



The Guide to Rock Solid Confidence

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I. What is self-confidence?

Everybody is talking about it and you know it is very important to have it. Easy to identify, yet probably difficult to define, conceptualize, and measure.

What do you need to succeed and be happy? Confidence. Having a lot of self-confidence will help you in just about every part of your life.

Let's get straight to the point. You were not born with self-confidence. Self-confidence is not something innate. But it can be taught, nurtured and built over the years, at any stage in life. Confidence doesn't belong to anyone; the person who has it simply learns it step by step.

Your degree of confidence is truly the outcome of how you perceive yourself – which is eventually how people will perceive you. How people relate and respond to you is a reflection of how you perceive yourself.

Therefore, if you don't have a high degree of self-confidence or a huge deal of self-esteem, then it's mostly because you are concentrating on your negative traits and on what you are doing wrong.

In other words, **you are your own enemy!** The good thing is that you change this and improve your self-confidence.



Even the most talented person on Earth has to build confidence in his talents, like anybody else. For example, you can be the greatest piano player in the world, but if you don't believe in yourself, if you don't have the

confidence that you can do it... then you will never have the courage to present yourself and your music in front of anyone.

On the other hand, there are people who lack any talent, but have a huge confidence in themselves that can convince any person how great they are. In these situations, maybe their talent is confidence itself.

Confidence goes hand in hand with attitude and anyone can take advantage of these, as long as we make use of our talents and develop them. Self-confidence is a state of mind which lets us to have positive yet reasonable perspectives of ourselves.



Self-confident people trust themselves and believe that they are the only persons that can influence their own lives and that they will be able to do whatever they want.

Also, self-confident people have expectations and standards that are realistic and reasonable. Even if some of their standards are not met, they remain positive and accept themselves.

People who are not self-confident rely extremely on the approval of other people in order to feel good about themselves. They have a tendency to avoid taking risks because they are afraid to fail. They usually do not expect themselves to succeed. They don't know how to take credit for their

own outstanding work.

Then again, self-confident people tend to accept themselves as they are; they don't feel they have to adapt in order for them to be accepted.

After reading all of these, what do you think? Are you a self-confident person? If not, don't worry! We've all been there, but the good thing is that there actually is a solution.

Keep reading! You are just about to change your life. Self-confidence and positivity will bring you the life you desire and deserve.

II. What is holding you back?

It's great that you have decided to strengthen your self-confidence. However, there are a few obstacles that can keep you from achieving your goal. Most of the time, these obstacles are so obvious that they do not seem like obstacles at all, and your conclusions were always that being self-confident is not taking you anywhere.

Therefore, it is important to become aware of these seemingly harmless obstacles that have all the power to stop you from achieving self-confidence. Let's have a look at why you are not moving ahead.

Are you undisciplined?

Some people simply have the talent to waste a lot of time without realizing it, because they lack the self-discipline. Imagine you have a list of tasks as a part of your confidence building program. However, the moment you enter your home you involuntarily grab the remote and start zapping TV shows.

It's only after an hour that you realize that you have been doing nothing at all in front of the TV, in the time you had scheduled to do other tasks. You realize that you have already disturbed your schedule.



It's up to you to change your life. It's easy, too. All you have to do is be more positive and have more faith in what you can do. Also, keep a watch on your inner graph, avoid temptations and keep to your schedule.

Are you lazy and keep procrastinating?

Procrastination is one of the greatest difficulties you can encounter when searching for confidence. It does not let you complete your jobs and tasks in time; things keep mounting and finally you get overwhelmed by all the many things that have piled up and need your attention.

The very basics of building confidence start with listing little things that are doable. You gain more confidence for when you take on greater tasks and responsibilities, by successfully completing the lighter tasks.

Otherwise, important things immediately become urgent and harder, and that's how you miss the opportunity of working on your own confidence. This puts you in danger of returning back to square one, with all that insecurity and lack of confidence.

Does your old self keep pulling you back?

The greatest technique here is to assume. Assume that you are a different person. Imagine the way you would like to be. Imagine a self-confident **YOU** taking charge of everything.

Imagine a better you: self-confident and able to overcome all the negative things. "I dream by painting. Then I paint my dream" was the technique what the great painter Vincent Van Gogh followed.

According to your new self, react to situations and even to you in a different way. This will establish your new self to the world and will help you to keep up your head until it becomes a habit – a second nature! If you behave indecisively, you



will invoke the same old reactions from people around you, thereby reinforcing your previous self.

Remember that you cannot get ahead if you keep looking back. Realize this and stop sliding to your old self.

Do not try to become like someone else.

This is one of the greatest mistakes that people can commit when trying to increase their self-confidence. Falling in love with an image of their icon who may be a sport star or a film star or any celebrity and then try to be like them is a great mistake.

Just be yourself. Getting inspired by stars is wonderful but imitating these guys won't take you anywhere. There is no need for any two people in this universe to be exactly the same. The challenge is to be yourself in a world that is trying to make you like everyone else!

Create a vision of **YOUR** life. All you need is take baby steps towards achieving your goal, not do everything in leaps and bounds. That's it.



4 myths about self-confidence

People who have self-confidence believe in themselves and feel that they are capable of achieving what they want in life, or dealing with any situation that they may have to face. They believe in their talent and they have an aura of self-assurance, which is visible to others. People like to spend time with them; they feel comfortable and secure in their presence.

In contrast, there are many people who are reasonably talented, but who lack self-confidence. These people are victims of the several myths that surround self-confidence.

1. One of the leading myths about self-confidence is that **people are born with self-confidence**, that it is a quality which cannot be acquired. Nothing can be farther from the truth. Self-confidence, just like other skills, can be built upon. All that you need is being steered in the right direction and believe in yourself.

2. There are others who blame their lack of good looks for their low self-confidence. They don't realize that self-confidence has nothing to do with their looks. It is a reflection of one's confidence. The only way you can overcome this myth is by learning to believe in yourself. In fact, talent and self-confidence are not inter-related.

There are talented actors and actresses who do very well in their careers, but whose personal lives are torn by lack of self-confidence. It may sound contradictory, but this is how life is.

Talent can be an important component of self-confidence, but it is certainly not a substitute for self-confidence. So, don't worry about lack of talent. Harness the skills that you possess.

3. Another myth is that **self-confidence is directly proportional to the recognition and praise** that an individual gets in his or her life; the ones who are not so lucky wallow in self-pity. There is little doubt that recognition and praise make you feel good about yourself, and boost your self-confidence.

But you can't simply depend on the praise lavished by others. You have to work hard to earn that praise, and you can do this only if you are self-confident. The same applies to those who are not successful. They, too, can earn praise if they work hard and win people's respect.



Such people should look at children, in general. Children believe in themselves, and this gives them the self-confidence to try to do things they have never done before, be it learning how to cycle or how to swim.

In fact, no child comes into the world possessing all the skills. But it does not take long to teach children most of the basic skills. Then, why should it be difficult for adults to learn new skills?

4. Another myth is that *only self-confident people can afford to take risks*. This again is not true. In fact, self-confident people are more realistic about their capabilities. They know what they can do, and what they can't do. More importantly, they know how to deal with failures.

In contrast, people who lack self-confidence are afraid of failure. This fear prevents them from taking on new tasks. They constantly pine for the approval of others, and when they don't get it they end up losing their self-confidence.

What is apparent is the lack of understanding. People must realize that self-confidence is a state of mind. It is not dependent upon a person's beauty or looks. It flows from a person's self-belief.

What you need to do is to debunk myths that self-confidence cannot be acquired or that self-confidence is a byproduct of exceptional knowledge, skills and luck. Once you do so, you will find it easier to acquire the same magnetic power that self-confident people have.

III. Simple ways to unleash the power within you

Self-confidence is a big word. It spells the difference between getting that highly-coveted job, that much-awaited promotion (and consequent salary increase), drawing the right friends and yes, even in attracting – and maintaining – that elusive romantic relationship. It seems to be the key to happiness, love and an amazing life.

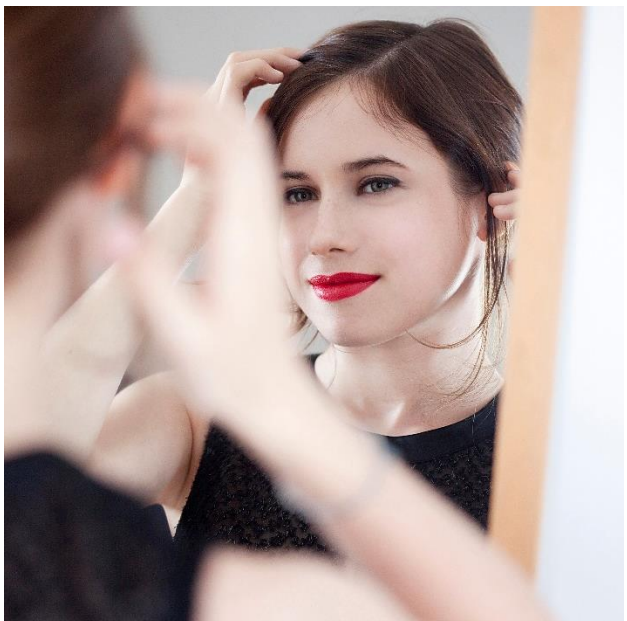
Anybody can start gaining self-confidence and the great part is... even simple changes can bring enormous effects in your life. So check out these simple ways that will assure you to gain your self-confidence and start looking at yourself – and life – differently.

First impressions always last.

In just about every aspect of our lives, first impressions are really THAT important. So learning how to gain self-confidence is paramount. How can you improve the first impression that you give off?

Take a good, long, hard look at the person staring back at you from the mirror. Is it time for a make-over? This does NOT have to be expensive or drastic (like getting a facelift!). You'll really be amazed at how a simple, new haircut can change your looks, improve the way you feel inside and thus enable you to exude self-confidence.

While still staring at the mirror, smile at yourself. Do you see self-confidence or insecurity because your smile is showing of chipped, gapped and/or stained or discolored teeth? Studies show that a person's smile plays a major role in one's self-



confidence! So if you're not happy with your smile, do something about it. If you have stained teeth, lucky you; an at-home tooth whitening kit is all you need to perk up your smile. And it is inexpensive too! If your needs are more drastic, then consider tooth bonding or having porcelain veneers to boost your self-confidence.

To be successful you must portray an image of success.

We often hear the phrase dress for success but what does it really mean? You see, life is all about cause and effect. If you give out the 'wrong vibes', then you can expect nothing but the same, in return. For instance, say you are after a promotion. The job entails that you meet with the company's clients often. If you don't 'dress the part', then your boss will not consider you because meeting clients automatically means you must be presentable, at all times.



Dressing for success doesn't mean a complete wardrobe change. Instead, learn how to buy pieces of clothing that you can easily mix and match to create stunning outfits that will boost your self-confidence.

Just always remember the 'image' you want to convey. If you're in a complete loss, you can ask store representatives to help you out or ask a more fashion aware relative or friend to go shopping with you.

Speak with confidence

If you communicate with more confidence, then the whole room will just sit and listen. Self-confidence is a whole package. It's not just about the clothes and the smile; you need to project a winning attitude and you must transfer your self-confidence in your powerful voice.

Seriously, have you ever heard a company CEO speak timidly? Don't think so...

If you don't have a voice that conveys self-assurance, here's an inexpensive how to gain self-confidence tip for you: start recording your own voice. Do this in a couple of situations such as when you're talking to family and friends, talking on the phone, discussing with colleagues, and when conducting meetings or speaking in public.

Listen to your voice and identify problems (e.g., mumbling episodes, dropping syllables, how do you sound? caring? in a hurry? disoriented?). Then, start collecting recordings of people you do admire (e.g., an interview by Donald Trump, news anchor tapes, etc.) and start modeling the way you talk!



Fake it!

Though it sounds ridiculous, faking confidence when you have none will actually give you some! Self-confidence is a perception held by you and others. If you act self-confident whether you feel it or not, others will perceive you as self-confident and be more willing to follow your lead, take you seriously and listen to what you have to say.

It's almost like the "which comes first, the chicken or the egg" paradox. Just applied to confidence. Have a little faith in yourself and soon you won't have to fake it anymore.

Take risks.

There's no need to fake confidence if you live each day like the day before. You've been there, done that. The most certain path to self-confidence is to take calculated risks and examine your results. Will you make mistakes? Absolutely, but those mistakes contribute as much to growing your self-confidence as your victories. Especially if you resist the urge to use them to beat yourself up.



No one gets it right every single time and to expect that from yourself is self-sabotage at its best. Start with small steps outside of your comfort zone and build your confidence, step by step.

Stop doubting yourself by default.

We all have that little voice of doubt inside our heads. The trick is to learn when to pay attention to it and when to ignore it. I am a firm believer in "following your gut" and I've had to learn the difference between intuition and self-doubt.

For me, what works best is to listen to what that doubting voice is actually saying. If its message is mainly lack of belief in your ability or your deservedness, then ignore it and forge ahead. As you gain self-confidence, you'll hear from that little voice of doubt rarely.

The dictionary defines self-confidence as confidence in oneself and in one's powers and abilities without arrogance. This is exactly what you gain when you fake it, take risks and stop letting doubt control your next move.

Accept yourself

The very first step in building self-confidence is to accept yourself, in an unconditional way. You are human, therefore you are not perfect, so don't dwell on your flaws. Everyone has qualities that someone else does not have.



This is what makes us want to go out and find a loving partner which make us feel wanted and complete. Those great feelings would not be possible if you were perfect. Accept yourself how you really are. It will help you to get rid of the constant stress and worry over things that you cannot control.

Do what you want!

How long has been since you last did something that you really liked, something that you enjoyed doing as a child? How long has it been since you went out for ice cream with a friend? These simple things have the power to build your self-confidence and fulfill your life.

Life can be quite simple. It is easy to get caught in the rat race of today's world, and lose yourself in the process. It is easy to forget what your purpose is, what you like and what you enjoy doing. It happens to most people. But, it is your choice to get back to those simple things life has to offer.

Set goals and just do it!

Take one step at a time. Those single steps will develop into a giant step over time. Do not overwhelm yourself, but simply do the task at hand. But set achievable goals and go for them!

Don't focus on the big picture, concentrate on the small steps. This is the only way to accomplish anything, and to avoid procrastination and

depression. Even the smallest achievement will give you a sense of accomplishment that will boost your self-confidence.

Find a group of friends

You've heard the saying, "birds of a feather flock together". It is important to find people with whom you enjoy spending time and doing things. You will find that life is a little bit easier when you are among the people who share your interests.



You understand each other and can discuss about everything. Good conversation and friendship are healthy and important for our minds and souls.

Look at the brighter side.

If you have been laid off, it would be okay to feel bad about it for a day or two but not more than that. Losing a job is a terrible thing, but it does not mean the end of the world.

Who knows, it might be a blessing in disguise. Maybe you have got some time to review your life. Get aware of where you are going. Have a look at your likes and hobbies, which you could not develop because of pressures of your job. Maybe this is an opportunity to start fresh and live your life in a new way, which is more in sync with your abilities and aptitude.



Similarly, a divorce may cause great pain, but then you weren't too happy in your marriage either. It just wasn't meant to be. Now you have a chance to rebuild your life the way you want it to be.

Stop comparing yourself with other people.

When we have a problem we always question God– “oh, God, why me?” Certainly God rewarded you as well.

Did you then get up and ask God -“oh God, why me?” That's what human nature is all about. We complain and remember God when we are in trouble, otherwise we are too busy with ourselves.

Stop looking at other people who seem too happy and comfortable to you, from distance. Stop comparing their comfort with your suffering.



This will only add to your frustration. Focus on yourself and make every effort you can make to go out whenever you are feeling down.

It's about the small things you do

Forgive yourself every night about all the blunders you make during the day. Do not criticize yourself. Instead analyze your mistakes and find out what went wrong. Do not bring your emotions into this. Analyze and find out how to correct things next time.

Read books written by good authors. **Write** down the passages that you like. By writing, you develop hand and mind coordination. Also, your mind will remember the text more easily.



Thank God and everybody else for any favor done to you. **Attitude of gratitude** is very important in life. When we express our thanks, we feel good. This feeling increases our confidence. Try it once and you will realize the relaxation and energy you feel.

Keep negative people away from you.

There are many people who enjoy criticizing others. They try to put their friends down. Keep away from such people because they will suck away your self-



confidence. Stay in the company of those people who help build upon your confidence. Be with people who praise you for your achievements and qualities.

Forget failures as soon as possible and **remember your successes**. Remembering failure makes you negative. Avoid that. Remember your good qualities and achievements. Thinking of failures makes you feel bad. That changes your thinking. Thinking about even your smallest success makes you feel happy and adds to your confidence.

Help others whenever you get an opportunity. Smallest help will make you feel good. That will make you feel worthy and increase your self-esteem.

Stop saying "should". Don't make yourself feel guilty by thinking about the things that you should have done: if something is in the past, leave it there. Fretting over it will not improve your situation.

Try using the word "could" instead of "should" for everything. This way, your actions become your choices, and you are empowered to make decisions. Instead of allowing your tasks to hold power over you, take power for yourself by actively choosing how to spend your time.

Don't focus just on yourself. If you are stressed out in a public situation, consider how the other person must feel. Go out of your way to make the other person feel comfortable, or introduce two people who haven't met. Set yourself small tasks. One task at a time. Completing each and every one of them will make you feel satisfied.

If you are alone and feeling anxious, take a few deep breaths. You can try various techniques, from meditation to distraction, to take your mind off.

Reprogram yourself. Your beliefs might hold you back. It is time to take these negative thoughts and replace them with positives, as outlined in the previous point. Here are some thoughts you might need to re-think (literally!): "I can't do that," "I get scared easily," "They don't like me."

Remember that even confident people get bummed out sometimes. Having occasional periods of anxiety is completely natural.

Take some time for yourself. Perhaps painting your nails or polishing your shoes will make you feel more empowered. Take the time to do small things that are often overlooked. Spending this time like this will help you gain confidence.

It is important to learn that you deserve some time off. You will never be able to adequately care for another person until you care for yourself, so take time to unwind and relax.



IV. Final thoughts

In order to change yourself, you must understand that every bad thing that happens to you, has its own role. It can be losing a job, losing a friend or a broken relationship. A “no” is something which even great people, like Edison and Ford, too, had to face. If you look at them positively, you will find that each “no” actually takes you closer to a “yes”

It’s been reported time and time again that Edison conducted more than a thousand failed experiments, before he actually made an electric bulb! So get going and accept and occasional “no”.

Ask yourself this: are you standing in your own way? You will notice that shadows are caused when we stand in the path of sunshine. In our lives, too, we can cast a lot of shadows upon our happiness. In today’s world, it is important to be flexible.



There are many instances in life where your confidence is hit hard. Sometimes you overcome life’s hardness, sometimes you get overwhelmed and feel like you’ve lost your confidence. However, the point here is that “nobody can hurt you without your consent.”

The issue is the impact that you let the problem create on you. In life, pain is inevitable but suffering is optional. It’s purely your choice, and whether you choose to bounce back from it or suffer is entirely up to you.

The steps to how to gain your self-confidence are very simple. By paying more attention to your own actions and image, you can easily adapt small changes that can boost your self-confidence to a whole new level.

Do not let the fear of failure and the lack of self-confidence to keep you back from pursuing your dreams. It's something we all face at some point in our lives. The power to change yourself is in your hands.

Not many people realize that their self-confidence works just like a muscle. It grows only if you practice. Either you use it or you lose it!

You are the only person on this planet responsible for your well-being. Let yourself grow.

