



10 WAYS TO MAXIMISE YOUR CONFIDENCE

Increasing self-confidence, helps achieve professional and personal success. To maximize your potential try these ways to build confidence and boost self-esteem.

Increasing self-confidence, building confidence and boosting self-esteem will open the door to professional and personal success. Growing more confident will help you maximize your potential, make you more comfortable with others and even improve your appearance. Increasing self-confidence can make a huge difference in life.

Self confidence affects your thoughts, feelings, behaviour and body. When you have low self-confidence it affects your decision-making abilities. Low self-confidence leaves you discouraged afraid and makes you act passively and avoid new opportunities and can make you feel sluggish, tense and fidgety.

Increasing self-confidence is a process – but it can happen quickly!

1. **Be Calm** -- and make an analysis of yourself to know what your weakness / strong points are.
2. **Improve your self-esteem** – it improves everything you do. When your self-esteem is low, working, socializing and loving are made more difficult. Maybe you are extremely critical of ourself or afraid to try anything new. Maybe you minimize your success with comments like “I was just lucky” or “Anybody could have done that”. That kind of self-depreciation is not accidental; nor does it materialize out of nowhere, suddenly as a symptom. It reflects conditioning in the past. Unfortunately, low self-esteem is most often programmed, unintentionally, by judgmental parents or role models.
3. **Get Motivated** - Once you've improved your self-esteem you must improve your motivation.
 - **Desire** (To be motivated you must have an intense burning desire to get where you want.
 - **Decision** (You must make a conscious decision on what to aim for)
 - **Determination** (You need to be able to repeat the habits which are necessary to get there)
 - **Discipline** (it is critical to pay the price even when it is not easy)
 - **Focus**
 - **Direction**

4. You'll increase motivation by linking your goal to a reward and re-programme for success. Make sure you have:-

- A sense of pride
- A sense of satisfaction
- The satisfaction of experiencing growth
- Appreciate development of your skills or talents
- A positive outlook and attitude about yourself.

Also be willing to make some lifestyle changes.

- Self knowledge is the key to self-motivation, keep a success journal.
- Give yourself positive self-suggestions at bedtime.
- Exercise and eat nutritious food.
- See yourself as healthy and capable
- Associate with positive people

5. Dress to impress - and if you don't know how get help. Personal Shoppers come for free. They will take you out of your comfort zone and needn't cost you a fortune - when you look good you feel good and when you feel good you will automatically be more confident.

6. Get a Mentor – it doesn't have to be an experienced professional it can be a colleague or even a friend, though if it's the latter they need to be able to speak freely and you must have respect for them. Such a person can help you rid your conscious and unconscious mind of negative thoughts and provide you with ongoing encouragement.

7. Practice being confident

When you go out into a business or personal situation and feel you will not be able to cope for whatever reason, practice in your mind and even physically how you would like to appear to others – stand in front of the mirror and talk to the “other person”. What is very interesting is the more you use this confidence Cloak, the more it becomes common place.

8. Use your imagination

If you feel particularly threatened, take time out of the situation, even if it's going into the loo and standing and taking a few deep breaths – take this time to visualise how the other people are feeling, almost certainly they feel the same as you – can you “help them”. By turning the situation on its head, you will feel less threatened and turn from student to teacher after all what's the worst that can happen!

9. Recognise the small wins

No one can eat an elephant in one mouthful but each small bite means there is less to go. Celebrate each success, however small, acknowledge you have achieved something new, no matter how small. Write it down and when you feel less than confident, take a quick look back at just what you have done so far.

10. Accept that not everyone is the same

Ok so you are not going to have the apparent confidence level of an “A” category superstar (though you may be interested to know that many household names suffer the most physical debilitating stage fright) but that doesn’t mean you can’t improve and change. In any case who wants to be a confident clone! List the top 6 or 7 things you want to achieve in the next 12 months and mark them off as you get there, whether it be joining a new Club, speaking in public or confronting the office bully. The sense of achievement and satisfaction is huge as you tick them off.

Finally, love yourself – if you do most other people will do the same.