

What is Self Confidence?

Self-confidence is having the belief in oneself to be able to handle most situations in your life. It is about trusting yourself and having a sense of self-reliance. Confidence is much more than just a positive feeling - it's an attitude and an approach to life that leads to success, motivation and new possibilities. It is about being true to yourself.

When you are confident you will think you can succeed. It gives you the ability to tackle whatever comes up and not to be put off by setbacks. If you are confident at work, it will mean taking on new challenges with a sense of excitement. A lack of self-confidence will hold you back from success. If you don't believe in yourself, why should others believe in you? Self-confidence feeds into others, if you demonstrate faith, they will have faith.

When you make mistakes and come up against problems, if you are self-confident you don't give up. You learn and try different methods, secure in the belief that eventually you will work through the obstacle. If you lack confidence you think you can't and then prove yourself right. If you have self-confidence you see any setbacks as part of learning and developing, rather than using them as an excuse for giving up.

Confident people focus on their strengths and have a keen sense of what they want, however this shouldn't be at the expense of others. They have a balanced desire to succeed and achieve, so that they attract the outcome they seek. It is identifying, knowing and using the strengths, that they will bring to a given situation. Informing themselves of previous successes and experiences, so that they can attract success again.

Building Self Confidence

Self-assurance is vital for your effectiveness – it leads to presence - you need to be noticeable. This means being prepared to go out on a limb and having the courage of your conviction. If you have self-confidence and belief, you can carry out actions and be decisive in your attitude and manner.

Be happy with who you are and comfortable within your own skin. If you lack confidence, then any failure will reinforce any negative perceptions and you will see yourself as powerless. If you become powerless performance will drop and others will lose respect. It is also very important to be wary and aware of the opposite, extreme self-confidence is arrogant and brash. This means you are being delusional in your approach to yourself and others. Self-confidence is about projection, charisma, inspiration and enthusiasm.

If you lack self-belief you are more likely to give up when challenged or shy away when there is any risk involved.

Building Self Confidence for Positive Impact

Confidence is not a steady state, it can vary and sometimes and situations, you may have more confidence than at others. The more you concentrate on building up your confidence in any area, the more access you will have to it when you are challenged.

It is important to identify what makes you feel more confident in some situations than in others. Identify and be aware of how you behave, talk and act when you are in the confident situation and then use these skills when you are in less confident situations.

Focus your attention on the positive and then manage any weaknesses. Be wary of dwelling on your weaknesses, as that will enhance any lack of confidence. Focus on what you are good at, what is valuable about yourself and where you have succeeded before, you will generate good feelings, and these will expand.

Most people with confidence issues find focusing on their good points hard. They have usually got into the habit of fixing on the negative aspects of themselves and their abilities. To build your self-confidence you have to do the opposite.

