

Self Confidence

Confidence is a feeling of trust in someone or something.

To be **self-confident** is to have **confidence** in yourself.

Self-confident people don't doubt themselves.

Self-confidence is a wonderful trait to have because it leads to success in plenty of areas in life, such as having a good job, getting married or completing personal goals.

Believing **you can do something**, no matter the circumstances, increases the abilities to accomplish certain tasks.



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Benefits (1):

You Will Appear More Knowledgeable:

- people will take you more seriously and see you as more knowledgeable. This can lead to job promotions or anything else that relates to your personal goals.
- displaying self-confidence is all about proper body language and how you say things. Most people with self-confidence will stand up straight and give positive affirmations when talking.

You Will Feel More Powerful:

- it can give you a feeling of being powerful.
- it make you believe you can take on any challenge because you believe that even during difficult times you can solve a problem or complete a task. You have no negative thoughts preventing you.



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Benefits (2):

You Will Become Less Stressed:

- A lack of self-confidence can be quite stressful. People who lack self-confidence will dwell or stress over their abilities. Stressing over what you can and can't do won't lead you to success.
- Building up your self-confidence reduces this stress because you won't have any more negative thoughts floating around.

Less Fear of Failing:

- Failing isn't always a bad thing. It can actually be a great way to learn. If you stop doing things based on of a fear of failing, you will never know whether you can actually do it or not.
- Self-confidence won't prevent you from failing, but it gives you the ability to push through it.
- It gives you the knowledge that you will survive, no matter what!

Self Esteem versus Self Confidence

When you have self-esteem you believe that you are *worth something or have value*.

Do you believe you are worth being alive right now?

Do you believe you deserve the job or the family that you have?

If you answer yes to these questions, then odds are you have high self-esteem.

If you don't believe you deserve what you have in life, then you probably lack the self-confidence to perform.

Ways to Boost Self-Confidence

- ✓ *Always Think Positively* — Negative thoughts can diminish your sense of self-worth
- ✓ *Be Prepared* — The best way to gain self-confidence is to be prepared. If you are not prepared in what you are about to do, more than likely you will feel less confident in your ability
- ✓ *Get to Know Yourself and Project It* — If you don't have an accurate picture of who you are, you won't be able to gain self-confidence
- ✓ *Identify Your Fears and Work through Them* — More than likely, you lack self- confidence because you fear the end results
- ✓ *Identify Your Positive Traits* — Identifying your positive traits is a good way to avoid negative thoughts. It also gives you assurance that you are worthy

Entrepreneurship and being self confident

Confidence is what entrepreneurs use to start businesses when no one else believes in their rubbish vision for the future.

Many people do not dare to start a business because they do not trust themselves. This pulls them back

The key question: how could be overcome that fear?

The key answer: by building self confidence!