Self confidence essay

Self-confidence Self-confidence is the confidence one has in oneself, one's knowledge, and one's abilities. It is the confidence of the type: " I can do this". " I have the ability to do this". Self-confidence is the one thing that is much more important than many other abilities and traits. If you do not have self-confidence, what you do will never become fruitful at all. The fruits of what you do without self-confidence are lost. Genuine self-confidence is the forerunner of achievements. Self-confidence integrates the powers of mind and body and focuses them towards the goal.

Only such a concentrated energy can reach the goal. Self-confidence is the first step to progress, development, achievement and success. Even if you have a lot of abilities and a lot of knowledge, if you do not have Self-confidence you cannot be a success. But, on the contrary, even if you have only average abilities and knowledge, if you have an unfailingly true self-confidence, chances are that you achieve what you want to. The successes and achievements in turn will strengthen your self-confidence further. People like, respect, believe and trust persons who are self-confident.

It is natural that persons with good confidence are offered leadership and other office responsibilities of groups. More and more opportunities automatically come the way of the person with a good self-confidence. In short, success flows to those who have a genuine Self-confidence. Tips to improve your self-confidence Build Self-Confidence 1. Dress Sharp Although clothes don't make the man, they certainly affect the way he feels about himself. No one is more conscious of your physical appearance than you are. When you don't look good, it changes the way you carry yourself and interact with other people.

Use this to your advantage by taking care of your personal appearance. In most cases, significant improvements can be made by bathing and shaving frequently, wearing clean clothes, and being cognizant of the latest styles. This doesn't mean you need to spend a lot on clothes. One great rule to follow is " spend twice as much, buy half as much". Rather than buying a bunch of cheap clothes, buy half as many select, high quality items. In long run this decreases spending because expensive clothes wear out less easily and stay in style longer than cheap clothes.

Buying less also helps reduce the clutter in your closet. 2. Walk Faster One of the easiest ways to tell how a person feels about herself is to examine her walk. Is it slow? Tired? Painful? Or is it energetic and purposeful? People with confidence can walk quickly. They have places to go, people to see, and important work to do. Even if you aren't in a hurry, you can increase your self-confidence by putting some pep in your step. Walking 25% faster will make to you look and feel more important. 3. Good Posture Similarly, the way a person carries herself tells a story.

People with slumped shoulders and lethargic movements display a lack of self-confidence. They aren't enthusiastic about what they're doing and they don't consider themselves important. By practicing good posture, you'll automatically feel more confident. Stand up straight, keep your head up, and make eye contact. You'll make a positive impression on others and instantly feel more alert and empowered. 4. Personal Commercial One of the best ways to build confidence is listening to a motivational speech. Unfortunately, opportunities to listen to a great speaker are few and far between.

You can fill this need by creating a personal commercial. Write a 30-60 second speech that highlights your strengths and goals. Then recite it in front of the mirror aloud (or inside your head if you prefer) whenever you need a confidence boost. 5. Gratitude When you focus too much on what you want, the mind creates reasons why you can't have it. This leads you to dwell on your weaknesses. The best way to avoid this is consciously focusing on gratitude. Set aside time each day to mentally list everything you have to be grateful for. Recall your past successes, unique skills, loving relationships, and positive momentum.

You'll be amazed how much you have going for you and motivated to take that next step towards success. 6. Compliment other people When we think negatively about ourselves, we often project that feeling on to others in the form of insults and gossip. To break this cycle of negativity, get in the habit of praising other people. Refuse to engage in backstabbing gossip and make an effort to complement those around you. In the process, you'll become well liked and build self-confidence. By looking for the best in others, you indirectly bring out the best in yourself. 7. Sit in the front row

In schools, offices, and public assemblies around the world, people constantly strive to sit at the back of the room. Most people prefer the back because they're afraid of being noticed. This reflects a lack of self-confidence. By deciding to sit in the front row, you can get over this irrational fear and build your self-confidence. You'll also be more visible to the important people talking from the front of the room. 8. Speak up During group discussions many people never speak up because they're afraid that

people will judge them for saying something stupid. This fear isn't really justified.

Generally, people are much more accepting than we imagine. In fact most people are dealing with the exact same fears. By making an effort to speak up at least once in every group discussion, you'll become a better public speaker, more confident in your own thoughts, and recognized as a leader by your peers. 9. Work out Along the same lines as personal appearance, physical fitness has a huge effect on self-confidence. If you're out of shape, you'll feel insecure, unattractive, and less energetic. By working out, you improve your physical appearance, energize yourself, and accomplish something positive.

Having the discipline to work out not only makes you feel better, it creates positive momentum that you can build on the rest of the day. 10. Focus on contribution Too often we get caught up in our own desires. We focus too much on ourselves and not enough on the needs of other people. If you stop thinking about yourself and concentrate on the contribution you're making to the rest of the world, you won't worry as much about you own flaws. This will increase self-confidence and allow you to contribute with maximum efficiency. The more you contribute to the world the more you'll be rewarded with personal success and recognition.