

## **10 Easy Ways to Build Self Confidence**

Self confidence is the most imperative thing any individual requires either at the start of his professional career or through his pursuit to nurture it. Do you feel your mind clouded with questions like, How do I look like to other people? What others think about me? People and their perceptions are the realities that every human faces every day and every minute of his/her life.

Self confidence is the difference between feeling inexorable and feeling anxious about your intellect. Sometimes we observe that wonderfully gifted persons have not harnessed the best out of them because of their internal fears. Remember, your own perception about yourself reflects how others perceive you. Perception is like veracity — the more self confident you are, the more are chances of your success.

Even though many aspects regarding self confidence are out of your control, but you can consciously adopt a number of things to build self confidence. Use the following 10 strategies to get the mental edge you need to reach your prospective.

### **1. Dress Sharp**

A dress affects the way a person feels about himself. For example the morning you know you don't look good the feeling reflects in the way you carry yourself around all day. This also affects your interaction with other people. So be conscious about yourself and take care of your personal appearance to build up a good confidence level. Significant improvements can be made by following some simple routine:

- Bath and shave frequently
- Wear clean clothes
- Be cognizant of latest styles
- A 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. This will decrease your spending because expensive clothes have good quality so they take time to wear out and stay in style longer.

### **2. Walk Fast**

A way to tell how a person feels about him/ herself is to observe his/her walk. Is it slow & tired? Or is it brisk and firm? People with confidence walk brisk so adopt this habit. Walking faster will make to you look and feel more important. This will keep you more alert physically and will double the energy level. Even if you are not in a hurry for a meeting or to catch a flight, you can increase your self confidence by putting some pep in your step.

### **3. Good Posture**

The way a person carries him/herself tells a story. People with slumped shoulders and lazy movements display a lack of interest and self confidence. They give the impression of being less enthusiastic and dull which in turn implies that they do not care about what is happening around and in their lives. This is a feeling of negativity they carry around with themselves. By practicing good posture, you will automatically feel confident. Stand up straight, keep your head up, and make eye contact. You will make a positive impression on others and will feel more alert and empowered.

### **4. Personal Motivation**

One of the best ways to build confidence is listening to a motivational speech. Write a 30-60 second speech which highlights your strengths and goals. Then recite it in front of the mirror aloud or inside your head for a confidence boost.

### **5. Gratitude**

Your mind is like a machine which is needed to be controlled by you. When you focus too much on what you want your mind creates reasons why you cannot have it. This leads you to dwell on your weaknesses. Consciously focus on gratitude for what you are. Set aside time each day to mentally list everything you have to be grateful for. Do not let negativity invade your mind for long as it cannot be avoided but can be controlled. Count your successes, exclusive abilities, good relationships, and positive momentum. You will be amazed how much this simple practice will bring you closer to success.

### **6. Compliment other people**

It is observed that a negative person often transfers his/her negative feelings to others either by insult or gossip. If you feel you have this streak in you STOP! break this cycle of pessimism & get into the habit of praising people. Refuse to engage in backstabbing gossip and make an effort to compliment those around you. This will make you acceptable and well liked among your peers and colleagues which will build your self confidence. As by looking for the best in others, you indirectly bring out the best in yourself.

### **7. Sit in the front row**

Around the world we see people striving to seat themselves at the back rows may it be schools, offices or public assemblies. Most people prefer the back seat because they are afraid of being noticed. This reflects lack of self confidence. Sit in the front row, you can get over this irrational fear and build your self confidence. You will 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 are afraid that people will judge them for saying something stupid. This fear is not 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 will become a better public speaker. You will instill more confidence in your thoughts and will be recognized as a leader by your peers.

### **9. Work out**

Physical fitness has a huge effect on self confidence. If you are out of shape you will feel insecure, unattractive and less energetic. Start working out, this will improve your physical appearance; make you feel fresh, boost your energy and accomplish something positive. Working out not only makes you feel better, it creates positive momentum upon which you can build the rest of your day.

### **10. Focus on contribution**

Too often we get caught up in our own desires. We focus more on ourselves and neglect the needs of other people. Concentrate on contributing to the rest of the world you will worry less about your own flaws. You can start with a small charity. This will increase your self confidence and allow you to contribute with maximum efficiency. The more you contribute to the world the more you will be rewarded with personal success and recognition.

