



Gaining Self Confidence

"In the absence of clearly defined goals, we become strangely loyal to performing trivia until ultimately we become enslaved by it."

Eleanor Roosevelt

Self confidence is important in almost every aspect of our lives. Unfortunately many people have difficulty in finding it. Quite often self esteem and self confidence are used interchangeably. The distinction is somewhat blurred, but they are different. Self esteem is how we feel about ourself. Self confidence is having confidence in judgement, opinion, beliefs, and ability. I would suggest that if you have low self esteem, then it will be more difficult to be self confident.

Self confident people inspire confidence in other people. Self confidence is displayed in many ways: your attitude, your body language, your behaviour, and your speech. Self confident people have a positive attitude, walk proudly, live by their values and principles, take risks and try new things, and articulate their case well. Can you say that about yourself?

Or are you:

- - Negative in your mind set.
- - Feeling run down and dragging yourself from place to place.
- - Fearful of making the wrong decision.
- - Hesitant to state your position.
- - Making excuses for your performance.
- - Uncomfortable within your own skin.

If you would like to learn more about increasing, or developing, self confidence, please contact us. We can help you. The good news is that building self confidence is an achievable thing.

Further Resources:

Feel the Fear and Do It Anyway Susan Jeffers Random House ISBN: 0 7126 7105 6