
- Determine where your boundary lies with that particular action and then communicate that boundary with them. When you protect your boundaries, you're able to better protect yourself and your self-confidence.

GIVE YOURSELF PERMISSION TO TRY A NEW LOOK OR STYLE THAT INTERESTS YOU

- Trying a new look or style is an instant self confidence booster. If you feel deeply about a certain new style and want to try it out, give yourself permission to do it.
- Changing up your personal style in a way that interests you is a great way to give yourself an instant shot of power to your self-confidence.
- Feeling good in your own skin is important; if you want to try that hair cut or new outfit, go for it and enjoy those feel-good vibes from your new look!

PRACTICE TURNING YOUR NEGATIVE THOUGHTS AND SELF-TALK INTO SOMETHING POSITIVE AND LIKELY MORE TRUTHFUL

- Negative thinking is a self-confidence killer. If you find yourself regularly trapped in a pattern of negative thinking, learning how to stop those thoughts and replace them with more positive and truthful thinking is important to protect your self-confidence.
- Often, negative thoughts are rooted in irrational fears that are often untrue.
- For example, consider the following negative thought:

“Those people are going to laugh at me if I try to talk to them.”

This thought does nothing except make you feel cruddy about yourself and damage your self-esteem!

Instead, replace that thought with something more positive:

“If I go talk to those people, I might make some new friends.”

This thought is more truthful.

SAY ONE KIND THING TO YOURSELF EVERY DAY

- You may feel silly actually saying these things aloud, but it serves as positive reinforcement for your mind.
- The more frequently you hear yourself talking positively to yourself, the more you'll feel your self-confidence soar.

DO SOME KINDNESS FOR SOMEONE WHO NEEDS IT

- Spreading kindness to others is a great way to boost your own self confidence. Not only does reaching out to help others in need give them support, but it also supports your self-confidence.
- Seeing yourself doing good for someone else and being a positive force in the world helps you view yourself more positively as well.

FOCUS ON YOUR PERSONAL STRENGTHS

- While you may have weaknesses, a great way to boost your self-confidence is to focus on your strengths.
- Consider all the things you do well and let those be your “driving force.” Use your skills and talents to do good in the world whenever you can.

PRACTICE ACCEPTING CRITICISM WITH GRACE

- Learning how to accept criticism gracefully is a great way to boost your confidence. For example, instead of allowing yourself to immediately feel upset or depressed when someone tells you something about yourself that you find upsetting, allow yourself to consider what that person is really saying – is there truth to it?
- If so, take a critical look at yourself and your actions. This criticism may be valuable information you can use to improve yourself.

SELF-CONFIDENCE IS KEY TO EXCEL IN LIFE

Self-Confidence Helps People Excel In Everything Because It Creates An Inner Sense Of Self Power And Ability

Learning how to bolster and support your self-confidence is a lifelong venture.

Using strategies to protect and develop your self-confidence is a constant effort; making those strategies part of your healthy habits routine is the best way to ensure you maintain a strong sense of self confidence.