4 Ways to Increase Your Confidence

Sometimes it can be hard to have the right amount of confidence. If you’re not very confident in general, it can be very hard to interact with other socially and assert yourself in daily situations where it is necessary to speak up or be heard. Fortunately, people can grow and change, so that means that there are methods for you to use that can help you to learn new traits. In the next few paragraphs, you will find 4 ways to increase your confidence.

**See A Better Version of You**

There is a real power to using visualization to achieve your personal goals. If you want to improve yourself, it’s important to begin to imagine the person that you are planning to become. Spend time imagining yourself finding some basic realistic successes to start out with and begin slowly working your way up. This type of positive thinking will help you to feel more capable, and those effects will spill over into other areas of your life.

**Push Your Boundaries Every Day**

Another really great way to make progress is to try to do something that intimidates you every day. This expose therapy will help you to stop feeling nervous when you have to do new things. As you push your boundaries, your confidence will grow and you will become more adaptable over time. One example would be to try meeting a new person and holding a short conversation with them. One man tried asking people for outrageous favors for 100 days to get himself over the fear of rejection.

**Don’t Let Your Self Doubt Rule You**

Your self-doubt can be a really loud voice in your mind. Do your best to avoid letting your self-doubt rule you. Remember that this voice is coming from a position of insecurity, and these types of insecurities are normally unfounded. The doubt you feel in your mind isn’t reality, and when you allow other more positive inner thoughts to have a louder presence, your attitude will improve.

**Help Other People**

One of the best ways to get over your own fears is to help other people. When you help people to do things that you’re already knowledgeable with, it helps to reaffirm your skillset. This also takes your mind off of yourself. Helping other people will help you to be less focused on your own thoughts and feelings, and point you towards considering the feelings of others.