



Increasing Self-Confidence

by Rex C. Houze

All other things being equal, self-confidence is usually the single ingredient that determines whether a person is successful or unsuccessful.

Self-confidence is not something you are born with; it is acquired. Having self-confidence means you know what your talents are and believe that these talents will help you achieve your goals. It is having faith in your own abilities. It is how you feel about yourself.

To build a successful life and career, self-confidence is even more important than talent, knowledge, and hard work. When you are confident, you are more likely to take action on your goals. The success of any undertaking starts when you believe in your ability at the start.

"Self-confidence: The first requisite to great undertakings." – Samuel Johnson

How you see yourself has an enormous impact on how others perceive you. When you are self-confident, you are more determined, better equipped to establish positive relationships, and more likely to achieve your goals. Self-confident people are usually more positive, and as a result, more fun to be around.

Your self-confidence is demonstrated in your behavior, your body language, how you look (bearing), how you act, what you say, and how you say it. When you look, act, and sound confident, you will be confident. Since how you look, how you act, what you say, and how you say it are behaviors, self-confidence can be learned.

People who are self-confident are willing to take calculated risks and do more than others might think is possible.

Perhaps you were belittled as a child by your family, teachers or friends for your looks, lack of athletic ability, or for some other reason. These experiences can shake your self-confidence and lead you to believe that you are not worthy of success.

Perhaps you have had some serious set-backs financially, physically, mentally or in one or more relationships. These experiences can also reduce your self-confidence.

Perhaps, for whatever reason, you have fallen into the trap of using negative self-talk such as, "I'm not good at math," "I'm a poor reader, student, athlete, etc.;" "I'm not very coordinated." Focusing and dwelling on what you perceive to be negative traits or lack of ability only adds to low self-confidence and keeps you from achieving what you are capable of attaining.

Many people are harder on themselves than they are on other people. They get down on themselves for relatively small mistakes. They believe that other people are smarter than them, are better in some way, or are more confident. This trend can be damaging to their self-confidence and ability to create a successful life.

You can learn to be more confident just as you learned to read, write, to drive a car or anything else you've learned.

To receive a one-page twenty-point checklist to increase self-confidence and create a more successful life and a page of self-confidence quotes, send an email to Rex at r.houze@sbcglobal.net and put checklist in the subject line.