

Building Self-Confidence

Adopted from Peter Murphy: <http://ezinearticles.com/?How-to-Build-Rock-Solid-Self-Confidence&id=33624>

Name:

Date:

Task:

You have probably noticed those people at work, school, and in your daily life that always appear to be self confident and on top of world. Everything seems to go right for these people and they always seem to present themselves as calm, collected and successful in everything they do.

If you are paying attention you have probably noticed that these self-confident people usually are successful in every area of their lives. Is this because they are smarter? Or is it because they have more money? Maybe they are just lucky?

The reality is that none of these things are necessarily true. Self-confident people understand the impact of believing in themselves and relying on their abilities. This confidence ultimately creates opportunities for success and with each new success another self confidence building block is put into place. Success builds upon success reinforcing self confidence with each new achievement.

Self confident people perceive themselves as able to achieve those things they set out to do and this perception creates reality in their lives. Yes, perception creates reality. You can become the person you want to be. You have heard it said that if you can believe it you can achieve it. So start believing in yourself, acting on that belief and you will start building self confidence in your life.

Here are some helpful tips to build self confidence one success at a time.

1. Make a list of your strong points. All the positive things about yourself and the things that you are good at doing. Think of compliments you have received or things that come easily to you. It doesn't matter what it is, if it's good, write it down.

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2. Choose two of those things that you want to work on to improve even more. It's important to succeed, and by concentrating on the areas you are already good at you will have a better chance of becoming even more sure of yourself. Remember that success builds upon success.

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3. Exude confidence even if you don't feel like it. Talk to yourself in an encouraging way and stay away from negative thoughts and people as you can. Instead surround yourself with positive, confident, and successful people. This will become a habit and one that will build confidence.

List several things you can do to give off the perception of having all the confidence in the world.

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4. Look at yourself in a different way than you are used to doing. It can change your life and help your confidence level to rise. See yourself as the self confident person you want to be and before you know it you will become that person. If you have a set-back, do not let it get the best of you. Remember the times when you exhibited self confidence and how good it felt, then try again and each time will help you to build confidence and will become a way of life.

List the negative aspects of your academic life that you tend to focus on. These may be excuses you make or they could be things you truly believe. If it's holding you back, write it down.

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Now replace each one of these negative aspects with it's opposite- something positive.

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5. What will you do today that will help you build confidence in yourself?