

**Supercharge Your Self - Confidence**



# **SUPERCHARGE YOUR SELF CONFIDENCE**

- Your Definitive Guide

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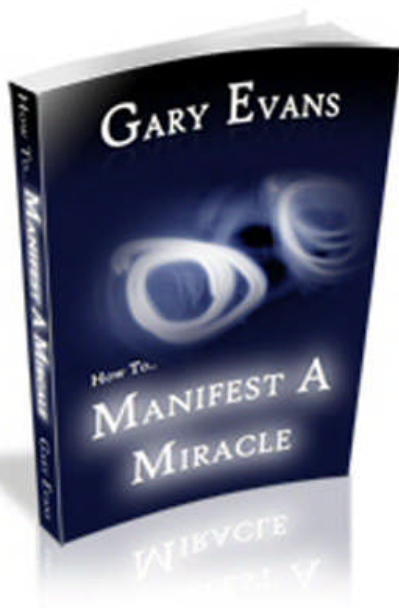
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## **Chapter – 1 What is self-confidence?**

### **How to gain self confidence**

Today is one of those days when your group has to make a presentation to a client. This is an important occasion because it is an opportunity to get your boss' attention. It could mean a raise or a promotion if you could just muster the courage to stand there in front of these people and present your proposal. The problem is, your shyness gets the better of you, and you are relegated to the background.

You sat there mesmerized, as your colleague Elena made a winning presentation of your proposal. She stood there, dressed in a simple gray suit that spelled confidence! "Why can't I gather enough courage to present my work to these people when I know this project like the back of my hand," you ask yourself.

Self confidence. This is what you lack, and this is what your colleague Elena has. But what is self confidence? Is it the ability to speak in a loud voice so you can get people's attention? Is it about power dressing?

Self confidence is an attitude that is characterized by a positive belief that one can take control of one's life and of one's plans.

People who are self confident are those who acknowledge their capacity to do something and then proceed to do these things. They do not rely on the approval of other people in order to affirm their existence. It is enough that they know they have the capacity and the potential to do something, and the guts to do it no matter what others may say. People who are self confident take advantage of the opportunities that comes their way.

### **Factors in gaining self confidence**

While the process of attaining self confidence starts from childhood, an adult can still gain self confidence through his determination and through the support of his family and friends.

### **Parental support and acceptance**

People begin to develop confidence while growing up. The role of parents in instilling self confidence in their children is very important. Parents who are always critical of their children without acknowledging the latter's strengths unknowingly dampen the development of their self confidence.

On the other hand, parents who are always willing to give support while encouraging their children to take a step forward will most likely rear self confident children. Parents who make their children feel loved and accepted despite their imperfections will most likely encourage self confidence.

Lack of self confidence is not proportional to a person's abilities. In fact, there are people who are extremely talented and able but they lack self confidence to show these abilities.

If you are wanting in self confidence, then you must continuously do things that will help you gain confidence.

Identify your strengths and weaknesses and capitalize on that. Make full use of your strength and gather positive points. This will help you gain self confidence. Do not expect everything to be perfect because you are bound to do something wrong along the way. Nobody is perfect and everyone is culpable of making mistakes.

Acknowledge your abilities and talent and take stock of them. Do not under estimate yourself. Try to recognize every little thing you have done which has become successful. Try to learn a new skill, and try to learn new things as this will make you a better person.

Look for things that make you feel good about yourself. It can be photos of past achievements like when you won a race or won a debate; it can be a poem you wrote which was published in a book. Concentrate on things that you have achieved and take it from there. This will give you more confidence to do other things in life.

Developing self confidence is not easy especially if you do not think highly of yourself. If you want to be self confident, avoid things that will discourage you from gaining confidence. Do not dwell on past mistakes or failures because it will make you feel insignificant. Being a defeatist will not give your confidence a boost.

Better yet, concentrate on the positive things that you have done and accomplished and make them your inspiration. In time, you will have more faith in yourself, and hopefully, more confidence.

In the upcoming chapter we will narrow our focus, look at the specifics and come up with definitive ideas and suggestions that you can put to work in your life to achieve increased confidence in all you do.



## **Chapter – 2 What Are The Natural Enemies Of Self Confidence?**

### **Fear: The Natural Enemy of Self Confidence**

Self-Confidence is generally described as the ability of an individual to have faith and believe in his/her abilities. According to psychiatrists when one has self-confidence it normally results in having great self-esteem.

Self-esteem is defined as the “worth” that one can place on himself. It is his measurement of his own value as a person, in agreement to his behavior.

In addition, it is referred to as the respect and adoration in which one holds himself based on ones belief of what and who he is as a human being. This greatly affects one’s feelings about himself, about his life, about his relationships, and eventually determines his actions or how he accomplishes things.

The progress and growth of self-confidence correctly starts with self examination. The mind should be thoroughly inspected so that detrimental inclinations are checked, weaknesses are eliminated, and a right pattern of thought and behavior are established firmly.

According to studies fear is man's enemy hindering self confidence. These studies stressed clearly that “fear thought” is an illness that can be detected and identified. It largely arises from corrupt mental pattern, wherein the mind is allowed consistently to dwell on doubtful thoughts, inefficiency and failure. This power will become great, when freely allowed, affecting your life to a less or greater degree in virtually every undertaking.

Ignorance is the basic and prime cause of fear, that when one is not aware of his “true nature”. A study showed that when one was convinced or has encountered his indestructible infinite “soul-nature”, then one would never feel fear. However, there are those who cannot or do not accept this, thus they feel separate, vulnerable, susceptible and isolated.

Fear of one's self is demonstrated in several ways. You can experience shyness, diffidence, bashfulness, timidity and a need of "self-confidence".

**Here are some factors that contribute to one's fear:**

1. When we feel separated, fear increases. A fact is that one does not fear those he is familiar with (people and surroundings). Fear arises when there is a certain feeling of estrangement, which exhibits overall sense or impression of suspicion.
2. Attachment to individuals as well as material things associated with one's security cause one to fear that one might lose them, so one will do everything in order to protect one's relationships, possessions or his self-image.
3. Strange surroundings and unfamiliar people bring about fear. Unfamiliar situations threaten one's security and usually one reacts with extreme caution and at times, defensive behavior.
4. One's negative memory of past experiences where one had either suffered or witnessed loss, harm or death aggravates fear. The subconscious retains memories of the past and at certain circumstances, these are ignited.
5. Imagination at times can create or invent images of trouble, suffering or pain outside physical truth or reality. Note that Imagination is never negative, however when misused and abused, it can bring so much fear in oneself.

**Combat fear by developing self-confidence. Here are few guidelines:**

1. **Emphasize your strengths.** Focus on what it is that you are capable of achieving and praise yourself for your strength and your struggle than focusing on the results. Beginning on a foundation of things that you are capable rather than what should you be doing will help you live and work within your limitations.

**2. Talk to yourself.** Examine yourself and practice how to handle situations as well as counter negative ones. Know when to stop when you catch yourself in a negative assumption.

For instance, when you find yourself demanding perfection, tell yourself that everything can not result perfectly. This will allow you to believe in yourself at the same time that you are striving to get better.

**3. Evaluate yourself.** Practice how to independently evaluate yourself. This will let you avoid the persistent sense of confusion that results when you are relying completely on the opinions and judgment of others.

**4. Take those risks.** When you face and accept experiences as instruments for learning than possibilities to lose or win, new opportunities can be unlocked and this can develop your self awareness and acceptance.

Remember, self-confidence can be developed, not inherited; and fear can be overcome because you have the trust and the faith in yourself to do so.

## **Chapter – 3 Fear Of Rejection**

**Fear of rejection can lead to a vicious cycle of rejection.**

Fiona, a marketing specialist of one of the biggest malls in town, offered her hand to her client and then she stood up and walked out of the room with her head held high. She was feeling so victorious after closing a million-dollar deal with a mall sponsor who agreed to shoulder the advertising expense for their new world campaign. She can already hear her voice singing as she got inside her car and started the ignition.

To an onlooker, Fiona is a successful woman of the world, who would stop at nothing to get what she wants. Of course he is right. However, the description would not have fit Fiona if it was made ten years ago, when she was still just out of college and pleasing everyone due to her fear of being rejected.

Yes Virginia, there are skeletons in Fiona's closets but those are skeletons she would rather hang out in the open for everyone to see so that they may learn from her experience.

You see, Fiona was barely out of college and she had this unreasonable fear that she was not doing the right thing and that other people would not accept her for what she really is. Deep inside, Fiona felt she was talented and beautiful but when faced with all the girls who were more experienced in life and career, she began to feel insecure and resorted to mimicking whatever they were doing or even what they were wearing.

The fear of rejection may have haunted each one of us at one time or another, It may be caused by our fear of being and living alone, too much dependence on other people's perception of us, lack of confidence and inability to control our own life.

Fear of rejection is a state of mind that makes a person feel inadequate, helpless and worthless. It inhibits a person from doing or saying things because of the fear that other people might not accept him or disapprove of his actions and words.

A person who is so concerned about what others may think of him could make his own life miserable because he can no longer speak his own mind nor do things that he would normally do on his own. The fear of rejection can paralyze a person and discourage him from being productive.

A person's uniqueness disappears the moment he puts primary emphasis on what others want him to be. A person too caught up with pleasing others will start to emulate other people from the way they dress and the way they behave in society.

This usually happens to young people who crave attention and acceptance but do not yet have enough basis for self acceptance. This is detrimental to a person's growth because there is no more room for self expression, only of self denial and the thought of pleasing others.

**A person who fears being rejected can be characterized as:**

- 1. A person who acts without confidence** - A person who is not sure of himself will tend to imitate others and keep himself from trying new things. Such lack of confidence will ultimately make such person unhappy and bitter.
- 2. Keeps opinion to himself** - A person who is not vocal about his perception of things may be having trouble with rejection. He may keep from voicing out his opinion for fear of being criticized.
- 3. Usually depressed** - A person who does not have the freedom to speak for himself and to express his wants will soon become depressed and will no longer have a love for life. He will tend to act like a remote-control robot that can not make his own decisions.
- 4. Confused about his true identity**- A person who has fears of being rejected will end up confused about who he really is. This will lead to an identity crisis and will make him angry at himself and at other people for no reason at all.



**5. Lack of self esteem and self worth** - A person who gives more importance to what others may think of him does not have much faith in himself to start with. This lack of self esteem may have resulted from feelings of rejection instilled in him by his family or friends.

A person who fears rejection will ultimately be rejected by the people he wants to please and who love him dearly. A person who has the tendency to please other people will soon get sucked into a difficult cycle of rejection. His behavior will keep the people he cares about alienated from him. He sees this as a rejection and then the cycle goes on and on.

## **Chapter – 4 Fear Of Losing A Friend Or Loved One**

### **How to deal with the fear of losing someone**

Jennifer woke up in a sweat, with the memories of last night's dream still fresh and surreal. She was having those darned nightmares again. But those nightmares could not have been mere nightmares because they were haunting her even during her waking hours.

This one was like all the other dreams where she was running after a familiar person who would later on fall from a deep ravine. And in all dreams, she was the one hero who was doing everything to save the same person from falling. The funny thing is, she could not see his face.

Psychologists would interpret Jennifer's dream as something which speaks of her inner fears in life. One such fear which came out in the open was her fear of losing people near to her, people whom she loves dearly.

The fear of losing someone you love is normal for most people. This stems from your fear of being alone in this world and your fear of not being able to bear the thought of being the one who was left behind.

Thinking about the possibility of losing someone you love is devastating, not to mention hurtful. You may have invested too much of your time and feelings for that person and so just the thought of losing that person would leave you in a state of panic.

There are different categories of people with whom a person can have deep affections. The fear of losing any one of these people can be traumatic for a person, especially if he or she has just experienced a heavy loss, like divorce or death of a loved one.

A person can fear losing his spouse, his parents, his children, his relatives, his friends, or any person who is close to his heart. **This fear can be caused or influenced by several factors such as:**

**1. Divorce or separation** - A person who recently went through divorce or separation proceedings can easily be haunted by separation anxiety due to the stress accompanied by the divorce process. It is not easy for a person to live with a spouse for a period of time and to separate with that person. Divorce proceedings are usually hostile and confrontational so such proceedings will always leave a bad taste in the mouth. In the same manner, a person who is about to undergo a divorce or separation will also be subjected to stress.

**2. Empty nest** - A fulltime mother can easily feel depressed when she realizes her children are growing up and are slowly becoming independent. This anxiety stems from the thought that for several years, she was needed by her children and now that they can manage on their own, then she will no longer be needed and useful. A mother who experienced this fear of losing her children should try to immerse herself back into society by finding a business or a useful hobby that will keep her occupied. The feeling of uselessness is natural but you have to find a way to combat this fear by making yourself useful in some other ways. Also, why not look at the situation in another way? Why not accept the fact that you have reared your children so well and that you have prepared them to live their own lives? And now, it is time for them to try to walk alone without mommy's help.

**3. Death in the family** - A death in the family or in your circle of friends will always make a person realize how fleeting life can be. This realization will manifest itself into the fear of losing someone you love due to illness or sudden death. Death is inevitable and it would do you good to make time for people you love. If you are already spending enough time with them, then you can always improve the quality of time you spend with your loved ones.

The fear of losing a loved one is always in existence. One can never get away from this fear because there are situations that will make a person think of the possibility of being separated

from the people they love. But the possibility of losing someone is one of life's facts and no one can prevent his from happening. However, one can always soften the blow of being left behind by preparing for such an eventuality.

## **Chapter – 5 Fear Of Failure**

### **Failure is success in disguise**

Juris, a surgeon, was only three years old when he learned that one must fail in order to learn and to strive for more. However, such philosophizing was not known to him then as he was still too young. He only began to realize it as such when confronted with failure in his personal life and career.

His realization came hazily as his memories of such a tender age were faded by time. What he can remember though, is that he was always striving hard to learn how to bike. His mom and dad bought him a bike too big for his age and so he had difficulty in using the pedals.

Juris practiced his biking skills everyday, sometimes falling because he could not even reach the ground. While his bicycle had a handbrake, he could remember using his feet to stop his bike whenever he feels like it. Finally, his frustration has borne fruit because after weeks of daily practice, he has learned to stroll around the neighborhood with his bike.

Such a simple lesson from a child but every adult can learn so much from it. Our society has placed so much emphasis on success that failure has become a dirty and much-avoided word.

Others rely on positive thinking to keep failure at bay. While it helps, it also lulls a person into believing that nothing can go wrong, thus creating a false sense of security.

Failure may be a bitter pill to swallow but everyone must fail at one time in their lives. However, as Juris' experience has taught us, it is not the fact that you have failed that is important but the manner in which you have accepted and risen from such failure.

A person can either allow himself to be thwarted by failure, or he can use such failure to build up his determination to climb more mountains. What is important is that the experience of failing was not for naught, because the person who failed learned something from the experience.



Those who fear failure should know that most successful people have failed one or more times in their lives. But what made the difference is how they learned from the failure and how they used failure to succeed in life. The real failures are those who fail once and then refuse to try anything ever again for fear that they might fail again.

The fear of failure creates anxiety due to the fear of not knowing and not being certain of what will happen next. Most often, this results in a small problem being blown out of proportion. The more a person thinks about the possibility of failing, the more he will jump to conclusions on the possible scenarios. Unknowingly, his fear of failure has made a small problem bigger and more complicated.

A person who fears failure can become too competitive. It forces him to treat every person and every opportunity as a threat. This takes the joy out of doing something that should have been simple and without pressure. Such a person becomes nervous and anxious. The feeling of being pressured to do more and to exceed what is normal forces a person to be erratic and weary.

Fear of failure is normal. How you deal with it can make the difference. The best thing to do when confronted with fear of failure is to take inspiration from the reliable bamboo tree which bends when confronted with a strong wind, to keep itself from breaking, and to rise again when the wind has stopped.

First, a person must accept that he is not a perfect being, in fact nobody is. A person has a right to err and to fail so you have to give yourself another chance and another day to fight your battle.

Always have a support group to lean on when the going gets rough so that you will not feel alone and rejected. Most successful people rely on their families and friends when they are at their lowest point in their life. Others rely on their dreams of making it to the top.

Whatever you do, do not keep the feeling of bitterness inside you because it will just build up and ruin you. Talk about your fear and your frustration because it is the only way to get it out of your system.

Whoever said that failure is success turned inside out must have experienced failure at one or more times in his life. Or else, how would he have known that failure is just success in disguise?

## **Chapter – 6 Fear Of People**

### **Rising above one's fear of people**

Hannah possesses a voice that can lull even angels to sleep. She has that quality of voice that soothes the tired senses, and makes one feel relaxed and at ease. However, her audience has yet to hear Hannah sing as she does not have the guts to do it in public.

She tried it once, when she was still in high school but it caused her shame and pain. She can never forget that incident as she stood on the stage, holding the mike, without any voice coming out from her. She was ready all right, but the sight of all those people looking at her made her voice disappear.

Ever since that humiliating experience, Hannah has never had the chance to sing in front of people again. Not that she lacked opportunities; it's just that she could not do it, not in front of an audience. Her fear of performing in public has incapacitated her for life, or so she thought.

Fear is a strong emotion which is often caused by the knowledge of a lurking danger. It is actually a person's reaction to an actual or perceived danger to one's self. Sometimes, a person's fear serves as a defense mechanism.

It is believed that fear is usually hereditary, as in the case of a child who may have inherited certain biological traits from his parents. Such traits may have an effect on how a person's brain chemicals regulate a person's moods and how he reacts to stimulations that may cause fear. A person's present fears will also depend on her parents' behavior particularly on how cautious they were, or how they reacted to danger.

Fear can be classified into many degrees but the most popular and common are phobia, panic and terror. Phobia is an irrational and exaggerated fear of a particular situation or object. Panic is usually characterized by a hysterical reaction to a certain stimulus. Terror, on the other hand, is the greatest degree of fear, usually causing a person to become immobilized.

A person's fear of other people is called Anthropophobia while fear of people in general or fear of society is called Sociophobia. A person who regularly experiences anxiety or discomfort in the presence of other people may have this phobia. People who have this phobia are still able to lead normal lives but they tend to avoid social events. It is also commonly manifested in what we call stage fright or fear of performing in front of an audience.

A person who becomes frightened will have sweaty palms, feel butterflies in his stomach, experience a drying of the throat and mouth and start to have panic attacks. Such fear can have serious effects on a person's family life and career. A person who is frightened, and who has no control over his fears, loses his freedom to act.

Fear of people may be a manifestation of a person's shyness or lack of confidence in meeting other people. A shy person avoids meeting people because he feels he is inferior to them. A person who has no confidence in himself may fear meeting people whom he perceives are greater or more able than him.

There is a semblance of normalcy in fearing other people. It is normal to fear people who have more power in their hands, or people who may have moral ascendancy over you. It is also normal to fear performing in front of an audience especially if you are not used to being the center of attention.

While most of these fears are normal, a person should not let these fears take over his personality. A person should acknowledge that he has these fears, and should do things to overcome such fears. Or else, he will forever be incapacitated by his fears.

If you fear meeting people in general, then try going out in public more often. Try the malls, they offer people from all walks of life. Try to talk to the sales ladies or to other customers who seem friendly to you. Talk about anything, comment on the weather, the recent news or other community affairs.

You can also start relating to people in your community because you will be more comfortable talking to them. Try to talk one new person each day until you develop the habit of greeting

people you encounter in the streets. A simple good morning is enough to help you combat your shyness. Take little steps and gradually experiment on speaking with groups of people.

DO not let your shyness overpower you. You may have fears but other people are not exactly fear-less. What is important is you acknowledge your fears and you do something to overcome them.



## **Chapter – 7 Stand Up Straight**

### **Stand Out with Self-Confidence**

Body language speaks of a whole lot of things, including a person's self-confidence. Self-confidence or the lack of it can be manifested in many ways, one of which is through body posture.

Body posture is the way one carries himself. It can be a basis for making first impressions which generally dictates the image of person in the eyes of another. Making good first impressions can be very beneficial. Take job interviews for example, most final interviews end within 20 seconds. Of course, the interview itself can take an hour or so, but the verdict has been made seconds after the applicant enters the room. He is generally evaluated through his gestures, body language and posture.

When one stands tall, he portrays an image of self-confidence. Having a good posture is a quick and sure way of building a good impression.

So what is a correct posture? It is a conscious effort to keep the body aligned against the body's center of gravity. It is a posture where there is musculoskeletal balance. A person with poor posture can easily be spotted, he's the one who slouches, with shoulders drooping and head bowed down as if looking for a long-lost coin.

There are many probable causes of poor posture. There are people who are born with back problems but the other causes of poor posture can already be considered as social norms. Young children are already at risk of developing poor posture as soon as they step into schooling. Day-in and day-out they are forced to bring heavy loads of school items like thick books and notebooks. Adults are also prone to worsening their postures by carrying heavy luggage and briefcases to work. People of almost all ages who spend most of the day in front of a personal computer and/or television are most likely to develop poor posture.

What can one do to be able to fix his posture? He must first remember that just like anything else, having a correct posture requires a conscious effort and dedication. **Here are some tips on how to have a correct posture.**

### **At work**

- One must utilize an ergonomic chair which fits the back perfectly whenever possible. A good chair will definitely help in posture correction and it will most definitely give the best comfort for a long day's work.
- Make sure that you are seated with your back against the seat and your knees at your hip level. Your shoulders should be parallel to your hips.
- Do some stretching every once in a while, just make sure your boss is not looking.

### **Carrying baggage**

- Unless it's absolutely necessary, try to leave some of the usual things that you bring during trips to lessen the weight of your baggage.
- If you're using a backpack, make sure that you put the heavier items close to your back. This will result into better support and less back aches.
- Make sure that the handles and straps of your bags and backpacks are padded and wide. This will give extra support to your shoulders and back.
- The weight of a backpack should never exceed 15 percent of the person's weight.
- Use backpacks which have hip straps

### **Everyday Living**

- Avoid shoes with heels, the shorter the heels of the shoes, the better it is for your posture. Flat shoes are great for a person's posture since heeled shoes can alter a person's center of gravity which could result into a worsened body posture.
- Exercise regularly. There is no alternative to stretching and doing some cardio-vascular training every now and then. Exercise will help the body become stronger and build much needed back support.

### **Sleeping**

- Avoid sleeping on your stomach. Sleep on your back or on your side.
- If you prefer sleeping on your back, you can opt to put a pillow under your knees to help align your spine. This is also good for blood circulation in the legs.
- If you prefer sleeping on your side, hug a pillow between your legs.
- Avoid those fluffy, over-sized pillows. They can be the cause of early morning neck pains.

Developing a good posture requires an alteration of the common things that one does everyday. However hard it may seem, it is still worth it, not only does it add up to one's self confidence, it also a healthy physical practice.

## **Chapter – 8 Walk faster**

### **Walking with Confidence**

People walk all the time, but the fact is, most people are afraid of walking. People would tend to look at the street (literally) rather than put their heads up and look at the people who are walking along with them. Some would stare at big billboards and advertisements, take out their phones from their pockets and pretend to call someone and do other stuff while walking. These are common signs of poor self-confidence and these are all manifested in walking.

So, how can one's self-confidence be portrayed in walking? Self-confidence is one's own view about himself and his capabilities. Walking is one of the most basic human tasks and usually won't require a conscious effort, therefore, walking takes the focus off his fancy clothes and equipments and tells a lot about his personality. Walking depicts a person's ability to carry oneself in any kind of situation.

### **Walk Faster to Build an Image**

Walking faster can improve one's self-confidence in a variety of ways. It has been found by surveys that people who walk faster are seen as important people. Walking a bit faster would make an impression that one is busy and is involved in significant tasks. It is all about making a self-image for others to see.

When walking faster to communicate a message of self-confidence, one must not overdo it to the extent of panting and looking exasperated. It's just a matter of carrying a bubbly and comfortable self.

### **Walk for the Benefits**

Leaving a good impression through walking is a whole different thing from getting the actual benefits of walking. Image building can be temporary, but the benefits one gets from walking will last a lifetime.

Studies have shown that walking briskly would equate to burning at least five calories per minute. Another factoid- If one walks a mile, he burns 20% less calories than if he had run. This may look disappointing and may encourage one to run rather than walk but this should be taken in the context of everyday life. People usually complain about having too little time to exercise, that's why walking to our destinations whenever possible is recommended.

When one exercises regularly, he will eventually feel the benefits of exercising. He would feel more relaxed, his breathing becomes better and his muscles stronger. Exercising also makes the mind stay sharp. Walking, as a form of exercise, involves the whole body coordination and thus, it gives what people might consider as a whole body exercise. Walking also makes the mind stay sharp because through walking, oxygen is delivered more efficiently to the brain, and blood flow is improved. Maybe this is the real reason which would explain why walking faster can boost someone's self-confidence. More than building an image for other people to see, walking also makes one feel better, thus boosting his confidence.

Walking as a form of exercise not only gives multiple benefits to person's physical attributes, it also adds to one's happiness since exercising would make person release more endorphins which are "happy" hormones.

We've discussed the benefits of walking and how it improves one's self-confidence. Here are some tips on how to properly walk with a goal towards improving self-confidence:

**Faster!**

Again, walking faster enhances the benefits of walking. One must consciously try to increase his walking speed by at least 10% until such time that he can walk at increased speeds without too much conscious effort. Walking too fast will make someone look stressed and full of negative thoughts. It implies an image of impatience and unpredictability.



### **Look Up!**

When walking, one should not stare at the road or at the floor you must hold your head up and maintain it at eye level. This will create opportunities to make eye contact with other people. It's a non-verbal method to say "hi, how are you?"

### **Sway Away**

When one is walking, the natural swaying of the arms should not be restricted nor enhanced. Restricting this natural motion will make someone look stiff (if not looking for the nearest comfort room) while swaying too much will look funny.

### **Mind Your Things**

Arrange your hand-carry in such a way that they will allow you to walk comfortably. Carrying too much will cause someone to lose that much needed "snap" in walking.

Walking doesn't require much effort however; walking with confidence requires practice and devotion. Walking can deliver numerous benefits in different levels to the person especially in terms of self-confidence. Walking tall is being tall amidst all the challenges in one's life.

## **Chapter – 9 Shake Hands Firmly**

### **Shake Hands to Improve Self-Confidence**

Body language portrays a person's self-confidence. Shaking hands is a big part of a person's body language. First impressions are based partly on how a person does his handshakes.

Handshakes are traced back into Ancient Egypt, around 2,800 B.C. During those times, the right hand is the hand which carries weapons. When a person offers a clean, unarmed right hand to another person, it is a sign of peace and goodwill. Handshakes have endured the test of time and it is still widely accepted as a form of social greeting in our modern times.

If someone thinks of it, the gestures of a proper handshake are not difficult to do. They are fairly simple and can be considered as no-brainers. However, as stated above, handshakes are more than simple gestures since they embody the portrait of a person's self-confidence. Handshakes can go extremely wrong because of nervousness or excitement which can then lead into missed opportunities or moments of awkwardness, to say the least.

There are several well-known forms of handshakes which people should avoid doing. Here are some of the most popular ones:

#### **1) Palm Crusher**

The palm crusher is a kind of handshake which tends to give pain to the other person's hand. Of course, this is not usually the intention of the initiator of the handshake but is a consequence of over-excitement or anxiousness to make an introduction.

#### **2) Sloppy Joe**

This kind of hand shake can be described as lifeless. It depicts lack of interest and sincerity in doing the gesture. It instantly kills the intention and the general purpose of a handshake.

### **3) Hand Sanitizer**

A handshake is a “hand sanitizer” handshake if someone: makes minimal contact with the other person’s hand; or if he overtly wipes his hand after the handshake. This kind of handshake is a dreadful one and instead of building connections and acquaintances, it reverses the purpose of handshaking and instills feelings of anger and hatred.

**So how is a proper handshake done? Listed below are the simple steps in making a handshake:**

- Approach the person whom you want to shake hands with
- Make eye contact with him/her
- Give him/her a warm smile
- Extend your right hand towards him/her at a comfortable angle
- When he/she extend his/her hand, grasp it until the webs of the palms meet
- Shake a few times
- Make an introduction or a greeting
- End the handshake after 3 to 4 seconds

When someone approaches you and offers a handshake, it is a courteous thing to stand up before shaking his hand. If the right hand is disabled or is carrying something which cannot be put down, shake his hand using the left hand. If both hands are occupied, a simple nod and apology can be done.

In a cocktail party, one must hold his drinks with the left hand, making the right hand fairly available throughout the event for introductions. The right hands should always be clean and dry when making handshakes. If a person has sweaty hands, he may opt to put some antiperspirant (no scent, please!) before going to an event. He may also keep a handkerchief in his right pocket so that he may quietly slip his hand in the pocket to wipe it off before engaging in the gesture. Of course, someone can also wipe his hand at the sides of his pants but this should be done in a discreet manner.

Handshakes can be employed in almost all kinds of social gatherings. Come to think of it, there is no social event that is exempted from the handshake. Handshakes are exchanged in business deals, dates, renewing old acquaintances, job interviews, social engagements and even in Church.

There are few instances when initiating a handshake is not the preferred option. In the business world, when someone faces a person of much higher ranking, it is better not to offer a handshake, especially if the person has nothing important to say to the higher ranking official. The other instance is when both of your hands are carrying stuff which you cannot put down at that moment.

A handshake is more than a simple gesture. It is a simple gesture which builds connections and can leave an impression of a person. Practicing good handshaking can take a person to higher levels, in his career and in building relationships.

## **Chapter – 10 Make Eye Contact**

### **Improving Self-Confidence through Eye Contact**

It's a cliché to say that the eyes are the windows to the soul, but in more ways than one, they are. The eyes are also the mirrors of self-confidence. A person can easily assess another person's self-confidence by engaging in eye contact. People with low self-confidence hate making eye contact. They would tend to look at the ground as if they are looking for a lost coin.

The eyes are the first things which are noticed in the human face and they leave a long-lasting impression to the beholder. It's fairly normal to hear someone say "I like girls with beautiful eyes," when he is being asked about his idea of an attention-grabbing face. The eyes can make statements at a glance like no other part of the body can make. Imagine a short film which is entirely composed of a shot of a human face with the eyes slowly pouring out tears.

Even with no words, the eyes can reveal a lot about someone. A person who is trying to hide his unhappiness can never really pretend to be happy without people noticing it. The eyes can tell stories that are never meant to be told. They can decipher thoughts and insecurities which are engraved in the deepest holes of one's souls.

The eyes also act as a meter to one's self-confidence. The eyes play a big role in making relationships, building careers and in portraying sincerity and competence, in general.

### **Girl in a Bar**

Making eye contact can start relationships. For example, if a man finds a likable girl in a party or a bar, he would look at her when she is not looking, once the girl looks back, the man would try to hold his stare for a few seconds then he would turn away. He would repeat this set of moves for a few times while prolonging his stare after every move. He would then make his move towards the girl or back away permanently. What happens here? In making eye contact, one can convey interest towards someone else. The man's stare definitely should get the message across to the girl. Once the move is done, the reactions of the girl are assessed. Making eye contact is a give and receive thing. One must not only convey but he must also

listen to the response through his eyes. Holding the right length of eye contact will set the move for introducing oneself. Holding eye contact too long may get someone accused of being a maniac or a freak, while not holding it at all will portray someone as a shy person with a low self-esteem and a lot of insecurities.

### **Job Interviews**

Interviews only last a few seconds long because more often than not, the verdict will be made through first impression. Making eye contact with the interviewer will make him see one's seriousness in getting the job. A lousy applicant will avoid eye contact because of fear. This is not a very good thing to do because interviews are primarily done to test someone's ability to handle pressure. Interviews are also meant to display someone's ability to express him or herself and what better way to instantly express one's personality than through eye contact?

### **Speaking in Public**

One of the main factors that can make or break the delivery of a presentation to an audience is eye contact. Eye contact helps take the fear away from the speaker by getting the audience closer to him. Stress is mainly a result of being with the unknown and uncontrollable. Eye contact gives the speaker a picture of the reality that is the audience. It also helps in getting the attention of the audience. People in the audience would like to feel noticed and making eye contact with them makes them feel that the presentation is being delivered at the personal level.

Making eye contact is an essential tool in expressing oneself and getting responses from others. The eyes can tell the story of someone's life in one glance. People should not be afraid or feel awkward in making eye contact as long as it is done in a courteous and proper manner.

## **Chapter – 11 Changing your self talk**

### **Change Your Self-Talk For a Better Self-Confidence**

Self-confidence is one's belief in oneself. It refers to one's confidence in his actions, beliefs and competencies. Having self-confidence is the key towards a successful and fulfilling life.

Self-talk can be described as that little voice inside one's head which can either be beneficial or detrimental to one's self-confidence. This inner voice usually critiques, give comments, or praise one's deeds and actions.

There are different views about self-talk in relation to building self-confidence. Some people may associate self-talk to the obstacles towards attaining true confidence in oneself. This can be true in the cases of people who have no drive to take the pessimism out of their heads. This can later become a vicious cycle where a person is perpetually trapped in a downward spiral of self-esteem decline.

There is also a school of thought which believes that self-talk is an important tool in developing self-confidence. The inner voice can be seen as a teacher, a mentor, a critique who gives constructive comments and a friend. Self-talk has been employed by successful people in their careers in fields such as sports and show business.

**Here are some few helpful tips on how to utilize self-talk towards developing a healthy self-confidence:**

#### **1) Listen to your inner voice**

This is the first step in making good use of self-talk. Identify the inner voice in you and listen to what it is saying. Ask questions like, regarding the contents of the thoughts, the situations which brought about these thoughts and the other factors which could have aggravated the situation.

Remember that this is to be done under the general goal of building self-confidence, so try to be as honest as possible.

## **2) Thoughts Assessment**

After the thoughts have been identified, it is time to assess them. What are these thoughts saying in general? What attitude towards the self is being projected by these thoughts? How have I responded to these kinds of thoughts in the past? What have these kinds of thoughts instilled in me throughout the years? Have they been helpful to me and my quest towards self-confidence?

Another important thing to assess is the way a person responds to the thoughts that are being said by the inner voice. A person might think that negative thoughts are empowering and that they give the much needed push to attain one's goals. Negative thoughts and comments can be helpful in the short run; however, they do more damage than good. Negative thoughts instill a general feeling of hopelessness and incompetence, especially if one fails more than once in a certain endeavor. Viewing life in a positive light is the way towards building self-confidence. When a person stumbles down, the inner voice should say "stand up, you can do it!" rather than "you're pathetic, stay down before you hurt yourself again!"

The general tone of the inner voice is as important as what it is saying. Negative tones should be controlled and be reversed into positive ones.

## **3) Make a difference**

Dealing with one's inner voice can be a daunting task. If it's hard to talk to somebody who wouldn't listen, it's even harder to talk and listen to oneself since there can be no sensible argument that could happen.

Getting rid of the negative thoughts inside one's head will give the positive thoughts some space. It is all about rephrasing the negative thoughts to make them positive. One's concept of the world is based on his views of the world. You develop self-confidence by feeling good



about yourself. The inner voice should not have control of the body it is the person who should have control over the inner voice.

Self-confidence is like a pair of eyeglasses, having the right pair can make one enjoy the beauty of things to the fullest. Life, if one truly looks at it, is all about perception. One will never enjoy life if he perceives it with much negativity. This is also true in terms of viewing oneself. Self-confidence is tied to having true happiness. True happiness can only come from within a person's heart and believing in oneself is the only way to achieve happiness.

## **Chapter – 12 Speak "I Can" instead Of "I Can't"**

### **The “Can Do” Attitude Can Take You Places**

Ever noticed we are never really quiet inside our own minds? Try it out. When we sit in a corner, away from others for a break, we keep on thinking. We can't stop ourselves from thinking. As long as the body feeds us sensory data from the environment, we respond to the environment.

In prehistoric times, man relied on his instincts to survive. Scientists have called this the fight-flight response in which a person instantly chooses to fight and overcome his adversary or run away to survive.

The body, perceiving a threat, increases and opens up its stores and energizes the necessary cells to prepare for a fight or a run. The body becomes more alert, the muscles get all the blood they need, sugar and fat are burned quickly.

In modern times, the fight-flight response is still useful in a minimal capacity for situations against robbers, muggers, or prize fighting. Soldiers and people on the violent path still need this even more.

For the average civilian, the only violence encountered is usually verbal or on television. However, what most people don't realize is the violence and pain they inflict upon themselves inside their own heads.

As social animals, human beings are expected to interact with others of their species to have a good life. In cities and town constructed by humans, this is unavoidable and people cope in different ways to eke a living out of these artificial jungles.

However, sometimes fight-flight responses take over and spill over into areas of interaction that do not require an extreme response. This may be due to undisciplined use of negative reinforcement techniques in childhood, a traumatic experience, genetics, the environment, etc.

In the average American, this spills over into everyday life. For example, being the butt of jokes by peers, trying to ask a girl out for a date, or getting chewed out by the boss. These are situations that, to most people, are times of extreme stress.

The only way to overcome these extremely stressful situation is to train yourself to see it another way. A “Can Do” attitude reflects this outlook.

**To make the most of life, people have to accept living to the fullest. Having a “can do” attitude shows that life to you is:**

- **A journey.** Don't worry about the destination, enjoy the process. People are expected to make mistakes. If it does happen, why make a big deal? Accept the mistake, learn the lesson and move on. Be thankful that you had the opportunity to learn something new. If the lesson is not learned, life comes back to teach it again and again until you get it.
- **Not to be taken too seriously.** Life taken too seriously only makes the uptight person more stressed. Laugh, have fun. Accept that nothing is perfect. It is perfectly normal to see that you can eat ice cream with French fries. That white people can fall in love with blacks. Life comes in all shapes and sizes.
- **Not about survival, but about living well.** Life is hard enough without letting art and beauty into the individual life. The “can do” person knows why he is here because he had taken the time to know his purpose.

Whether that purpose is to teach college football, or to be president of a Third World nation, the “can do” person does it with two feet on the ground and his eyes fixed on the future.

- **Half full, not half empty.** People have learned from society a kind of sickness. That for people to survive, it is better to see things in a pessimistic way. The point is entirely missed. Life depends on how you see it. A “can do” attitude is quite the optimistic realist.

An optimistic realist knows that a lot of things can go wrong because the world is like that, but that does not stop the person from trying out opportunities to take him to better places and better opportunities. Fear is not allowed to dictate action, only warn. Logic is not used to find reason not to do it, but is used to achieve the optimist's objectives.

- **Is not alone.** “Can do” people know that people are more than willing to help them. This is because the world reacts to sincerity in a way that a person reacts to a child. There is no trickery involved. A “can do” person is an agent of change, not hesitating in helping others along the way. Others are also on their way to become better.

Help yourself by helping others. Develop trust and friendship, but never be surprised at the ambiguity when you encounter it. Accept it as part of the process.

A “Can do” attitude can definitely take you places you never dreamed of.

## **Chapter – 13 Set Goals**

### **Setting Your Eye on the Bulls eye**

The alarm rings, you wake up. You turn off the alarm and start the series of rituals that would get you showered, dressed, fed with breakfast, and eventually on your way to work. You kiss your wife on the cheek as she readies herself for work and taking the kids to school. You say your goodbyes.

As you take your car from the driveway, you notice that all is quiet in the early dawn. You like to leave for work early to get away from the traffic. The trip is uneventful and the radio blares out music you have no fondness for.

As you arrive at work, you check your mail, and start work with a cup of coffee. Lunch comes and goes. You think about saving enough to run a small business in a few years. You have told yourself the same thing for three years now.

What's wrong with this picture? Are you one of them? Does the same dreary day pass by one after the other until you realize you're thirty-five with little time left?

Don't let this happen. Start setting goals with a timeline. Set goals by the SMART method.

The SMART method of setting goals has been around for a long time and has been used by many people. It is one of the many tools used by executives to hit their goals realistically and consistently with enough room to adjust to unforeseen circumstances.

Setting goals is a mind game that needs to be revisited as often as possible. This is to establish the goal consistently in the mind of the goal setter. Eventually the goal setter will have no need to be reminded on the goals he sets for himself.

**SMART is an acronym for the following bywords:**

- **Specific.** The goal has to be as detailed as possible. This is to reduce the time to think about what the goal is. This must answer the basic questions of Who, What, When, Where, Which and Why.

The more specific the goal, the more the end result can be envisioned by the goal setter. This dovetails into the sports theory that an athlete can see the goal before it is attained through training. Studies have affirmed that visualization helps immensely in the attainments of a desired goal.

- **Measurable.** When setting goals, it must also be specific that progress can be held up against a measure, or a benchmark. In bodybuilding, it is measurable to state that the goal is to bench press a weight of 200 pounds in two months time.

The old adage states that if “it can be measured, it can be attained” is also a known fact among athletes. Athletes keep a record of their performance on and off the field of contest in order to have something to compare against. They even measure other athletes in different sports to improve their understanding.

- **Attainable.** This is a part where you determine the will to reach your goals. Do you think the goal is attainable? Will it help you fulfill your overall goal? The more specific a goal is, the more you can find ways of reaching your target. You develop and educate yourself on reaching those goals.

- **Realistic.** Does it make logical sense? Getting to Mars and back within 20 days is a goal, but with the resources, you have, is it realistic? Will it take a huge effort to achieve the objective? A person must be willing and especially able to achieve the goal.

It is still realistic to aim high. It has to do with the rewards received, or the way the goal moves you forward. If you do not possess the skills or inclination to reach the goal, then the goals is unrealistic. No amount of motivation can get a man to do what he despises.

- **Time-bound.** This is the most important of all. A goal has to have a deadline. This is to prevent the goal setter from letting his goal slide from one day to the next. The true price paid for goals is the time you give the goal.

Remember this, time is the true price paid for your dreams, the earlier the dream can be achieved, the more time you have to enjoy it.

Don't let other people rob you of your goals, use the SMART method and share it with others so you can help each other reach your goals.

## **Chapter – 14 Smile And Try To Think A Negative Thought**

### **Choice: Between Stimulus and Response**

Have you ever tried to smile and think a negative thought? Usually the result is that one of the feelings will win out. Whether it is you will feel better because you smiled or that you will eventually feel bad and frown, this is an important fact in human psychology.

Humans cannot really hold attention on more than one thought at a time. This is the key to mastering oneself in this life.

Victor Frankl was an Austrian psychiatrist who ended up in a concentration camp during World War II. He witnessed numerous atrocities and was a victim of German experimentation himself.

However, he observed that people trapped in the camp had different ways of dealing with their dire predicament. Some people lost the will to live, others went mad. Some men turned on their fellow inmates, while some ended their lives in suicide.

There were others, though who turned out quite differently. There were men who went from hut to hut, and gave away their last piece of bread. They encouraged the men, women, and children of the camp to keep on living. They gave them a reason to hope for a better future.

Why were these men, in the face of overwhelming despair, still able to master themselves enough to help others with their problems? This is what puzzled Frankl. But even he would eventually find out why when he was tortured.

Frankl believes that between stimuli and response lays the choice of man to react to any given circumstance. He has practiced this in the concentration camps and his sense of future vision helped him survive. He realized he had a choice, and his choice was to live.



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The human animal is the only organism so far known to be aware of its own existence. Untrained, this awareness does not help him overcome his instincts to react to any given situation. Frankl has found out that it is possible to use the will to make a choice on how one can react.

Other theories also hold true to this tenet. Sales people have long practiced that if one smiles long, he will eventually feel good about himself. In essence, he can make himself feel anything he wants. In essence, it is outside-in.

Smile even if there is no reason to smile. It will foster a sense of positivism that drives out negative thoughts. This is a two-edged sword. Try to frown and you can find yourself too serious to even let people near you. Our thoughts are fluid and they are ever in one state to the other.

The challenge is to keep them where you want them.

The Buddhists have long recommended breathing methods to clear the cobwebs from your everyday life. They believe that a sense of detachment and awareness of one's state is the key to dealing with unbalanced emotion.

The effect of breathing is that concentrating on the breath is a source of steadiness that is much needed when one needs a sense of control. Breathing deeply and concentrating on it also loosens hold on the ego. It supplies the body with more oxygen to fight the effects of stress.

The Buddhists sense of detachment lessens the stress of responsibility by teaching the practitioner to not be concerned on the outcome of a task, but to only enjoy the process. Coupled with an emphasis on simplicity, compassion, and exercise, the lifestyle Buddhists lead is full of activity yet does not affect their outlook in life.

The test is still to catch yourself when you are too stressed to function well. This is where choice comes in. You make the choice to stop work when going on will be counter-productive. You choose whether it is feasible to commit to a project when you know you already have

your hands full. Awareness is the gauge that tells you when you have too much. Choice is the lever that you turn to ease the pressure.

Part of choosing is when to say no. When presented with an opportunity. One must ask if the opportunity is feasible and if there is time to devote to it? If it is not, then there should be no shame in declining. Overloading oneself is another sign of poor choice, and doesn't do you or the inviting party any lasting good.

The key is the awareness to respond with an appropriate choice.

## **Chapter – 15 Using Daily Affirmations**

### **Let Yourself Know How Great You Are**

Religious people might actually have a good idea. Next time, when you hear the chant of monks, the homily in a Catholic Church, the singing from the Gregorian, remember that it is a way of affirmation of themselves and of their faith. And you can use it to affirm yourselves.

People from all walks of life use affirmations to keep themselves going. Warriors, merchants, students, even politicians. This is because affirmations are a surefire way of reminding the self of their choices and their goals.

Affirmations are defined as declarations of the belief of an existence or truth of a thing. This is one of the foundations of self-confidence and the way one can deal with the world.

Sometimes we lose track of ourselves. It happens at work, taking care of the needs of your wife and kids. Or meeting your obligations at church or in your workout, sometimes we forget the “why” of things.

Most people go through life not setting goals. In fact, only three out of a hundred college students in the United States set goals. These 3% eventually go on to realize their goals and earn a higher income than the rest of the 97%. This is a startling figure. It means that goals are not taken seriously.

People with goals are more confident of themselves because they measure themselves against a benchmark. This has the effect of letting them know where they truly stand against the goals they set.

It may be understandable that people lose their way after they set the goals. This may have been a result of having no mechanism to constantly affirm their actions. Or there was no method set up to affirm the goals they have set, reminding them the reason for working long and hard.

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When goals are forgotten, time is wasted. And the person loses his self-esteem, his confidence, and gives up.

It is therefore important to maintain a high self-confident attitude that does not depart from reality. The role affirmation plays on maintaining self-confidence is in the area of autosuggestion.

Autosuggestion is a declaration of an intention or a goal is stated over and over again until the mind of the person accepts the statement as truth. This type of affirmation is viewed positively and it mobilizes one's resources and effort towards the attainment of the goals so stated.

It is also a means of harnessing the power of the subconscious in helping achieve goals. It is a form of self-hypnosis, usually accompanied by having a compelling vision with the statement; the person repetitively tries to live through the moment as if it already happened.

Sports psychology has made use of autosuggestion and visualization to win games and this was proven time and again by claims made by athletes. It seems that human beings are quite good at mentally programming themselves to achieve a specific goal.

However, the opposite effect can also take place. One can repetitively place himself in a position where negative thought repeatedly bombard the mind into submission. The brain makes no distinction between a positive suggestion and a negative suggestion.

Therefore the wording of the affirmation is very important. It is always better to declare a statement in a positive sense instead of the negative because the mind does not hear any negative remarks.

For example, if one wants to stop smoking, his statement should not be "I will not smoke." The mind can only perceive and accept it as "I will smoke." It would always be better to say, "I will exercise daily to be healthy."

The more positive the affirmation the more powerful the effect of the affirmation will have.

Affirmations must be stated everyday. It should be the first thing done when one wakes up, before work is started, and before one goes to sleep. This is programming the mind for success.

Visualization is executed by seeing a future event in as great detail as one can. It must involve all the senses, even taste and smell. The objective is to create a compelling vision that the mind will readily accept as reality. If done correctly, the mind will subconsciously work towards the fulfillment of that desire.

The mind is a powerful tool for success. Because it is like a sponge, one must be careful what one or others put in it. Use affirmations and visualizations to clean up your mind as well.

Nothing happens easily. However, employ some of the principles outlined here and in no time your self confidence will soar! Best of luck.

# **\*\* Bonus Articles \*\***

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## **How to Gain Self Confidence and Elevate Ones Self-Esteem**

Anyone who is very low in self-confidence is bound to feel worthless and less important than the people around. Well, it may be true to a great extent, however, it does not change the fact that if tried, such feelings cannot affect or harm the individual in any way. Only when you experience the negatives of low self-esteem in your own life, you are able to ascertain the importance of keeping your esteem levels high. What is important is that you focus your attention more on the positive aspects of life rather than losing sleep over the negatives.

It is impossible to quantify the flurry emotions that go on in the life of an individual at each moment. However, to keep things simple for the sake of understanding, let us assume that human beings can be broadly classified into two categories, one who have self-confidence and the second who don't.

We all must have witnessed at some point of time how the self-confident people conduct themselves. They are normally very confident in their walk, talk and anything that they do. Sometimes, they can be so marvelously eloquent in their speech that we are left with no option but to admire them with awe. They very often evoke a feeling from within us that is if such is the way ideal men/women are supposed to lead their lives, why can't I aspire to be like them?

The more time that we spend in the company of such confident people, the more clearly we are able to see the vast difference between them and the people with low self-esteem. The people with low self-esteem are normally so low on confidence that they tremble just by the idea of interacting with others.

Eventually, what identifies an individual's confidence level is the disposition of the individual. If an individual conducts himself/herself with aplomb, he/she is considered high of self-confidence, else low on it.

Well, developing self-confidence is within every one's reach. Very fortunately, self-confidence is not something that we inherit from our parents, but is cultivated and conditioned during our growing up years and even until the later part of our lives.

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In case you are among the lot that is immensely low on self-esteem and want to give yourself a shot in the arm, the primary thing that you must concentrate on is try changing your basic perceptions and attitudes.

Many people resort to spirituality and chant various mantras as soon as they discover their confidence levels dipping. It is the best method to verbally communicate to ones inner self and recondition ones state of mind. It also helps in determining that your actions are not true representation of the individual that you are. The mistakes and errors you may have committed are not the correct reflection of you as an individual. They're mostly temporary in nature and do not in any way represent your true potential, which is boundless.

All this may sound quite obvious or spontaneous, but still may feel like unachievable as well. What is of utmost importance is that you develop strong belief in your abilities. Unless you do that, you will always find yourself slipping back into lower self-esteem condition time and again.

Such an effort is also vital in keeping you off your negative thoughts and tendencies. Nothing can be more detrimental to your efforts to develop high self-confidence than giving into your negative tendencies. You must constantly be on guard against all such habits and actively try to suppress negative feelings whenever they surface.



### **Building Self Confidence in Children: How can Nursing Students Provide Help**

Having confidence in oneself is an attitude with which people have positive and realistic opinion about their situation and the life they are living. It's a good quality to have, as self confidence permits people to have belief in other people and act on plans effectively, intercommunicate with others in a correct manner, mix with them properly and have the ability to get work done.

In teenagers and children self confidence and self respect may drop all of a sudden. And the cause for this is ill conceived realizations, previous experiences, race, gender and also how a person appears physically.

The effect of all this is immeasurable on a person's mind. Because of no self confidence the children can be misguided to a great extent and be driven also to a wrong direction. There should be some one to put them on the right path, save them from getting misguided and bring back their lost self confidence. Ideally that someone should be a person whom they look up to and are comfortable to talk about almost anything.

Out of many groups nursing students have proved to be very useful in building self- confidence in children. If they are with the right skills and are trained well in medical care, nursing students can help any child to build confidence by giving instructions to each of the child to influence them.

#### **Why are they effective?**

Children need someone to look up to and follow them, now if the age difference is more, it will make it difficult for them to open up and be comfortable. Since nursing students are in their teen years so there is not much age difference and besides children may look up to them as their elder sister or brother whom they can consult and confide in. Children with no self-confidence may head further into wrong direction altogether if they are not given right kind of encouragement to open up and talk about their problems and free their mind of them.

Nursing students can mould children to talk to them even without compelling them to do so. Teenagers who don't have enough confidence in themselves often lack the ability to talk to others normally. Other teenagers of the same age or slightly above their age, who are close, would understand them better. Children who are bottled up and want to discuss their problems

definitely need a friend who would lend them shoulder. Nursing students are best suited for this as they are young, of high moral and intellectual value, show great interest and appear to have a natural desire to help especially these small children.

In certain cases you may never know the reasons or the root causes of lack of self- confidence in children unless they open up to you. If the persons close to you are the part of the problem then these children can never talk to them about their problems as they share half the blame. Therefore children need somebody who is not involved and nursing student would be a good fit.

The person motivating the children to have self confidence has to have it himself first and then pass it onto children. Therefore, it's important for the nursing students to have the right kind of character to get involved in such an endeavor. Nursing students can be the ideals to bring back the self-confidence in these small children.

## **Overcome Your Low Self-Confidence**

Say to yourself - "I can do anything I want!"

There are many people who might try to discourage you. But do not let such people destroy the faith you have in yourself. Some people find satisfaction in looking great by pulling other people down, instead of striving to push themselves up. Such people are capable of doing anything at all, in order to bring down your self- confidence.

However, just this phrase itself, has the power to really push you towards great success and also the wisdom to understand that your life has the potential to do anything.

We all have different life conditions within our life itself. These range from Hell and Animality which gives rise to the beast in us, to the life state of perfect wisdom and freedom which brings forth our innate potential of a genius. Some people realize this fact and thus tap their wisdom early in life and are able to be successful, while others take a lot of time to discover the qualities in themselves.

It is quite sad to see that some people fail to understand the potential that is present in their own lives. They instead seem to feel quite fine living a life of mediocrity. One then does not believe that all things can be positive and thus lament in their negativity.

Such negativity in the mind and the negative perception of our own self leads to low self- confidence. This is a state where one does not believe in one's own self. Add to this the negative inputs that come from one's environment, and it is granted the reactions of the person to anything, would be negative.

Each of us has limitless powers within us. However, it is difficult to believe that we do possess such powers. All you have to do is accept this fact and use these powers to improve yourself in order to get the most out of life and to raise your self- confidence.

You need to look at the brighter aspects of life and unlearn all the negativities you have been gaining from your environment till now.

## **Supercharge Your Self-Confidence – Your Definitive Guide!**

What is the point in leading a dreary, depressed life where you constantly doubt your potential? You can attain happiness so why not make the effort. How will you be able to create any value in life if you constantly belittle your existence? You too can be successful and happy. All you need to do is believe in yourself and be confident.

Do not become the eagle that constantly told himself that he is nothing but a chicken and thus was never able to soar into great heights. Instead, break free from your feelings of low self-confidence and soar into the great blue sky. That is how you will develop into a true human being and will be able to achieve anything you want in life. Your low self-esteem will never lead you to happiness so you need to throw out this low self-confidence out of your life.

When you see others doing well and feel that you can't match up to them, you have started on the downhill tumble to low self-confidence. On top of that, the people around you will give you a further push down by constantly telling you that you are not good enough. As a result you retreat into your own shell and shut everything and everyone out and just wallow in self-pity.

However, believe that you can do anything that you want. You only have to make the effort to believe in your own self and create value in all aspects of life.

## **Building Confidence and Self-Esteem - Back to Basics**

**Summary:** There are, in every person, 2 traits that have a dramatic impact on that person's life, and success or failure therein. These traits are confidence and self-esteem. And it all starts with the parents.

There are 2 major qualities that practically define a person and how far they will go in life. These traits are confidence and self-esteem. Someone who lacks these two qualities will often fail to succeed in life, and become what is called a "loser". No one wants to be a loser, but they do exist in society today, just as they have existed for hundreds of years. People with low confidence and self-esteem often have problems holding down a job, have little ambition or drive, and are generally a drain upon society. Building a person's confidence and self-esteem starts when they are very young, with their parents and home life.

### **Helping Your Child Succeed - Confidence and Self-Esteem Building**

Everyone has challenges. How a person deals with those challenges stems from how they learned to deal with problems when they were young. And learning to meet these challenges head-on, and build confidence and self-esteem, starts when a person is young. Here are some tips for parents to help build their child's confidence and self-esteem.

#### **Acknowledge the Good**

There is nothing worse for a child's confidence and self-esteem than coming home from school with their shiny "A" or completed school project, and having a parent display no enthusiasm or give no praise. If your child accomplishes something good, let them know! Frame that report card, or medal, or whatever. Show that it means something, both to you and your child, when they do something well. Not only will this build the child's confidence and self-esteem, but looking at last semester's report card and remembering the praise, or the dinner out, or however you rewarded your child, can give them the drive to do it again next semester.

#### **Reinforce the Positive**

A positive take on life on the parents' part directly translates to their children's' outlooks. A parent who is pessimistic and acts beaten by life will instill those values as easily as a parent with sunny outlooks, even in the face of life challenges, instill that in their children. The way a child meets challenges has a direct impact on both their confidence and self-esteem.

A parent shouldn't call out the negatives they see in everyone around them. They should be thankful that their child and life is sound and healthy, without giving the child the impression that they are "better" than a less fortunate child or family. A false sense of intrinsic worth based on the misfortune of others can lead to low confidence and self-esteem later in life.

If the parents have given their child a task to do, and they complete it well, praise them! A parent must be consistent, however, and be sure that you really mean it. Few things can hurt a child's confidence and self-esteem like hearing their parent talking about how bad they performed a task to another person, after the same parent gave the child praise for a task well done. If a parent's child is not performing as well as they should be, don't criticize and be nasty about the child's shortcomings. Rather, the parent try to explain how they could be doing better in specific areas, while still pointing out the things the child is doing well. All this leads to greater confidence, and thus, self-esteem.

### **Take an Active Role**

A parent should always do their best to participate in their child's life. Parents, go to after-school activities! Watch their performances! Cheer them on! A child who sees his parents don't care about something will wonder both why he or she should care, and why his or her parents don't care about them like the other kids parents do. This can be a major blow to a child's confidence, self-esteem, and drive.

### **It all Comes Back to the Parents**

If a parent gives their child the kind of attention and love discussed above, then their child will be successful. High confidence and self-esteem are absolutely vital in preparing a child for the future. Don't condemn them to a life of mediocrity and therapy sessions, get involved, show support and love, and the rest will follow naturally.

## **Activities for Building Self-Esteem in your Children**

**Summary:** Wondering how to boost your child's Self-Esteem? Activities for Building Self-Esteem in your Children are the only tool that you will need - the ultimate guideline!

When bringing up a child, one of the biggest concerns that face parents is their child's Self-Concept and Self-Esteem. Parents must try to find a balance when teaching their children how to value themselves and their natural abilities; allowing them enough independence to grow and learn to make their own decisions, whilst at the same time guiding them on the right path. This gives them Self-Esteem.

Allowing your child too much freedom can make them rebellious as they get older, whilst if you are overly strict this can lead them to losing their independence and self confidence; which may lead to dependency on others. They may be not be able to face the big, wide world on their own which is what any parent would wish to avoid - a child that is too clingy.

Anyone can develop Self-Esteem at any age but encouraging your child to learn from an early age and praising their individual talents, will help to build their trust in their own decision making, as they grow in confidence and learn to recognize their own natural gifts - a step towards building their Self-Esteem.

The following are activities to help increase your child's Self-Esteem:

### **Self-Affirming Statements**

Stand facing a mirror, telling yourself what a great person you are; this may seem childish, but for a child, it is a great, fun way to boost their Self-Esteem as well as yours - try it! You don't have to stick to the mirror process, but make up your own words of 'Self-Affirming Statements'. Remember to stick to these basics and you should do fine.

Create mantras that a child can remember easily. Each morning, start by saying the mantra to your child, and have them repeat it back to you so that it becomes their mantra. They do not

have to be statements about yourself, they could be about each other, such as, "I love you", or statements about complimenting each other. The mantras can vary, as long as the essence is on 'affirming oneself'.

### **The Positive Trait Game**

The Positive Trait Game is an activity that boosts Self-Esteem as well as helping to increase your child's vocabulary. The game involves telling each other a Positive Trait that you can see in the other, by using a word - only the key point of the game involves thinking of a word that begins with a specific letter of the alphabet. The child learns by picking up new words that they haven't come across and understanding their meaning for future use - that is to say they are increasing their vocabulary.

This encourages your child to think positively about themselves; to acknowledge and recognize their own unique traits and talents. They will grow up knowing where their strengths lie.

### **Engaging In Activities That Your Child Love**

Involve your child in a variety of activities that will encourage their own talents and abilities. Be open-minded and enroll them in summer classes, including activities that are new to them, to broaden their horizons and increase their skills. Even if they don't enjoy themselves, at least they will have acquired new skills. Helping them to discover new talents that they are good at will boost their Self-Esteem at an early age. What better way to increase their enthusiasm to learn and develop more!



## **Building Self-Esteem through the Eyes of a Child**

**Summary:** Building Self-Esteem through the Eyes of a Child? The essential guide to building up your child's Self-Esteem and more! Watch your child grow in confidence!

Our children are our country's future. Without proper training, they will not learn the skills passed down from the older generation, and they will not learn to advance which is what we expect of our children. It is important that parents, teaching staff and our friends all help in building Self-Esteem in a child.

Parents should begin at home by showering affection by rewarding good deeds and also acknowledging them, whilst untoward behavior must be met in a subtle, but effective manner.

Self-Esteem isn't just about giving words of encouragement. You should also teach your child to become independent - parents can do this by allowing their child to learn a new hobby, sport or musical instrument.

When a child is old enough, they may want to take on a paper round, or carry out chores like mowing the lawn for extra pocket money, which teaches them what it is to work hard, rather than it being carried out by you or another member of the family. It also gives them satisfaction if they are helping family out.

Parents must always keep an open mind when communicating with their child. School can encourage untoward behavior, as they mix with other children and they may give in to peer pressure. Your child may think that something is cool when it is actually a silly prank, so legal guardians have to remain vigilant at all times.

In school, teachers serve as your child's legal guardians. Grades are just one way of measuring how well a child is progressing or not; look out for evaluation exams or disciplinary records, that other institutions may administer. This gives you a fuller picture and a better understanding of how well a child is developing.

If your child is getting low grades, or getting into fights, this can be very alarming. A child's low Self-Esteem could be down to their not digesting what is taught in class or it could be that there

is a problem at home. This matter, would involve calling in the parents and principal, and sometimes even a Child Psychologist.

Children make lots of new friends in school. Some may even become lasting friendships that last a lifetime. Building Self-Esteem in a child also involves making sure that they hang out in the right crowd. Being with people who share the same values as well as being different, all help to make someone into a law abiding citizen.

Parents are usually to blame if they don't encourage Self-Esteem in their child, and seemingly become a part of the 'Yob Culture' of today's society. Numerous teens that have been arrested as part of a group involved in shooting sprees around the country, have been tried as adults once a case has been brought to court.

Self-Esteem is not something that is inherited at birth. It is developed at those crucial early years by words of encouragement and actions. Is there such a thing as too much praise?

Some people agree that there is as failures can also teach a person to learn more and become a stronger person than they were to start with.

Is it ever too late for anyone to build up their Self-Esteem? The answer is no, as we continue to learn whilst we are still alive, so one can always evolve into a better person!

There are many resources about Self-Esteem - books, tapes and DVD's. There are also professionals in counseling. These, together, with shared experiences from family and friends, can all help to shape your child, so that they become a productive member of society. They may even be a role model for others! What a proud moment for any parent or guardian!

## **Building Up Confidence and Self-Esteem In Your Children**

**Summary:** Building Up Confidence and Self-Esteem in Children - The Step-by-Step Guide of building your child's Self-Esteem, so that they become a confident person that anyone can be proud of.

For any child to succeed in life, you must build up their Self-Esteem. Once they have this, later on as they grow up, they should be able to succeed in achieving some of their ambitions which they have dreamt about; this can happen with encouragement of the parents and teachers which all plays a part in 'shaping your child'.

The moment commences right at the birth of a child. Parents smile at the first glimpse of their child, the moment they utter their first words, the moment they can stand and take their first few steps, unaided - throughout every stepping stone in their life.

Parents may not even realize that at this stage, a child is able to accept acknowledgement through spoken words and any signs of affection. An effective way of building up their child's Self-Esteem is by regularly giving the child lots of praise.

Some experts believe that if parents do this too often it can have consequences. This can be for two reasons:

Firstly, if a child does something to be proud of the praise they receive will be what they come to expect. Besides the parents, the child will come across millions of people in their lifetime, and they soon realize that words of praise are not as forthcoming as they had come to expect. They will not be rewarded for everything good deed.

Secondly, a young child does not always do things correctly. Sometimes they are badly behaved and unless a parent does something about this, a child will not learn the difference between what is right and what is wrong.

Another part of building up Self-Esteem includes knowing when to give constructive criticism. This is by explaining to a child when they have done something correctly and also when they have done something in the wrong manner. There are always many ways of approaching a situation and sometimes when you review what you have done, you realize that you could've handled it differently. The parent must also be able to achieve a balance in criticizing a child, as too much can dent their confidence, as time and time again they are corrected on their behavior and they will feel personally attacked.

Parents do this not only to turn the child into somebody they can be proud of such as God when he decided to create a man, but simply so that their child becomes a person that is an active member of today's society and live as a law abiding citizen or by any given rules.

Thirdly, another way of building Self-Esteem in your children is by the parents setting a good example. The actions being displayed by the mum or dad play a major role in the how their child develops. Those that swear, will often be surprised when one day the child comes out and does the same. Parents are the first role models that a child will come across.

Although by watching film and television, this can also play a part in what a child picks up, parents are generally there 24 hours a day, 7 days a week, which is much longer than what an hour or two of a programme can do to influence a child.

Parents are the ones that must set an example for their child to follow. Even if either mum or dad as a child, did not have much self worth or pride their children should not have to go through the same experience. These people learn from their mistakes made before and try their very best to prevent this happening to what will be the future generation.

It is never easy to bring out the best in a child. There are always trials ahead, and those who succeed can be proud of seeing their son or daughter graduate from high school or college, and instill these same qualities in their own children.

## **Building Self-Esteem and Confidence in Teenagers**

**Summary:** Building Self-Esteem in Teenagers - the essential guide for any parent or guardian to help their teenagers grow from a child into a confident, responsible adult.

Every parent, ideally, would like their child to develop enough Self-Esteem so that they can succeed in life. This all starts the moment a child emerges from birth, and continues as the child ventures out into the world, as they mature into adulthood.

Studies show that there are two ways in Self-Esteem is defined by adults. This is how adults can perceive oneself, to others. Teens, on the other hand, feel that if they are to fit in with the rest of their peers, they have to act cool and join in with others.

Is there a reason for this difference? This could be due to the age gap as adults have had time to experience more and can distinguish between important matters against trivial ones.

Teenagers are still in the learning Process and finding their feet.

So, what changes should adults make in order to continue to build up Self-Esteem in a teenager? Teens are in the age of discovery, so the best thing an adult can do is to be open to answering any questions on particular subjects, and support each individual in the choices that they make.

For example, if a teenager wants to try out for the football team, parents hope for the best for them that things will work out fine. Others, will want to look out for their child and try to avoid them hurting themselves in any kind of sport.

Parents also discipline a teenager for any wrong behavior which is another part of building Self-Esteem. They should explain why they have done something wrong which is better than yelling, to enable the individual to understand what is unacceptable behavior, in the hope that they will not make the same mistake again.

Another way of to build Self-Esteem, is that parents should know when to comfort their child when things don't quite work out. If parents decide that they have to go their separate ways, a teenager will feel devastated if a couple break up, as it is their first love which comes from both parents. All parents can do is say that everything will work itself out in the end, and maybe, someone better will come along in the future.

Self-Esteem does not come from just the parents; it also comes from teachers your child meets when they start school and those that are considered friends by the teenager. Other adults then hold the responsibility of 'molding their child' into respectable adults.

Friends are very much like parents, in being able to offer comfort if their son or daughter feels they are too ashamed to open up to them about certain issues in life.

By building Self-Esteem, this helps the teenager to evolve. A person can change if they feel the need, or they can stay where they are if they happy - their 'comfort zone'. Life doesn't always turn out as one would expect, so this is gives the perfect chance to start afresh, as though giving oneself a new lease of life.

An individual eventually learns that Self-Esteem is innate, once they have discovered their strengths and weaknesses. They can adapt by focusing on what they are good at, and learn to acquire new 'tricks' to improve on those weak points as they come across them.

It is true to say, that when all else fails and the teenager feels like they have a heavy load on their shoulder, it is the parents that they can turn to. This is the biggest responsibility of being a parent, and once their son or daughter grows up and, maybe, decides that is time to have their own children, the guardians can take a break.

## **Building Your Partner's Self-Esteem and Confidence**

**Summary:** Building Your Partner's Self-Esteem and Confidence - A guide to understanding your partner's needs when they are facing difficult times, and how to boost their Self-Esteem.

As life partners, couples are responsible for each other, in taking care of each other's needs. This is even more so when dealing with psychological matters. It is very important for a person to strive to help their partner to improve on their Self-Esteem at this difficult time.

This is the opportune moment of expressing your love for your partner and to show that you care, by helping him or her to improve on their Self-Esteem. By boosting their Self-Esteem, you improve your chances of a longer, more stable relationship, which is what most couples hope for in a long term commitment. Relationships can continue to be successful if both partners are akin to one another, whether it be on an emotional or psychological level. Maturity is an indication when you have a healthy Self-Image and Self-Esteem. The following are ways to help your partner improve on their Self-Esteem:

Acknowledge that no one person is 'perfect'.

Always bear in mind know that no one person is perfect, so you shouldn't expect that of your partner or yourself for that matter. Believe, instead, that there is the capacity for everyone to change if they want to. So, whatever, the current state your partner is in, know that this situation can just as easily change given time and effort.

Be accepting of your partner for who they are as a person, an important point to keep in mind. We are all individuals. You should never say to your partner that you wish that they were someone else, as this may have a lasting, damaging effect which can take a long time to heal, and a lot of effort to repair. If you really love your partner, accepting who he or she is really counts, along with their flaws and shortfalls.

**Do not hold back on giving praise and compliments.**

If your partner has accomplished something that is worthy of praise, then feel free to praise or compliment them for their efforts. This is most effective, if you give your partner at least one compliment a day. Compliments, no matter how small, mean a lot. As an example, when your partner is getting ready for work, let them know in words how wonderful they look in their office suit; or if they are wearing a new after-shave, or perfume, tell them how good they smell. That should give them a smile that will last all day!

Giving your compliments not only works wonders for improving your partner's Self-Esteem; it can also bring more magic into your relationship. Always avoid giving harsh criticisms.

By paying compliments you shouldn't feel that you have to lie, but you should also be careful not to be brutally frank. If you don't like what they are wearing it is better to say instead, that you preferred what they wore last week, than to say that they look awful.

**Keep your ears open at all times - listen to your partner.**

One of the key secrets to a lasting relationship is good communication on a daily basis. It is equally important to listen to each other, as it is to talk to one another. Be your partner's most captive audience. Whenever he or she is saying something, always give them your full attention. Knowing that you are listening attentively, is a huge confidence booster for anyone, so increasing his or her's Self-Esteem.

By following the guidelines above, you can help your boost your partner's Self-Esteem and Confidence. Once your partner's Self-Esteem has reached an acceptable level, you will notice that your relationship has also improved along with it. So it is truly worth taking all the time necessary to do these things - right now!



## **How to Develop Self-Esteem**

**Summary:** Ever wondered how we develop our Self-Esteem? Read on and discover how to become that special someone that we can all be proud of!

As children are growing up, parents find that one thing they are mainly concerned about is addressing the development of their child's Self-Esteem. We use Self-Esteem to judge how much we respect ourselves and more importantly, to love ourselves just the way we are.

We can develop Self-Esteem at any time in our life, but in order to build up a good foundation it is better to start in the formative years as we are growing and developing.

In psychology scientists and other experts believe that how much Self-Esteem we have depends on luck itself. Some babies are naturally born with a lot of Self-Esteem and others need to develop it further. They also believe that parents are born with a high Self-Esteem then the likelihood of producing babies with a high Self-Esteem is better.

It is not a proven fact whether genes or how we inherit our personality contribute to this factor; although some evidence shows that there could be a genetic link.

What we are born with does not predict what you are going to be like for the rest of your life, so it doesn't matter if you are born with low Self-Esteem. It can be developed at any age, so starting young gives you a good foundation to build on. Whatever we experience in life can change the levels of our Self-Esteem - that is to say that it can fluctuate.

There are many factors which can affect the way we develop our Self-Esteem, so this could in effect bring about low Self-Esteem. To a child growing up, how they are treated by the parents can have a bearing on how they think they should treat themselves, as well as their perception on how they allow others to treat them.

Group social interaction in our lives can affect the way we think - the difficulties that we face can sometimes be traumatic, leading to low Self-Esteem, and at the opposite end of the scale our happier times can increase these levels.

How we choose our friends can be a factor that will determine how much Self-Esteem we have. Those that boost your confidence and are influential can do much to help us develop, whilst those who continually undervalue us with putdowns can leave us feeling at a low ebb.

Being surrounded by people who continually praise us and point out our abilities and other gifts, increase our self confidence, because they show that they believe in us. Placing that trust and planting these thoughts in our minds about how good we are at doing things, help us to work better. This cycle of positiveness will give us high levels of Self-Esteem.

The activities that we choose to do can also be a factor in how we build up our Self-Esteem. If you enroll on a course at College and you find that you are stuck with something you don't enjoy, this can lower your Self-Esteem, whereas a course that you really enjoy would do the opposite by making you feel more positive.

Taking part in things that you enjoy and love can build up your Self-Esteem so much that you feel a lot of enthusiasm and can give your best. As a result, you can succeed in achieving and accomplishing something that you can be proud of - increasing your Self-Esteem!

## **Why Self Esteem Determines Who We Are**

**Summary:** What Self-Esteem is, how it can affect our lives, and how to follow our dreams and ambitions. How to succeed in life!

Self-Esteem plays a great part in how well we do in our lives, which isn't that obvious to us, so it can determine how successful we become. Our views of ourselves, what we think of our abilities and innate talents, affect our thought patterns. These thoughts are then turned into actions.

The actions we take in life are very important, as we use them to realize our dreams. If we do not reach the goals we set for ourselves, or fulfill our dreams, it could be that we are not taking the right steps towards reaching our potential, or that you are actually doing something wrong. Most people do not realize that there is a link between our thoughts and actions. When you have positive thoughts, your actions are very positive, and at the opposite end of the scale, if you have negative thoughts then you are likely to project that into negative actions and may become inactive.

We all have dreams and ambitions and to fulfill those does take time. What gives you the drive and determination to succeed is high Self-Esteem. This can give you that extra push and willpower to reach your goals. Low Self-Esteem can, as a consequence, be a stumbling block to reaching your potential, as the difficulty you face is being able to carry out the actions necessary to help you reach your goals.

Basically, Self-Esteem is about how a person views themselves and their abilities. Feeling positive about oneself will give us high Self-Esteem; having a low opinion about oneself will in effect give us lower Self-Esteem.

We lower our Self-Esteem by personal criticism, which is the worst kind as this can be soul destroying. You should not tell yourself, "I cannot", or "that is just so impossible" as criticizing yourself leads to self doubt. It is better to use positive words and thoughts that instill confidence in yourself, then you can achieve anything you set your heart on. Believe in who you are!

## **Supercharge Your Self-Confidence – Your Definitive Guide!**

So, what should you do to build up your Self-Esteem? Your thought patterns plant the root feelings which we then act upon, so it is important that you try to keep positive thoughts which you find beneficial. It is best to focus your attentions on your successes and your achievements, rather than your failures and losses. We all mistakes, but it is best not to dwell on them. By looking at your past and remembering what you've achieved isn't part of vanity, it's acknowledging and recognizing your abilities.

We have all accomplished something in life and by sitting down and making a list of all those achievements, it allows you to look back and remember those great moments. You can relive the hurdles and obstacles that you overcame to meet the challenges you faced; it is quite a surprise when you see that you have already achieved so much in life. At times when you have the greatest feelings of self doubt, this list is something you can refer to remember those wonderful achievements. As you succeed in doing more things, you can add them to your list.

You should always remember that Self-Esteem and success in life are correlated, so work at improving the quality of your thoughts for future success.

**Look within yourself to get some self confidence**

There can be no doubt to the man of faith that he is who God made him to be. Still, we compare our selves to other people at times, those who seem to be more successful than us in life. We think of these people as supermen who can work wonders out of any given situation in life. While it may be true that some people are generally luckier than the rest, it is also true that we each one of us have our own unique hurdles to overcome, including those who we seem to think of as lucky.

It is true that you may not be as good looking as somebody you know. It is also true that they may not be as intelligent or as talented as you. We are all made with equal measure of blessing. We do however differ in what gifts we have received by birth. When things go wrong is when we try our hands at things that were never meant for us in the first place. These things were not ours to try and acquire, but there for the taking for somebody else. It bothers us that somebody may have been assigned to some thing that we desire, but that in a sense is greed talking. We would do so much better in life if we stopped looking at the gifts of other people and feeling envious. It would be so much more productive if we look within for the gifts that we are born with. If you only look at what your neighbor has, you will never see what you possess, and you then begin to feel that you do not have a gift. That is when you could start getting feelings of low self esteem, all starting from the negative emotion of jealousy.

Keeping yourself in check is one thing, but condemning yourself quite another. Do not put yourself down even before you begin a task. Fight the insecurity and fear, and you will see there lays loads of confidence behind these negative emotions. The route to success in life is through conquering your own fears. Every one of us has fears that we need to overcome, and when we do this we grow in self confidence. In other words, do not try and live another person's life. Fight your own fears, and count your own blessings. You will see the world in new light if you do so, and excel at what you are gifted with. So, recognize your gifts, recognize your fears, and go in for the kill. Life will only get better and better with this positive mind set.

## **How Self Esteem Workshops and Seminars can Help You**

Self esteem basically deals with how a person thinks about his or her own self. It is the mental self image that we have of our selves, and can play a huge part in your success or failure as may be the case. A person with good self esteem thinks positively about them self, while the person with a low self opinion is flooded with negative emotions. Gillian Butler and Tony Hope, through their book titled Managing Your Mind, tell us a lot about the characteristics of low self esteem. In fact they give us a list of synonyms that describe low self esteem-

- \*The feeling that no one loves you
- \*Too much dependence on others and an inability to make decisions independently
- \*Feelings of jealousy
- \*Too much worry
- \*Too much fear of trying new things in life
- \*Trying to be perfect all the time
- \*Difficulty in recognizing feelings in the self and in others
- \*Feelings of frustration
- \*Too much Anger
- \*A need to be better than others
- \*Poor performances at work or school
- \*Too critical of your self and of others
- \*Too much bad health
- \*A poor stance and posture
- \*Refraining from looking at people eye to eye
- \*Drug and Alcohol abuse
- \*Bad eating habits
- \*Feelings to hurt yourself

It is true that the best time to get a high self esteem is when you are a child, but that does not mean you cannot help it once you are an adult. When you are a child you cannot control your surroundings but when you are an adult you can do so, you are in control of your life. Attending

a self esteem seminar is one of the best options for adults looking to improve their self esteem. These seminars normally last from one to three days and can do a lot for your self image.

When you look at the most successful people in life you will understand how much a healthy self esteem can do for you. The reverse is true as well – most of the problems faced by society today can be traced back to low self images that people carry of them selves, which can turn them to be destructive towards themselves and to others in the society as well.

If you find your own self in such a frame of mind, maybe you should consider attending a good self help seminar. If you feel you do not have the time or the money to attend such seminars, that shouldn't stop your efforts to improve the self image. You could always opt for self help books and articles and e-books on the net. After all, it is you who will benefit from this process, so don't give up easily. Don't give up till you have a healthy self image and thereby a successful life.

### **The Band Offspring's song on Self Esteem**

Any fan of rock music would be familiar with the band Offspring. The band's album titled SMASH was what gave them the first taste of true success, and it sold over eight million copies around the world. Self Esteem was one of the tracks on this album, and as the name suggests, it speaks of the importance of self esteem. To be precise, it speaks of the destruction that low self esteem can cause in your life. Here is a little more about the song:

This song speaks about a man who is trapped in a relationship that is destructive to his own self. The relationship is with a woman who he loves. It speaks of a woman that the man has written off and wants to leave, but being an emotionally weaker person, he just cannot do it when he is face to face with this woman. Rather, he spoils her when he sees her, thinking that he may have been wrong about her all along. The man then goes on to say that later he is confident that she is using him and he still doesn't do a thing about it. He has begun to enjoy the feeling of low self esteem. Although this man knows that the woman is just playing around with his emotions he does not do a thing about it, because he himself has written himself off as a person with low self esteem.

The singer then speaks of the man making plans to take his lady friend out in the evening. She totally disregards his plans and does not care to even tell him that she doesn't want to go out. After waiting till the middle of the night, the man feels rejected and abused once again, and feels that he may yet leave her if she keeps treating him this way. So we see a repetition of feelings of rejection and abuse, and still no effort on the man's part to help him self get out of this destructive relationship.

We then are told that the woman lies to this man that she loves him, while she sleeps with his friends every now and then. One can only imagine the destruction this piece of information can cause to the poor man's psyche. The man fools himself into believing that the more he suffers the more his love for the woman is proved, and so he remains stuck in this vicious cycle of abuse and forgiveness.

Yes this is only a song, but you would be surprised to see the number of people who are stuck in such a cycle of events, and the popularity of the song is proof of the existence of this large number of people. This song well explains the state of mind of a weak person who is in an



abusive relationship with an emotionally stronger person. The truth is that no one can hurt you unless you let them. Forgiveness is not wrong. But forgive for the right reason, not because you are too weak to leave the other person – that is just insecurity and not the right motive for forgiveness. Make sure your self esteem remains in tact, and you will never see such a situation in your life.

**Would you let someone affect your self confidence?**

It is understood that not everyone would feel safe in letting another person take control of their lives. Still, this is what professional psychologists do in a way. People help other people all the time! There are negatives and positive to the idea of putting your life in someone else's hands, as there negatives and positives in everything else in this world. The answer, as usual lies in getting the right balance out of the situation. This article will deal with the negatives of the situation, because there is much to lose if you let the wrong person run your life for you.

Many of us only feel successful when someone else measures and acknowledges our success. It is evident that we as humans live in a society and need acceptance in it. It is however unhealthy to be completely dependant on other people's feedback to judge your own level of success or of failure as well. We sometimes do not have the time to notice other people's success, and it is the same the other way round as well. Just because someone does not give you a slap on the back every time you do something wrong, do not fret over it. Instead, give your own self the thumbs up and keep doing it right!

Somebody has rightly said that misery does love company. It is unhealthy to have relationships even very short ones, on the basis that both people in concern have had failures. People sometimes love cribbing about their past, and two such people often create an unhealthy relationship of encouraging each other to curse the life they have lived. Avoid such people at all times. There are still others who seem to have the only objective of making themselves look and feel superior by putting other people down. Take no heed of such people as well. They generally have a low self image themselves, and that is why they fear letting anyone else look good.

When it is time for you to judge someone, maybe a relative or your own child, make every effort to lose your biases. Just because someone failed the last time does not mean they fail every time. Rather than destroy the person's self image, encourage them to do better the next time, and use kind and firm words to do so. You can shape your child's future personality into a healthy one by doing so. Judging someone is a huge responsibility, and one that requires great care in undertaking. Do not be hasty in your judgments, and always try and sound encouraging. Constructive criticism on the other hand, is a whole new ball game, and that is what you should accept in your life, as well as aim to give those around you.

## **Seven Easy Ways To Develop Self Esteem & Self Confidence**

The heading must mean something to you, or you could be genuinely interested in the same yourself.

In case, you are extremely discontented by what the common public would term as "a miserable private life", then you should be aware that you have to ring in some changes in your personal life. Certainly, "a miserable private life" can denote many things. But usually, it indicates that the individual suffers from an absence of self-confidence plus his self-esteem has touched rock bottom. Therefore, if you wish to introduce changes in your personal life and reverse your present condition into being a thriving and contented person as you expect to be, you require to pick up and concentrate on the below given suggestions.

## **Seven Easy Ways To Develop Self Esteem & Self Confidence**

### **1. Improve your interpersonal skills**

In case you are short on self-confidence and possess little self-esteem, you without doubt have little or no social life. Now, this is due to the fact that you lack sufficient guts to interact with other people.

In such a case, it is very important that you improve your interpersonal skills. But, how is this achieved? Begin by becoming a member of a group and start to be more friendly and approachable and believe in the people you meet. You can begin with a dear friend, whom you can rely on and act on your social scene from this point. Alternatively, you can attend programs, workshops, and seminars, which would enable you to develop your self-confidence as well as boost your self-esteem. Diffidence and apprehension are your most awful adversaries if you wish to be amicable with other persons; hence you must fight them tooth and nail.

### **2. Hone your communication abilities**

Dearth of self-confidence as well as little self-esteem may be due to lack of or extremely poor communication abilities. Now, what is required of you is that to understand how to carry on a conversation. You need to meet and associate with a number of people. However, opt for people you can count on. If you feel that nobody can be relied upon, begin with members of your family or expert therapists.

### **3. Learn to have an optimistic attitude in your life and yourself**

Adopt a frame of mind that makes you really feel good with every passing day. This ensures that you have a cheerful and positive outlook about life in general and yourself in particular. How can this be done? Begin your day in good spirits and a happy smile. While it may sound clichéd, beginning your morning on a happy note tends to make the remainder of the day enjoyable and fun.

### **4. Never aspire for perfection**

In case you seek perfection, you will just end up being discouraged and upset with yourself. Nobody is perfect and that applies to you, too. Therefore, when you plan your objectives strive for the very best but also acknowledge the probability of lapses.

### **5. Dump self-consciousness**

Self-consciousness is the very reverse of self-confidence. Therefore, if you wish to develop self-confidence, you need to dump your self-consciousness. In order to achieve this, you should not think about the fear of embarrassment and censure. Rather, distract yourself by thinking of the wonderful things that life brings. Speak to yourself and learn to be poised and assured in whatever you do.

### **6. Never focus on your setbacks**

This means that you require to be upbeat and hopeful. Do not worsen things by brooding over all the depressing things that you have gone through. Concentrate on your accomplishments instead.

### **7. Look after yourself**

Eat healthy, obtain adequate sleep, and work out. Adhering to these three things would ensure you feel good, both within and without. This is a sure-fire way to develop your self-confidence as also enhance your self-esteem.

Once you have followed these steps, you will certainly notice the change in yourself. Before long, you can pronounce that, "developing self-esteem and self-confidence is the secret to success!"

## **Confidence Boosters**

Combating the absence of total self-confidence is a problem most people would regard as a losing battle. However, by adopting the right approach on how to handle it, you will be able to boost your self-confidence, sooner than you think. The following are some tips you can follow.

### **Nine Communication Boosters**

#### **1. Internalize the feel-good factor**

Each day in the morning, gaze at yourself in the mirror, and state all the wonderful things about yourself. Besides, you need to look after yourself properly in order to ensure that you can work on your confidence levels far more easily. Learn to consume healthy food, follow a regular fitness regimen, get sufficient rest, and learn to be contented and happy.

#### **2. Learn to interact**

Interacting with people constitutes a successful method of improving your self-confidence. Therefore, never shy away from meeting with other people, build new friendships, and develop business relations. If initially, you find it difficult and embarrassing to approach people, whom you have never met before, do not hesitate to take the assistance of others to make the necessary introductions and set the conversation ball rolling.

#### **3. Overcome your self-consciousness**

Now the other extreme of being self-confident is self-consciousness. Therefore, ensure you overcome your self-consciousness by doing away with the apprehension and nervousness from your system. This can be achieved by directing your mind on something else instead of concentrating on the subject that makes you feel self-conscious or by confronting the dread directly.

#### **4. Entertain encouraging thoughts**

If you believe that it is just not possible to develop self-confidence, then you will never be able to do it. Always bear in mind, that if you are devoid of self-confidence this day, then it will be

missing for your entire life. You will then end up being sad and wretched. Thus, for your own good, learn to adopt an optimistic attitude that will ensure you transform your current uncertain state.

### **5. Pat yourself for mission accomplished**

When you have achieved what you had set out to do in the first place, pat yourself on the back for a job well done and give yourself a treat. You can go shopping for something you have set your sights on or go out for a quite, relaxed dinner or in whichever way you prefer.

### **6. Select a role model**

Select a person who can be the perfect example of self-confidence. Possibly, it could be somebody from your office, maybe your superior. Or, it could be a television celebrity or a public stalwart. However, exercise caution when selecting your role model. You should be able to glean something useful from this person.

### **7. Assume responsibility**

People who do not assume any kind of responsibility are the ones who feel that it is quite impossible to do the job properly. Do you belong to that category? In order to boost your confidence levels, you need to know how to assume responsibility. You need not take on something huge. Begin with simple tasks that you can perform and then take it from there.

### **8. Establish realistic goals**

The absence of self-confidence actually starts when you are of the opinion that you are not capable enough to accept the job or you are inept at completing the job. Therefore, to ensure that you alter these views, establish personal goals that you are capable of attaining. Start in a small way like pursuing your everyday routine. After that, you can start to set more advanced and tough goals. The point to be noted here is to do things gradually, first achieving the lower level before moving on to the next higher level.

### **9. Learn to be positive**

### **Supercharge Your Self-Confidence – Your Definitive Guide!**

Never consider yourself a hopeless person, who could never do things the proper way since you have never adopted a positive demeanor. Never concentrate on the discouraging moments of your life. Rather, remember the positive things you have realized in life.

Implement these guidelines in your life, this very moment and before long, you will find your confidence levels on the rise.

## **HOW TO BE SELF CONFIDENT**

On most occasions, whether we wish it or otherwise, we usually seek people's opinions, so that we too can form opinions. The reason for this is that we form a circle living within a bigger circle of prejudiced people who, could either propel us forward or drag us backward.

If we always trusted in what people would have us believe, then we are right on course to eternal damnation. Now a days, it is hardly ever noticed that people with whom we are communicating have innocuous plans for us. However, this in no way contradicts the fact that most people are still concerned about our wellbeing.

Now, what we would like you to take note of is that, you need to be a tad more mindful of what to heed and what to disregard.

On the other hand, in developing your self-confidence, this fundamental rule can be availed of, which is to make people have faith in what you reveal to them.

You can make use of the projection principle when initiating efforts to develop your self-confidence.

There are quite a few people, who appear to have an innate sense of confidence, which allows them to stare the world in its face. These people stride sharply, speak expressively and they look as if they truly believe they are self-made people. Now we as the spectators gaze at them with total wonder and a tinge of jealousy and wish we were more like them.

Actually, these people are great at presenting a particular image of themselves. They are cognizant of their demeanor since it is this facet that is exposed to us.

Of course, you too can be just like them.

Self-confidence is in fact not an intrinsic part of us. It needs to be nurtured and promoted, or else it would fall to pieces due to a whole host of reasons, both hidden and noticeable.

Self-confidence is an attribute that we need to foster. It is certainly not programmed in our constitution that a particular person should possess minimal self-confidence and another should be endowed with soaring confidence. There are equivalent prospects available for all to seize, in case we really are set to seize the prospects held out to us.



## **Supercharge Your Self-Confidence – Your Definitive Guide!**

As with the majority of human comportments, the way in which we present self-confidence plus the yield that it produces are studied in due course of time. Moreover, it would, at all times exhibit patterns of growth.

It is predictable that when you commence, the belief you have in yourself would appear wobbly and you might wish to dump the whole exercise and be "contented" with how things are. Once you start to feel a wee bit cautious or doubtful of your action, the moment has actually arrived when you could do with a boost of self-confidence. Imagine that you are supremely confident and keep egging on yourself with this impression firmly entrenched in your mind.

This confidence building process takes time, and therefore, you should erase any thoughts that you will become confident on the spot. You will need to call on your reserves of determination and carry out some serious conversation with yourself in order to be capable of weathering the initial stage, which is the preparation stage, which is by far the toughest stage in the entire process of confidence building.

Finally, you are in the position of making other accept as true that you are an extremely confident person, as projected by you, and in the due course of time, you will discover that you truly believe you are really upbeat about yourself. This in fact resembles some sort of stunt. This self-confidence pulls off this stunt.

## **SELECTING BOOKS ON SELF CONFIDENCE**

Loads of self-help books based on developing self-confidence are on sale in bookstores. Now, these books contain all the possible solutions. But, you are now faced with problem of plenty. There are so many choices available that you just are unable to decide where to start. To assist you in this venture, the following are some valuable hints that would be of aid to you in selecting the appropriate book to fit you requirements.

### **1. Identify the location of the issue**

Physicians are required to examine the patients so as to prescribe the correct medicine. As with doctors, you too are required to carry out an examination since there are countless books on myriad topics and you need to settle on the perfect one. For instance, if you suffer from timidity and social disquiet or if you wish to enhance your self-worth, then, you need to pick books that address these issues.

Be cautious and prudent when choosing a book. Do not judge a book by its cover. This may cause you to go for the wrong choice of book. Glance through the summary of the book in order to be very sure. Certain bookstores permit customers to browse through the contents of the books. Now, you can make use of this to your advantage.

### **2. Reflect on the author**

In case you are a regular reader of self-help books, you definitely will have your preferred writer or you may have a general feeling as to which author's style you like better. However, if you have just been introduced to the wonderful world of self-help books, then you should choose that author who has better standing amongst the reader community. Every book gives you a write-up about the author, and hence you can go through that carefully prior to picking up the book.

### **3. Request expert assistance**

You can also solicit help in selecting the one particular book that can help resolve your issues. In case you are attending counseling sessions, you can seek your therapist's advice on which is the apt book for you for developing self-confidence. You could be lucky if your therapist authors books but you should ensure that the subject deals with your area of concern.

#### **4. Make an internet search**

In order to ensure that you land up with the appropriate book, the web is a great place to conduct research. Numerous websites provide assessments of the various psychology books as well as texts available in print. Alternatively, if you so desire, you can purchase books online. It is very timesaving.

#### **5. Think about the price**

Self-help books are available in all price ranges right from ten dollars to around forty dollars a copy. Now the contents of the books would vary widely, but do not deduce that one is better than the other, based on the price.

Now, you are more or less sure which book to purchase, but you do have to remember that perusing these books is no guarantee that your confidence levels will rise. You need to take proper steps to develop it. Moreover, you have to put into practice whatever you have gleaned from the self-help book. Do not rely heavily on this book, since it merely serves as a guide to point you in the right direction. Bear in mind that books are not the key. You are the key to unlock the door to self-confidence.

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