

# *Self Confidence*

## **What is Self Confidence?**

- ✓ Having belief about yourself and your abilities.
- ✓ In order to achieve our vision, we need “wisdom” and “determination and enthusiasm”
  - ✓ For that we need “self confidence”
- ✓ Self confidence means “trust to ourselves with full of inner strength”.
- ✓ These are our means and tools to make our dream or purpose come true.

# Definitions of Self Confidence

- ✓ Believe what is in the line of your needs, for only by such belief is need fulfilled....have faith that you can successfully make it, and your feet are nerved to its accomplishment.
  - ✓ Confidence in yourself and your abilities
- ✓ A feeling of trust in one’s abilities, qualities, and judgment.

# Types of Self Confidence

## ➤ Low self confidence

Governing your behavior based on what other people think.

Staying in your comfort zone, fearing failure and so avoid taking risks.

## ➤ Optimal self confidence

Doing what you believe to be right, even if others mock or criticize you for it.

Make decisions with absolute confidence.

## ➤ Over confidence

A condition of over-approximating one's capacity to perform or under-approximating the capacity of an opponent to perform.



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Self-Confident	Low Self-Confidence
Doing what you believe to be right, even if others mock or criticize you for it.	Governing your behavior based on what other people think.
Being willing to take risks and go the extra mile to achieve better things.	Staying in your comfort zone, fearing failure, and so avoid taking 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. -	Extolling your own virtues as often as possible to as many people as possible.
Accepting compliments graciously. “Thanks, I really worked hard on that prospectus. I’m pleased you recognize my efforts.”	Dismissing compliments offhandedly. “Oh that prospectus was nothing really, anyone could have done it.”



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## How To Develop Self Confidence





- ✓ Identify your negative thoughts
- ✓ Turn your negative thoughts to positive thoughts.
- ✓ Refuse to allow negative thoughts to occur more often than positive thoughts.
  - ✓ Maintain a positive support network.
  - ✓ Eliminate reminders of your negativity.
    - ✓ Identify your talents.
    - ✓ Take pride in yourself.
  - ✓ Accept compliments gracefully.

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