

A COMPLETE GUIDE
TO
SELF ESTEEM
AND
SELF CONFIDENCE

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1 - SELF ESTEEM

Self esteem is your own personal view of yourself physically, mentally, and emotionally. Everyone has a different view of themselves, but keeping a positive outlook will benefit you more than a negative one. Many individuals suffer from low self esteem for a variety of reasons and need to build their self esteem in order to succeed in life. Remember, the only one who can make you excel is you and no one else. The same goes for self esteem. The only person who can build up—or consequentially tear down—your self esteem is you. Although other individuals may aide the process, the end decision is yours.

People have low esteem for a variety of reasons. Some individuals suffer from poor body image and focus on all the negative traits of their physical appearance. Others have emotional issues that have caused their self esteem to drop or feel themselves unworthy of any praise. For whatever reasons your self esteem may falter, the key to building it up again is to find the root of the problem. Think of self esteem like a house, if you build a stunning house on a poor foundation, the entire structure will crumble. However, if you take steps to ensure the foundation is strong and capable of holding anything, the process may be slow, but your self esteem will be built soundly.

Many individuals look for help for their low self esteem in books or seminars. The number of available options on the market is phenomenal, and you are sure to find one on a topic that deals with your specific issues. Check out your local library or book store and explore their “self help” section for a book that you may find helpful. It is quite unlikely you will find the answers to all your problems in a book, but you may find it helpful to know others are in your same boat and you are certainly not alone. Additionally, you may wish to seek professional help in your quest to boost your self esteem. Often, speaking with a qualified individual can help you determine the root of your problem and the necessary path you should take for the rebuilding process. Perhaps your problems dates back to childhood, or maybe it has recently developed. Whatever the case, a professional will be able to best determine your next step.

A main factor in self esteem is negativity. Negative thoughts can pervade your confidence and crumble your self esteem. If you find yourself surrounded by negative people or in a negative situation, try to best remedy the problem. Often, individuals in a abusive relationship have their self esteem shattered when a supposed loved one constantly berates them and questions their worth. Similarly, a negative workplace environment can lower your self esteem with colleagues or bosses finding fault with your work.

Maybe you have a friend who is consistently negative with all surrounding him or her. Whatever the source, distancing yourself from the negativity will help you regain your self esteem. Strive to surround yourself with positive people. If you are going through a rough time in your personal life, you may wish to join a support group. Similarly, there are support groups available for individuals with self image issues. These groups will allow you to meet other individuals like yourself and provide a forum for you to sound your hopes and achievements.

However you choose to begin building your self esteem, do so today! Be thorough and consistent with the process and be aware it may take a while. You should not become impatient or despondent if you find your self esteem slipping. Remember, you are an important and worthy person and should treat yourself as such.

DO YOU HAVE LOW SELF ESTEEM?

Low self esteem can be devastating to an individual's personal, work, and scholastic life. The constant feeling of inadequacy and unworthiness can undermine attempts to succeed at even the smallest things. If you find yourself plagued with such feelings, you may need to ask "Do I have low self esteem?" Self esteem is your own view of yourself, your capabilities, and your attributes. It is impossible to succeed in life if you are constantly second guessing and berating yourself over the tiniest detail. Many individuals suffer from low self esteem, so you are certainly not alone. Some individuals have recently begun to question their self esteem while others have been doing so their entire lives. Whatever your situation, honestly answering these questions will give you a great deal of insight into how you view yourself.

Are you nervous or awkward around other individuals? These people can be coworkers, friends, family members, or even strangers on the street. Do you ever look at anyone and think you are not on the same "level" as they are physically, mentally, or athletically? Do you see yourself as the least important member of your family, group of friends, or office? These persistent feelings can erode your self esteem. Most likely, you are the only one who thinks these things. Ask your friends, coworkers, and family members about your performance, attitude, and personality. More than likely, you will be pleasantly surprised. Remember to rank your own needs up there with the needs of others. Quite often, individuals with low self esteem strive to please everyone but themselves in order to make themselves feel more adequate. This act usually backfires since your focus is on those surrounding you instead of yourself. Dig deep and figure out your own needs. Focusing on yourself for a while will allow you to identify to root cause of your self esteem issues so that you can go about conquering them.

Do you worry or obsess about your physical appearance? Are you constantly trying to change your appearance for what you think is the better? These feelings of inadequacy are quite common, especially among children and women. Often, individuals notice certain qualities about themselves as children due to comments by a friend, family member, or school mate. These feelings harbor themselves inside, making them stronger and deeper-rooted. Some individuals obsess about their weight, height, statue, bone structure, facial features, hair, and any thing else under the sun. These issues can become the root of serious problems, including eating disorders. Even the most beautiful people in the world have some feelings of inadequacy about their outward appearance. The people society deems beautiful or perfect have secret issues about their own appearance or body, so you are definitely not alone. Instead of constantly worrying about those aspects you deem as negative, focus on the positive. If you find yourself slipping into a dangerous or deadly habit, seek professional help as soon as possible. The world has learned to live with you, now you must make the decision to live with yourself. Once you are comfortable in your own skin, your self confidence will soar sky-high.

Do you publicly berate yourself for fun? Is your idea of a good conversation tearing yourself down at the expense of others? Would you rather talk about your failures and weaknesses over your successes and strengths? This is often the case with individuals with low self esteem. Instead of accentuating the positive, they verbalize that constantly criticizing voice they hear in their own heads. Whatever the case, if you find yourself to be suffering from low self esteem, there are ways to rebuild from within. Seek help from friends, family members, colleagues, self-help books, or professionals if necessary. Low self esteem is a problem that should not be ignored.

WHAT ARE THE SYMPTOMS OF LOW SELF-ESTEEM?

People with low self-esteem rarely live their life to the full. They distance themselves from others, and are thus denied their love and support. They rarely, if ever, make full use of their abilities. Instead, they end up brooding about the injustices of life. Such people are a loss to themselves, their family and to society. Some of them even take to crime, alcohol and drugs.

Invariably, people with low self-esteem are uncomfortable with success. They tend to believe that they don't deserve success, and they have no clue as to how to savor success. At the same time, they do not hesitate to blame themselves if things go wrong. They take sadistic pleasure in telling the world that they knew things would go wrong. This is an important symptom of low self-esteem, and needs to be treated at the earliest.

People suffering from low self-esteem also have the habit of putting themselves down. They repeatedly tell themselves that they are not good enough and that they are bound to fail. Over a period of time this negative self-talk turns into a negative self-belief. More than that, they try and implant these seeds of negativity in people around them. They also gravitate towards people who suffer from similar problems. The end result is that they feed on each other's negativity, and become much poorer individuals than they initially were.

A high level of dissatisfaction is another indicator of low self-esteem. There are people who spend all their time complaining. They neither see a positive thing in others nor in themselves. This cynicism eats away their self-belief, and erodes their self-confidence. In contrast, people who value their abilities enjoy high self-esteem.

Also, people with low self-esteem spend most of their time brooding about the past and worrying about the future. They don't spend enough time living in the present. As a result, they don't enjoy the present, even though it may be full of success. The net result is that they prevent themselves from enjoying life, and make themselves unhappy. It finally becomes a vicious cycle that feeds upon itself, and prevents them from breaking out of their negative mould

Such people are rarely relaxed and at ease. They keep looking for different jobs and lines of work. The reason why they are always looking for something else to do is that they lack self-confidence. They drift from one crisis to another, and blame fate for their woes. A few of them take to alcohol, drugs, food, sex etc to get a temporary "high". But this rarely helps them in the long run. They fail to generate a sustainable feeling of happiness and contentment.

People with low self-esteem also have problems getting close to others. They are not comfortable with intimacy and create barriers to prevent people from coming close to them. They don't like to open up to people and to reveal their innermost thoughts. They may be nursing some old bad experience with someone who caused them a lot of pain or who let them down when they were most vulnerable. By forcing themselves to live in a world of self-denial they are doing a great damage to themselves. They fail to benefit from the company of others, and keep entrenching themselves deeper and deeper into their negative world. They may ultimately reach a stage where they may be declared beyond salvage.

But this is not good for society. People with low self-esteem must be helped. Their symptoms must be diagnosed, and help provided if they have to be turned into useful members of society. This help can be given by family members, friends, teachers or by trained psychologists.

HOW SELF-ESTEEM AFFECTS OUR CONFIDENCE

Our self-belief has a profound effect on our confidence and on the quality of our lives. If a person believes that he lacks basic skills to solve problems then he may lose heart and give up. In contrast, a person who has less abilities but who believes in himself stands a much better chance of being successful. This is because his self-belief gives him the confidence to try.

Have you ever wondered why only a few students in a class ask questions? Is it because the others have understood all the points made during a lecture? Or is it because they lack the confidence to ask a question? More often than not, it is the fear of making a fool of themselves that stops students from asking questions. In other words, they lack self-confidence. The only way this confidence can improve is when they start believing in themselves.

This is why self-belief is so important. It gives an individual the confidence to aim for the moon. It overwhelms negative thoughts, and drives away the fear of failure. It is the best antidote against self-flagellation, which turns several talented persons into under-achievers. It gives the students the confidence that they have nothing to lose. On the contrary, they realize that they have everything to gain by asking a question, even if it happens to be a silly question.

Abraham Lincoln is a fine example of a man who believed in himself. He lost every election until he went to the Senate and stood for the post of the President. He did not allow his failures in professional and personal life to erode his self-belief. Had he done so, the history of the US would have been different.

Self-belief gives us the confidence to accept failure. It teaches us the importance of positive thinking. Those who have self-esteem don't talk about failures; instead, they try to find out why they did not succeed. They look for lessons that can be learnt from their experience. This is not a simple issue of semantics. It is the power of positive thinking, and it is available to only those who have self-esteem.

Once again it is self-esteem that gives us the confidence to enter a new group, and become a part of it. Those who lack self-esteem are very reluctant to approach a new group. They don't want to expose themselves to the ridicule of being seen as shy, nervous or ignorant. They would instead prefer to stay in their corners.

In fact, lack of self-esteem stands out like a sore thumb at parties, at meetings, at conferences and at social or official functions. Individuals with low self-esteem avoid introducing themselves to others. They prefer to stay in the shadows, away from the sights of others. However, their colleagues who enjoy high self-esteem dominate the discussions. They are sought after

by others for information. They are also invited to other meetings and parties -- all because their self-esteem gives them the confidence to open up before a group of strangers. It is the same student syndrome that is reflected in an individual's working life too.

Low self-esteem also lowers an individual's self-confidence. He takes to liquor or drugs to boost his confidence artificially. Nothing can be more futile or dangerous. Such behavior further destroys an individual's self-esteem. The best way to break out of this pitiable situation is to build self-esteem, which is not easy. The individual has few options but to begin life afresh. The best is to look for a new workplace and a new set of friends, because it is easy to deal with people who have no preconceived notions about you.

But nothing will work until the individual develops self-respect, and the self-belief that he is as good as others. He must realize that he is not the only one who has strong and weak points; the others too suffer from the same defects. The only difference is that the others project their strong points whereas he projects his weak points. All that he needs is to refocus his priorities. He will find the elusive self-confidence.

THE KEY TO SELF-ESTEEM

Self-esteem, like happiness, is a state of mind. It can make you feel happy, cheerful and confident. It can also make you feel worthless, unwanted and weak. Self-esteem can best be compared to a powerful battery. When the battery is fully charged, the individual feels confident and raring to go; when the battery is run down the individual feels low and wants to hide.

Obviously, individuals with low self-esteem cannot be expected to do well in life. They will approach every issue with a lack of confidence even though they may be fully capable of doing a job. That is why self-belief is considered the bedrock of self-esteem. It gives an individual the extra confidence that makes all the difference between an achiever and a failure.

So how do you inculcate a sense of self-belief in yourself? You will be making a big mistake if you start seeing yourself as the most important man in your field. This cannot be called self-belief or self-esteem. Instead it is conceit, and as everyone knows conceit is a dangerous quality. It generates false confidence, which often becomes a source of woes.

What you need is healthy self-esteem. This means that you should look at yourself as an individual who is at par with his peer group, who has nothing to feel ashamed of, and who looks at all issues with a positive frame of mind. Healthy self-esteem also means that you are able to differentiate between

humility and self-effacement, between arrogance and modesty, between complacency and hyperactivity.

However, to do so you must learn to accept yourself as any other individual who will have some strengths and some weaknesses, and who will have some good days and some bad days. You must learn to ride out the good with the bad. Most important, you must believe in the clichéd saying that there is always light at the end of the tunnel. It will give you the confidence and self-belief that every individual needs in his bad moments. This is what self-esteem is all about – a self-belief in oneself.

Those who sit and mope can never feel happy. The same applies to those who blame the fate for their ills. Their energies are consumed by negative emotions. These emotions are like a whirlpool. They suck you deeper and deeper till you lose all semblance of self-respect and self-confidence.

Don't allow mistakes or failures to overwhelm you. Similarly, don't allow guilt to eat away your happiness. Accept your mistakes. It will make you feel much better. You must always remember that you lose self-esteem when you try to run away from problems and challenges. Such behavior makes you weak. It also causes your self-esteem to dip. In contrast, your self-esteem soars when you overcome a difficult situation.

Another important thing about self-esteem is the need to look at it as a single entity. Many people derive great happiness from their accomplishments. Their self-esteem rises when they are in the company of people who acknowledge their success. However, the same self-esteem plunges when they are in a family group where they are not accepted with the same degree of warmth. They feel unhappy, and neglected, and avoid mixing with their family members. This is escapism. It will gnaw away an individual's self-esteem till he becomes lonely and unhappy. It will also impact on his professional work at some point of time or the other.

To improve your self-esteem, you also need to be fair to yourself. Very often individuals are very harsh on themselves when things go wrong. They plunge into a state of depression, and allow guilt to consume them. It is quite possible that their decision may have brought misfortune upon a family or a company that trusted them. But over-reaction will not change things. All individuals must judge their actions fairly. Self-flagellation is the worst form of defeat. It weakens individuals, and destroys their self-esteem.

SELF ESTEEM FOR WOMEN

Women are remarkably strong individuals who have the capability to battle with demons and conquer the world, but more often than not, it is their own

self confidence that brings them down. That nagging voice in the back of your head that questions your actions, criticizes you looks, and doubts your self worth can bring any woman—no matter how successful or powerful—to her knees. Instead of falling prey to low self esteem, do something about it! Strive to break the cycle of feeling poorly about yourself, not doing anything about it, and then feeling worse.

Sadly, a major problem with the self esteem of women is the opinions of other women. Instead of fully supporting, complimenting, and boosting another women's spirits, women can be mean spirited. Back biting, gossiping, and cruel remarks seem to run rampant with women friends, family, and colleagues. If you find yourself in a situation with another woman that is detrimental to your own sense of self worth and self esteem, find a way to resolve the situation. Perhaps all it will take is speaking your feelings to a friend who is saying hurtful things or to a coworker who always points out the negative aspects of your work. Quite often, these individuals suffer from low self esteem and use a defensive or derisive attitude in order to compensate. Be mindful of this behavior next time your friends, family, or coworkers are discussing another woman and be careful not to fall into the negative mindset. By setting a good example, you will influence others in addition to helping your own self esteem.

The majority of all women have some sort of issues with their body or physical appearance. Regardless how beautiful a woman is, there is always a voice of dissent regarding one or more physical attribute. Even the women society deems beautiful have issues with their bodies, which is often spotlighted in the media. World famous models and actresses agonize over their weight, height, or looks just like every other woman on the face of the earth. Instead of looking at yourself in a harsh, negative light, turn your attitude around. Think about your positive attributes instead of ones you wish you could change. Use these positive attributes to your advantage. Instead of wishing you could wear certain types of clothing, embrace the styles that fit and flatter your body. Self esteem is one of the best things any woman can possess and it makes her look better in the eyes of everyone else.

Do not fall into the trap of thinking material items can make you feel better about yourself. Quite often, women tend to indulge themselves on extravagant or expensive items that they believe will boost their self esteem. A designer pair of shoes or expensive purse will not fix what is wrong on the inside. No matter what you purchase, that shopping spree you just indulged on will most likely cause yourself greater self esteem woes. It is a vicious cycle, feeling poorly about yourself, making outrageous purchases, then feeling even worse about yourself due to the surmounting bills and needless items. Instead of heading to your local mall, hit the library and check out the self-help section. You may find a book that has a great starting point for boosting your self esteem. Money cannot buy you love or happiness, so why should you think it can buy you self esteem?

Keep a positive outlook on life and you will lead a positive life. Break away from negative influences and work to surround yourself with positive individuals who will positively influence your life. You are a great person—every one you know feels that way and its time you should as well.

REINFORCING SELF ESTEEM AT HOME

Your home should be a place of peace and refuge where you can find rest and solace in order to recharge from the events of the day. This refuge is especially important when it comes to reinforcing your self esteem. Each day, our self esteem suffers from drastic blows from friends, family members, coworkers, spouses, children, school mates, or even perfect strangers. Instead of allowing yourself to become entrenched in feelings of self loathing or self doubt, take time to reinforce your self esteem in the comfort and privacy of your own home. Know that your home is a refuge for your body, mind, and spirit so that you can devote the necessary attention to yourself.

When dealing with reinforcing your self esteem in the comfort of your own home, consider creating a space that is only for you. Take a private corner, cozy niche, or spare room and create your own private oasis. Each individual will have a different idea of an area that is totally relaxing, calming, and reenergizing to him or her. Maybe you see a sparse Asian-inspired area where you can practice your tai chi and meditation in order to rebuild and replenish your spirit. Perhaps your idea of a private sanctuary is a plot of land where you work in tune with nature to care for terrific plants of all species and types. Maybe your private oasis is a cozy reading nook filled with books, a comfortable chair, and good quality reading light. Whatever your space looks like, ensure it is made especially for you. Instruct your spouse, children, siblings, family members, or roommates to avoid your special space so that you can maintain the personal and private feeling. Also, instruct anyone who shares your home not to bother you while you are in your personal oasis. Attempt to create an atmosphere absent of distractions like the telephone, computer, or television.

Other ways to reinforce your self esteem while at home may seem silly or trivial, but will make you feel better about yourself and your strengths. Leave a message for yourself or a family member every morning on the bathroom mirror. Include compliments and praise in this message in order to reinforce your own or another person's self esteem. If you live with someone else, take turns leaving each other notes so that you can both assist each other in this task. Also, place tokens or items that remind you of your achievements in prominent places around your home. These tokens can include ribbons, trophies, certificates, rewards, photographs, or special

memorabilia from an important time in your life. Ensure these items are in a place that you are sure to see daily. Your refrigerator door is a great place to post self esteem boosting items, since you are sure to visit the fridge at least once a day. Additionally, the bathroom mirror is an excellent spot since most individuals will at least take one glimpse in the mirror before leaving for the day.

An excellent way to reinforce your self esteem is to praise yourself for goals accomplished. Even something as simple as losing a couple pounds should be celebrated in order for the accomplishment of the goal to become a reality. When you accomplish a large goal that you worked very diligently to work towards, plan a party. This is an excellent idea to plan a festive event in order to celebrate with your friends and family members. Your self esteem is sure to be boosted after a fabulous party thrown in your honor! These tips are excellent methods to reinforcing your self esteem in the comfort of your own home.

TEN TIPS TO IMPROVE YOUR SELF-ESTEEM

The best way to improve your life and earn the respect of others is to improve your self-esteem. This is not a very difficult task. All that it needs is good guidance. Here are ten tips that can happen when you improve your self--esteem.

1. You should surround yourself with people who are positive and supportive, and shun friends who are cynical and negative. This will generate a huge swell of positive feelings in you. You will respect yourself more, and your self-esteem will grow.
2. You should be clear about what you want to achieve in life. Set goals, and work for their achievement. To make your task easier, break your main goal into several smaller goals which are relatively easier to achieve. This will make the task of reaching your main goals seem easier. It will also give you a feeling of satisfaction whenever you achieve one of the smaller goals.
3. Always be positive about yourself and keep reminding yourself about your good qualities, your accomplishments and how you help your family, friends, others and yourself. Don't make the mistake of brooding over negative things, and never put yourself down.
4. Develop the ability to accept criticism about yourself, without getting upset or defensive. This will help you eliminate your weaknesses one by one. However, make sure that the criticism is constructive. Don't allow yourself to be overwhelmed by criticism that is cynical or meant to lower your self-

esteem. This will be a great mistake, and do irreparable damage to your self-esteem.

5. We all need to accept the fact that we will fail from time to time. We should not let it get us down or to have too much of a negative effect on us. We should think that we have not been successful this time and that we will succeed the next time. This will help us to pull ourselves together and move on. Such an attitude will help us overcome the most difficult conditions.

6. Never compare yourself with others. This is the easiest way to feel inferior and lose self-esteem. It is much better to rate yourself on your achievements. Such an approach will give you self-confidence. At the same time it will make you feel better when dealing with your peer group.

7. Never put yourself down. Failures are like parasites. If you allow them to grow they will eat away your self-confidence, self-respect and self-esteem. The best is to push negative thoughts out of your mind, if you want others to treat you with respect. This can only happen when you project a positive exterior, even in most adverse situations. Make it a point to filter out all self-criticism.

8. Don't give in to bullies in your place of work or in your personal life. You must learn to stand up to them. This can only happen if you are assertive about your rights. Of course, this does not mean that you should pick up physical battles to make your point. On the contrary, you should exercise restraint and make your point in a dignified manner. This will not only make others treat you with respect but also increase your self-esteem.

9. You may be self-conscious and because of this you may avoid talking to groups of people. Try to approach groups of people and introduce yourself to them. Ask them questions about themselves and try to be genuinely interested in the answers. Listen carefully and attentively to what they say and respond to show your interest. Interacting with people will make you feel more relaxed. You will realize that it is easy to speak to groups of people and to relax by concentrating on what others are saying, rather than on yourself.

10. Self-esteem is also dependent upon the feeling of well-being. A lazy person or a poorly groomed person will always feel inferior to a confident, smart individual. So, you need to take good care of your body. Remember, a healthy body is essential for a healthy mind.

2 - PROMOTING SELF-ESTEEM IN OTHERS

BUILDING YOUR CHILD'S SELF ESTEEM

It's one of those things that all parents want to provide for their children and one of those things that many feel they do not know how to do: raise a self-confident child. Self-esteem oftentimes seems like a fragile, distant thing that we all know what it is but don't know how to develop. Your self-esteem is a compilation of how you feel about yourself. It encompasses everything from your confidence in relationships, to your body image, to your work life. So how do you foster this "thing" in your children?

We teach our children "honesty is the best policy." This applies to how we deal with our children as much as it does expecting them to be honest with us. When it comes to your child's self-esteem, he or she will know or be able to sense if you are not being honest. For example, if art is not your child's top skill, don't say that his or her drawing is the best you've ever seen. Your child will know it's not, and will not believe you the next time you say something meant to be positive, no matter how honest it is. Instead, tell your child something genuine about the piece or the effort. Make non-judgmental statements such as, "You really used your imagination in making the flowers many different colors." This simply states your observation, rather than a false statement.

Also, understand that your child and your child's behavior are two separate things. This can be very hard to remember, particularly when your child is acting out in ways that make you crazy or that are unsafe. However, when you discipline your child for the behavior rather than the person, you can positively influence and foster self esteem. Why? If your child feels that you are mad, because of who he or she is as a person rather than for the behavior, this can negatively affect your child's self-esteem. Using "I" statements helps with this. Say something like, "I don't like it when you leave your toys scattered all over the floor," which also addresses the behavior, rather than, "You are a slob," which attacks their character.

Let your child make some decisions. Children are in a situation where everyone else is constantly telling them what to do, when to do it, where to go, and more. When children are allowed to make some choices, even if it's something small, they learn to be self-reliant. You don't want your children growing up feeling dependent on others for direction. Simple choices such as what to wear (you can offer two or three choices) or choosing a special lunch item will foster your child's being able to think independently.

Encourage your children to try new things. While there's nothing wrong with encouraging your child's talents--this will help build self-confidence as well--it's also important that your children learn to experiment. Trying new things helps everyone overcome fears of the unknown and helps us learn to deal with success and failure. If a child never learns to try new things, this can create problems later in life. After all, most people do not live in world where everything is the same day after day. Life is constantly changing, whether it's a move to a new city or starting a new career. If children are experienced at trying new things, even if small, life's bigger transitions will be much easier--such as leaving for college and starting a career.

These are, of course, only a few things you can do to help develop your child's self-confidence. The important thing to remember is that it is an ongoing process. The little things do add up, even if they seem unimportant. This can be helpful to keep in mind, particularly when something as important as developing your child's self esteem feels like a monumental task. It doesn't have to be! Taking time to recognize your child for the wonderful person he or she is, combined with a few techniques and consistency will go a long way toward raising a healthy, confident adult.

ENCOURAGING SELF ESTEEM IN GIRLS

Children, adolescents, and teenagers generally experience some sort of self esteem issues during one part of the advancement to adulthood. This problem seems to be magnified in girls rather than boys. There are many possible reasons why this seems to be the case, including developmental hormones, different social relationships in girls, and certain other gender differences that add to the problem. If you are a parent of a young girl, you may want to consider her quality of self esteem and work towards reinforcing or boosting your child's self esteem early on in her development.

There are many resources available to you when looking in to boosting your child's self esteem. Access the World Wide Web and search different websites that contain information about the development of young girls and how possessing low self esteem can potentially be detrimental to their development. Also, you will be able to contact different parents or guardians in the same situations as yourself. Consider trading tips or stories with these other virtual friends who share your same goal concerning their own female child. Also, your local library is an excellent resource for information on this topic. Check out the sections devoted to parenting, development, and the social situations with girls to gain a better understanding of this problem and how not providing a potential solution can be extremely negative to your child. Furthermore, your local bookstore has a phenomenal selection of

books that are sure to answer all your questions about the impact of your daughter's self esteem.

If necessary, you may want to join a discussion or support group regarding in order to speak with other parents about how they are tackling this issue. To find a group that is suitable to your specific needs, you may want to contact your local Department of Parks and Recreation. Often, city and county parks departments offer parenting classes and can be able to provide you the name and number of a specific group that fits your interest. Also, your local library usually has a list of clubs, groups, and organizations within your community.

By far the best way to better instill the importance of high self esteem in girls is to lead by example. If your daughter sees you suffering from low self esteem or constantly causing another individual to suffer from low self esteem, any lessons you may be able to provide will be lost. Most importantly, be sure to never berate, insult, or intimidate your daughter, which can potentially cause serious developmental problems that can surface later on in her life. Many girls who suffer mental anguish, teasing, hazing, or bullying have remarkably low levels of self esteem and are often timid, unsure, and hesitant when dealing with other individuals. This problem can pass on into adulthood as the scars of childhood issues make a lasting impact on their self esteem.

Consider speaking with other parents of your daughter's friends or classmates in order to come up with clever ways to impact the children's self esteem. Include discussions about self esteem in your daily life. Encourage your children to read books that put a positive light on growing up and whose main characters are strong and capable girls. Encourage your daughter in all aspects of her life, scholastic, athletic, social, and extracurricular. Sit down with your daughter and write down a set of goals for both you and her to accomplish. When one of these goals is accomplished, be sure to celebrate this marker, no matter how small. Whatever you decide to do with your daughter, your participation in her life is sure to positively affect her self esteem, in addition to many other factors.

SELF ESTEEM SUMMER CAMP

Many children suffer from poor self esteem that can negatively affect their school, athletic, and personal lives. There are many factors that can attribute to a child's self esteem, including home, family, school, friends, athletic, and developmental factors. If you suspect your child may be developing self esteem issues, you should quickly begin to arrange ways to resolve this issue before it further develops. Maintaining your child's self esteem is an important part of his or her physical and mental development. If you find yourself at a loss for techniques of how to deal with self esteem

issues, consider enrolling your child in a summer camp that specializes in boosting self esteem.

There are a great many summer camps available that for children with low self esteem. These camps offer a variety of options that will suit your family and your child's expectations. Summer camps are either day camps or overnight camps. When a child attends a day camp, he or she is dropped off in the morning and picked up in the afternoon. This is a great option for families with busy schedules or who wish to spend their summer vacations enjoying each other's company. Additionally, a day camp is better for younger children who may have difficulty being separated from their parents or family in an overnight situation. Furthermore, a day camp allows families to spend weekends traveling or enjoying the summer without leaving out a family member. Some day camps feature one overnight stay. This is a great option for children who have never been on an overnight trip away from their family before.

The other option for summer camps is the overnight camp. Overnight camps are a more traditional camp, where children are dropped off at the beginning of the session and live in bunks for the duration of the program. At the end of the camp, a parent or guardian picks up children, who have had some phenomenal experiences and undoubtedly made many friends. The duration of the camp can last from one week to one month depending on the specific camp and the needs of your child. This is an excellent opportunity for children to learn independence from their parents and experience living on their own. Additionally, an overnight camp allows children to immerse themselves in working on their self esteem while participating in arts, crafts, sports, and other activities.

A camp devoted to reinforcing self esteem in children uses a variety of methods to keep kids entertained while boosting their personal self esteem. These techniques include team work and trust building programs like ropes courses or other related activities. Also, self esteem camps teach children a variety of different sports and athletic activities. Furthermore, these camps present terrific crafts projects and other activities that allow children to fully express themselves while gaining a new perspective on their own particular skills and capabilities. When children are aware of their strengths and are reinforced with positive praise and celebration, these children are more apt to have a higher level of self esteem than children who are made aware of their weaknesses on a constant basis.

If you are interested in sending your child to a camp that specializes in building self esteem, do your research! Find a licensed, well respected camp that will suit your child's needs. The Internet is an excellent resource for finding a specific camp that best fits your family. Involve your child in the exciting process of choosing a camp that he or she will attend. This is a great way to keep you in your child's life even though you may be sending him or her on an adventure at an overnight camp.

IMPROVING YOUR TEEN'S SELF-ESTEEM

The teenage years are often the most difficult time of childhood. During this time, children are blossoming into adults and struggle to determine the individual identity. It is no shock the teen years are the most dreaded by parents, but these fragile youngsters are at a critical time in their lives. Often, boundaries are pushed and rules are stretched by a teenager yearning to take that "next step" into adulthood. Teens find themselves not only faced with emotional transitions, but also physical changes. In the midst of these physical and emotional evolutions, a teen's self-esteem can be compromised. Parents can take certain steps in order to ensure that a child's self-esteem is not affected by the turbulent teenage years.

The best way to improve your teen's self-esteem is to take an active role in your child's life. By knowing his or her interests, friends, strengths, and weaknesses, you will be aware of any problems that may arise. Starting from a young age, instill a positive attitude in your child. Children who have a great sense of self-worth are more apt to blossom into teenagers with a great sense of self-worth. Take time to talk with your teen instead of talking to your teen. If your child believes his or her opinion or thoughts have an impact in the home front, that individual is more apt to have a greater self-esteem. Allowing your teen to have a say in decisions that affect the entire family will further impress a sense of self-worth, thus positively affect his or her self-esteem.

Children learn by example, and teenagers are no different. Teens whose parents showcase high self-esteem are more likely to exhibit self-esteem. Conversely, parents with low self-esteem or who constantly question their self-worth will pass those traits on to their children simply by their actions. The way you interact with your friends, family members, and colleagues will rub off on your children. Individuals with low self-esteem set poor examples for their teens and should not be surprised when their teens exhibit similar actions. Children are like a sponge, so take care not to comment negatively towards yourself or others. Many teens with issues regarding their physical appearance learn these behaviors from home. Television, movies, and music play a huge part in any teenager's life. These outlets seem obsessed with a pre-conceived idea of perfection that will most likely differ from that of the average individual. Take time to speak with your teen regarding these issues.

Interaction with your teenager will allow you first-hand information on any problems he or she may be having and make an attempt to remedy these situations. Often, teenagers are quite sensitive about their appearance due to acne or other issues. If this is the case, consider making an appointment with a dermatologist who will be able to remedy the situation. Similarly,

your teen may be interested in changing his or her appearance to best fit a burgeoning identity, but may be hesitant to approach a parent. Remember, teenagers straddle the line between child and young adult. Although they may yearn to be an adult, the child part still needs reassurance from a parent. If you as a parent feel a requested physical transformation will not benefit your teen, make a compromise. Often, teens are looking to be outrageous in order to push boundaries set by parents. Instead of lowering your teen's self-esteem by creating a confrontation, create an atmosphere of discussion and compromise.

Open communication cannot be stressed enough. Take time to talk to your teen about their friends, classes, activities, or interests. Teach your teen to accentuate the positive instead of focusing on attributes they see as weak or negative. Instill a sense of great self-esteem at a young age that will continue with your teen as he or she grows. You may wish to enroll your child in self-esteem building classes or extra curricular activities that will boost their self-worth. Whatever the case, taking an active part in your teen's life is the best way to see them through this transitional time in their lives with their self-esteem intact.

ENHANCING YOUR TEENAGE DAUGHTER'S SELF ESTEEM

The teen years are some of the most difficult for both boys and girls. However, studies show that as teen boys enter puberty, their confidence is likely to increase. On the other hand, girls' confidence and feelings of self-esteem are likely to take a downhill slide. The repercussions of this can be damaging at best and destructive at worst. Girls who do not feel good about themselves are more likely to suffer from depression and engage in self-destructive behavior that can range from eating disorders, to cutting, to risky sexual behaviors. Obviously, doing whatever you can to keep your daughter feeling good about herself is a good idea. The following tips are by no means all inclusive, but they are a starting point.

Be a Good Role Model

Parents have a difficult job with a lot of responsibility. However, one of the best things parents can do for their children is to set a good example. Mothers and fathers are equally important in children's lives, regardless of the family living situation. When fathers have solid relationships with their daughters and show that they love them, girls will be less likely to seek male attention elsewhere. Even though it can be very difficult and trying at times to communicate with your teenage daughter, do your best to constantly let her know that you are available and that you love her. This goes for both fathers and mothers. Mothers' roles are also important. If mothers

demonstrate healthy ways of expressing emotions, emotional independence, and other positive attributes, it will demonstrate to teen girls that they can speak up for their needs without having to find destructive ways of getting them met.

Be Available

You've probably heard it time and time again, but research continues to show that teens who feel their parents are interested and involved in their lives are much less likely to engage in dangerous or negative behaviors. Even if it seems your teen is ignoring you, she probably isn't. It's more likely that she is listening, but also trying to assert her independence as she navigates her way through increasing self reliance and the fears that come with this. Teens are at a difficult crossroad between becoming more and more independent, while at the same time having feelings of not wanting to leave home when the time comes, fears of college, fears of making a living, and all the other insecurities that come with the responsibilities of maturity. You can help alleviate these fears by making an ongoing effort to show your daughter that you are available. This way, she can come to you when she is ready. But if she's not getting the message that you are there for her, she will instead turn to her peers, boyfriends, substances, or other methods of dealing with her emotions.

Show Your Daughter that You have Confidence in Her

As appropriate, take means to show your daughter that you have confidence in her abilities, dreams, and achievements. Encourage her in what she does well, and encourage her to try new things. Showing that you have confidence in her ability to take on new challenges will help her feel more confident in herself. She will need to face new situations on a regular basis during the teen and early adult years, and having a support team can make this much easier for her. Also consider teaching or showing her ways she can build her confidence, such as taking a stand against gossip, school bullies, and pressures to do things she doesn't want to do. Peer pressure at this age can be enormous, and when your daughter has the tools and the back-up plan (you) to deal with it, she can start to gain confidence in her successes.

SELF ESTEEM IN THE WORKPLACE

The job market can be a stressful and fierce place for individuals of all ages. Whether you are just beginning your first job or fixing to retire after years of diligent work, you will find maintaining your self esteem in the workplace is critical to your success in you specific career field. Keeping your self esteem at a high level will allow you to best deal with bosses, clients, and coworkers in various environments while maintaining a cool, professional demeanor.

This fantastic quality can separate you from the rest of the pack, propelling you to the front for promotions, special projects, and receiving employment.

The task of searching and finding a job that fits into your choice of career field is quite an undertaking. The advent of the World Wide Web allows individuals of all ages, career choices, and places in their employment history to search for job openings in all aspects of the job market. From medical work to teaching positions, you are sure to find a job opening that best fits your needs without leaving the comfort of your own home. More traditional ways of finding employment includes your local newspaper's classified advertisement section. Additionally, many individuals seek out headhunters or enroll with temp agencies that have a phenomenal success rate in finding jobs for qualified individuals.

Once you have found the job that best fits your needs, begin the application process. This may prove quite taxing of your self esteem, as you may potentially be turned down by one or more of your prospective jobs. You should not take any dismissals personally, as the business in question is looking at your strengths, experiences, and skills strictly on paper. If you are called into an interview, carefully preparing for the experience will allow you better success than going into an interview without any preparation at all. Individuals who do well in interviews have a high sense of self esteem and know they are totally capable of completing any task at hand. The potential employer may find it necessary to conduct more than one interview in order to understand all aspects of your personality, work ethic, skills, and experiences that will positively affect your performance at their company.

If you are accepted for the position, your self esteem should be going through the roof! Take this time to positively reward yourself for all the hard work and effort you have put into the job search, application, and interview processes. When it comes time to enter your new place of work, be sure to bring you newly boosted self esteem along. Maintain your level while meeting your fellow coworkers and your new boss or bosses. Know the chain of command and understand which individual you should seek in different situations. Understand how your place of employment works before you begin to implement or request changes. Only begin to make new rules or regulations after you have thoroughly reviewed the current status and situation of a variety of different things. Your self esteem is sure to take a blow if you hastily make changes for the sake of making changes. If you decide to make changes in your workplace, ask your coworkers for their opinions before any implementation should occur.

Finally, beware of office politics or any other things that can potentially tear away at your self esteem and even danger your position in the company. Maintain a high level of professionalism in all matters of your job, especially when dealing with your coworkers or bosses. When dealing with clients, treat each individual with the utmost respect and in the most professional terms. Your high self esteem is sure to give you a boost in the workplace.

3 - SELF CONFIDENCE

Would you like to be confident? Your answer may be - yes; I do want to be confident. However, this answer lacks the impact. It is too generalized. Just like everybody wants to do well in life and be rich but not many ever realize this wish. This is because to actually get somewhere in life, you need to quantify your confidence. You need to define the task for which you need to be confident so that you can execute it successfully. A mere wish to be confident won't take you anywhere. The dream must have a deadline as well!

Self Confidence might mean different things to different people groups. For a child it might mean to be able to recite the poem to her teacher the next morning. For a business executive it might mean to be able to present the business report to the Board of Directors. For a salaried person it may be the ability to be able to make a switch over from his secure job to a new independent venture and so on. To execute their respective tasks, these people need a certain level of confidence, which would see them through. Every task requires a minimum level of confidence to be able to be executed. Do you have a task in your mind to be done? Do you have the level of confidence required? Let us check it out!

Following is a simple questionnaire. You have to answer to these in a YES or NO

- Does it happen too often with you that you cannot take a decision all by yourself and you seem to look for your colleagues, friends, or your spouse to sort the matter for you?
- Do you always seem to be in perpetual need of a support system wherein you can feel secure?
- Do you just sit and listen all the times in your office meetings?
- Do you feel difficulty in reporting a matter to your boss or you have an excellent idea that can improve your company's efficiency but you cannot muster enough courage to go and talk about it to your Boss?
- Are you terrified to meet someone new? Is public speaking your worst nightmare?

- Do you timidly accept orders from your superior even though you know that you are already overloaded and you need to say no?
- Are you excessively concerned about what other people think of you?
- Do you fear taking risks?
- Do you feel dissatisfied about your appearance?
- Are you uncomfortable in social gatherings – being amongst lots of people?

If you happen to answer these questions with a Yes, you seem to have a confidence crisis that might become an obstacle in successfully executing your tasks. Don't Panic, as it is good that you found out since now you are aware of a potential problem of your life. The very fact that you are aware of your confidence rating makes you ready to take further action and work towards eliminating the negative effects of low confidence levels and work towards building your self confidence.

Here are some more questions you may answer.

- Have you accomplished anything in the past?
- Are you the one to go ahead and break the ice at a new place or wait for someone else to initiate a discussion?
- Do you feel you are well respected by others?
- Do you think you have the potential to succeed?
- Are you a happy and loving person?
- Are you satisfied with your career graph?
- Are you satisfied with your skills and qualifications?
- Do you feel in control of your life?
- Do you imagine yourself to be more successful five years from now?
- Do you feel that you are a worthwhile person?

If you happen to answer most of these questions with a NO, you have LOW self-confidence levels.

However, a YES is never decisive and a NO is never final. One needs to constantly maintain the good points and work towards converting bad points into good points. And the good news is that it is very much possible. It's important that you honestly answer the questions above, since only when you realize the present status of your self-confidence would you be working towards building self-confidence or maintaining and increasing your present levels.

THE JOY OF SELF CONFIDENCE

Self confident people stay ahead of deadlines

Self confidence is known to make employees more effective in their jobs. Confident employees are capable of taking up complex tasks that require greater commitment and concentration. Confident executives are filled with hope and enthusiasm and are able to charge up the atmosphere of their workplace thereby inspiring people around them. These executives are a great asset to their employers as they have all that it takes to finish to with perfection the task at hand. Self confident people develop a habit of succeeding in whatever task they put their focus on. These guys surely beat deadlines.

Self confident people remain cheerful

A confident person is able to complete his jobs within the stipulated time and maintains an organized schedule. Staying ahead of deadlines keeps a person in control of the situation and matters at both office and home. A task completed well on time gives a certain joy and lots of time at hand as well. This avoids many tight situations and helps to maintain the calm and poise of a person. Self confidence is the best "face pack" one can have. You can make out a self-confident person with his beaming eyes and a cheerful persona.

Self confident people enjoy better health

Self-confident people are able to deal with chaotic situations with comparatively more calm and poise. They do not get puzzled because they have an inherent belief that they are capable of setting things right and make constructive efforts to solve the problem. This helps them avoid stress, high blood pressure, anger and confusion. Self confident people are, hence, on their way to good health and peaceful life.

Self confident people have more time for their family

A good day at workplace more often than not is quite a big factor as to how a person behaves once he gets back home. A great day at office makes a person cheerful and someone who would like to share happy moments with his family. He will have more time for his family. Spending time with spouse and kids often is a rejuvenating experience and makes him or her look forward for another great day.

Self confident people enjoy stronger relationship bonds

Spending time is the most precious investment one can make in any relationship. These days when divorce is on rise among working couples, confident people take difficulties in their stride. They are better organizers and are able to draw a line between work and family, creating a balance in their work and family lives. They are able to spend quality time with their families. They make sure that the time for the family should remain exclusively for the family and they avoid mixing it with work. Spending more time with children help them grow up with more sense of security and belongingness. These children, thus, have much greater chance to be self-reliant and self-confident when they grow up. Self confident people, by the virtue of their ability to organize things better are able to cement relationships with time and care. Self confident people also have friends and enjoy active social life.

Self confident people make more money

Self confidence helps executives generate a lot of team spirit and to have the ability to take up complex tasks and lead from the front. These qualities certainly bring profits in various ways for the company they work for. They are able to focus at the job at hand and complete it successfully. Self confident people tend to climb the corporate ladder comparatively fast and get better pay packages!

Self confident people become role models

Self confident people stand a far greater chance of achieving success in life both on their work and personal fronts, than their counterparts. Self-confident people develop a certain charisma around them which makes people look up to them. They believe in themselves and develop the courage to take on bigger problems and provide solutions. Self-confident people rise to enviable positions and act as a source of inspiration for learners and beginners. Self-confident people have more capability to become an asset to the company they work for and the nation they live in. People take pride in knowing and following them, and they often become role models as an employee of his company or as a father of his kid!

MYTHS ABOUT SELF-CONFIDENCE

People who have self-confidence believe in themselves and feel that they are capable of achieving what they want in life, or dealing with any situation that they may have to face. They have an aura of self-confidence and self-

assurance, which is apparent to others. People like to spend time with them; they feel comfortable and secure in their presence.

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

One of the foremost myths about self-confidence is that people are born with self-confidence. It is a quality that cannot be acquired. Nothing can be farther from truth. Self-confidence, like other skills, can be built. All that you need is right guidance and a belief in yourself.

There are others who blame their low self-confidence to their lack of good looks and poor upbringing. They don't realize that self-confidence has nothing to do with their looks. It is a reflection of one's confidence. The only way they can overcome this myth is by learning to believe in themselves. In fact, talent and self-confidence are not inter-related. There are scores of talented actors and actresses who do very well in their professions but whose personal lives are torn by lack of self-confidence. It may sound contradictory, but this is how life is. Talent can be an important component of self-confidence, but it is certainly not a substitute for self-confidence. So, don't worry about lack of talent. Harness the skills that you possess.

Another myth is that self-confidence is directly proportional to the recognition and praise that an individual gets in his or her life; the ones who are not so lucky wallow in self-pity. Once again, there is little doubt that recognition and praise make you feel good about yourself, and boost your self-confidence. But you can't simply depend on the praise lavished by others. You have to work hard to earn that praise, and you can do this only if you are self-confident. The same applies to those who are not successful. They, too, can earn praise if they work hard and win people's respect.

Such people should look at children. Children believe in themselves, and this gives them the self-confidence to try to do things they have never done before, be it learning how to cycle or how to swim. In fact, no child comes into the world knowing all the skills. But it does not take long to teach children most of the basic skills. Then, why should it be difficult for adults to learn new skills or brave new challenges?

Another myth is that only self-confident people can afford to take risks. This again is not true. In fact, self-confident people are more realistic about their capabilities. They know what they can do, and what they can't do. More importantly, they know how to deal with failures. In contrast, people who lack self-confidence are afraid of failure. This fear prevents them from taking on new tasks. They constantly pine for the approval of others, and when they don't get it they end up losing their self-confidence.

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

looks. It flows from a person's self-belief, and this belief can be built. All that a person needs to do is to debunk myths that self-confidence cannot be acquired or that self-confidence is a byproduct of exceptional knowledge, skills and luck. Once they do so, they will find it easier to acquire the same magnetic powers that self-confident people have.

SELF CONFIDENCE VERSUS ARROGANCE

Self confidence is the ability to trust your own decisions and instincts. People that possess a great amount of self confidence are often successful, focused, and flexible individuals who can handle any situation life may throw at them. A self confident individual know he or she has the potential to take on the world and come out on top. Those that surround a self confident individual are made aware of his or her nature by his or her actions. People that are self confident prove so by their actions, not their words. If you find yourself constantly trying to impress friends, family, coworkers, or superiors by stating your self confidence, you have clearly crossed the line into arrogance. The difference between these two attributes are tremendously different, but the line regarding the actions and attitudes of these attributes is not clearly defined. Quite often, individuals who are usually remarkably self confident cross the line into clear arrogance without knowledge.

If your family, friends, coworkers, or superiors see you as arrogant, all the positive attributes of your self confidence has been thrown out the window. Instead of trying to impress individuals through your words, impress them through your actions. The old adage, "actions speak louder than words" is quite evident in this case and should be taken literally. Who are you more likely to trust, an individual who makes outrageous claims and boasts or an individual who can prove he or she can successfully execute the task at hand? Which one of these individuals seems more trustworthy and will be valued higher because he or she is able to get the job done without feeling the need to boast or brag about a completed project or a new conquest. If you are unsure whether you come across as a self confident individual or an arrogant fool who makes lofty claims but cannot produce the end product, ask your friends, coworkers, or family members. Carefully select your audience as choosing some individuals, a parent perhaps, will skew the results of your survey.

If you find that you come across as arrogant instead of polished and self confident, rethink your method of approach. Instead of boasting or bragging about your personal victories, find a way to spotlight someone else's work. Take on a task that requires group input and begin working as a full-fledged team member. Carefully think about your statements when speaking with a friend, family member, or colleague and do not bombard them with negative comments or critiques and speaks highly of yourself.

Begin the process of transforming your arrogance into self confidence. Think of self confidence as knowing you can complete a goal and arrogance as telling everyone you will be able to complete said goal in a taunting or boastful manner. Begin reshaping your arrogance into self confidence by electing to take on tasks or goals that you have not successfully completed before. Instead of easily tackling the same project, branch out and try something unrelated. True self confidence will allow you to begin and finish this project without worrying about your abilities in any area. Spend more time on accomplishing goals than boasting about your successes.

Once you have successfully make the transformation from arrogant to self confident, you can have the opportunity to live your life in a new fashion. If your arrogant ways has insulted or belittled individuals in the past, strive to make amends of the situation. Turn over a new leaf and work to remain self confident without crossing over the boundary into arrogance again. You will soon find possessing an attribute like self confidence will get you far in the quest to complete your goals.

CORNERSTONES OF SELF-CONFIDENCE

Self-confidence is something that all of us need if we have to do well in life. It gives us the courage to face the most difficult of situations, something which cannot be said of people who lack self-confidence. They often break down in front of challenges.

The question, however, is how do you achieve self-confidence? You can do so if you define your tasks, and priorities, correctly. You then need to ask yourself as to how you can accomplish these tasks. A good strategy is to break your goals into smaller tasks. This makes the main task seem less daunting. You then need to pat yourself every time you reach a milestone. This increases your self-confidence, and makes it easy for you to achieve your goals.

You also need to look at the image that you have of yourself. If you don't have a good image of yourself, and are always running yourself down, then your chances of being successful are minimal. Your self image or what you believe about yourself can be hurt easily if you blame yourself for any setback in your life like a business failure, loss of a job or a divorce. So, avoid self-flagellation. It feeds on your negative thoughts, and can easily become a monster. You need to write off your failures, and plan for new challenges. This is a positive approach to adopt, and can shore up your shaky self-confidence.

Those who are close to you play an important role in shaping your self-confidence. If they happen to be critical or negative, they will have a negative impact on your self-confidence. Your priority should be to distance yourself from such people, and find friends and supporters who are imbued with a positive outlook. Without your knowing, they will add to your self-confidence.

Another issue that matters is your reaction to the events in your life. You should consider yourself a unique person who has his own special place in the world. This will lead to a development of positive attitudes, beliefs and values, qualities that can give you the self-confidence to succeed against all odds. However, there is an inherent danger in such a world-view. You may become too over-confident, and stop listening to what the others say. Don't allow this to happen. Listen to all criticism, filter out the points that can make you a better individual; junk the rest. This constant course correction will make you a better individual.

At the same time, you need to monitor your internal dialogue. You must talk yourself into believing that you can take up any reasonable assignment. This will drive away negative attitudes and beliefs, and add to your self-confidence..

In fact, the picture you have of yourself needs constant monitoring and care. You cannot afford to let it take care of itself. Your self-confidence, happiness and success depends on it. You need to guard against selling yourself short. Don't underestimate yourself and prevent feelings of inferiority from creeping in. Aim high and feel that you are capable of achieving anything you choose. Write down how you would like to see yourself five or ten years from now.

Make a list of your strong points, the things you do well and the compliments you receive. Write down a few of the things about yourself, which you think need improvement. Think of yourself as a self-confident person and act as if you are very self-confident, even if you don't feel that way. Try to keep negative attitudes and beliefs away from yourself and maintain a safe distance from negative and destructive people.

If you take responsibility for your life and practice these methods regularly, your self-confidence will rise. What's more, it will remain high.

HOW TO BUILD YOUR SELF CONFIDENCE

Learn to accept yourself

The very first step is to accept yourself – lovingly. No person in the world is perfect so why bother and shed tears over your imperfectness. This is how God wanted us to be – Imperfect! We might have something that someone else may lack and someone else might be endowed with the qualities, which we lack. This incompleteness makes us go out and seek companions who make us feel loved, wanted and complete. Oh what a great feeling! Would we experience it if we were inside the cocoon of our perfection? Never! So accept yourself the way you are. It will free your mind of a heavy baggage of unnecessary worries. You will instantly feel light and cheerful.

Liberate yourself - Go out and do what you like!

How long it has been since you last went to have a walk among the pines – something that you loved as a child? How long has it been when you walked hand in hand with your friend to the bakery and tossed a coin to decide what to buy? These might seem very simple things but these simple things have the power to add on to build great confidence and fulfilment. Life if seen is actually quite simple. What gets a bit too complex though is to remain simple. Isn't it? Just as small drops of water make the mighty ocean, the little things you enjoy doing have the capability to turn you into a storehouse of confidence. When God made you, He put a desire in your heart and bestowed onto you the capability to achieve it. However, in the process of growing up, you forgot what exactly was your purpose, what is that you liked and what is that you enjoyed doing. It does happen with lots and lots of people who do feel like breaking free but are too tied up in their day to day responsibilities that it gets impossible for them to spare even 10 minutes to reflect on their lives, their direction, their dreams and goals. It's our duty to clear the mess that prevents us from hearing to our heart. The conversations with your heart should keep getting clearer and the best way to do it is to find time to do what you enjoy. And since you enjoy doing that activity, it straightaway means that you have all the aptitude and intelligence necessary to do the job effortlessly even though you may not realize it.

Find your flock

Birds of a feather flock together. You must find out people with whom you enjoy being. They are certainly the people of your frequency and the energy flow between you and them is natural. Life becomes easy when you are among the people who are more or less on the same plane of thought as you and it's easier to relate to them. They seem to understand you and vice versa thus creating conditions for healthy conversations. A good conversation

is a very healthy exercise and an important need of our mind. We all want our ideas to be heard and appreciated and a good company provides platform for the same.

Set Achievable Goals and Go for it!

The journey of a thousand miles begins with a single step. The idea is to begin with a small single step that can then further developed into giant strides. Learn to do the work at hand rather than to overwhelm oneself by looking at the entirety of a mammoth looking task. Just like the soil underneath your foot, the top of mountain too would someday be under your step. The only way to do something is to Go For It! No matter how small the progress is the focus should be on completing a task successfully even though it's a small task. A series of big uncompleted task is a sure shot way to depression. Break a big task into a list of small tasks to be completed. Tick off from your list each job successfully completed. A completed task no matter how small it is gives a sense of achievement that boosts our confidence and equips us with more energy to try a bigger task.

TEN TIPS TO INCREASE YOUR SELF-CONFIDENCE

Self-confidence is an important key to success in any walk of life. People with self-confidence are noticed more. They achieve their goals relatively easily. In contrast, people who lack self-confidence often end up being losers. You too need to build your self-confidence if you want to do well in life. Here are ten tips that can help you build that elusive self-confidence:

1. Self-confidence is found in people who have a healthy self-esteem

They know their personal worth, and act accordingly. A good way to improve your personal worth is to make a list of your accomplishments every day. You will be surprised to know how many positive acts you perform every day in life, but which you don't notice. Once you start looking at this list, your self-confidence will boom.

2. Be clear about your goals

If need be, break your goals into smaller, more manageable tasks. Pat yourself every time you achieve a minor goal. It will boost you're a self-confidence, and help you achieve bigger goals.

3. Find a mentor who can help you reach your goal

Most people, who have done well in life, have a mentor who has traveled the same road on which they are traveling today. Meet your mentor regularly, and seek his advice and support as a routine. You will find that you are learning something valuable every day.

4. Socialize with people who are positive and supportive, who like and respect you

Give them the same support and respect that they give you. Avoid people who are negative and critical of you. Such people erode your self-confidence. They make you look at your negative self, and not your positive self. After some time, you get enveloped in their cynical and negative world-view. Nothing can be more damaging than that. Dump such friends as soon as you can.

5. Pay attention to how you look

Take pleasure in wearing good clothes and being well groomed. It makes you feel good. People too look at you differently. Remember that every human being wants to be found in the company of smart, intelligent, successful people. You can soon be a centre of attraction if you radiate a positive, smart look. It can very easily make the difference between success and failure.

6. Don't be afraid of failures

Take them in your stride and move on. Say to yourself that you will succeed the next time. Never make the mistake of allowing your failures to overwhelm you. They will force you into a shell, and destroy your self-confidence. A better way is to shrug your failures as something inconsequential, and take on a new challenge. Of course, you must learn from your mistakes, and be realistic about your abilities. People who try to over-reach often fall down. You should not allow that to happen in the name of self-confidence.

7. Keep yourself fit by exercising regularly and controlling your diet

A fit and healthy person is much more active and achieves more in his career. Physical fitness, like self-confidence, glows on your face.

8. Have a wide range of interests, and take an active interest in what's going on in the world

Meet and talk to a lot of people. Don't focus all your attention only on your work and on your problems. Divert your attention to new interests, and new tasks. This will keep your mind happily occupied, and boost your self-confidence.

9. Take part in activities that you are good at

You may have excelled at things in the past and then given them up due to lack of time. Return to those activities again and see your self-confidence grow.

10. Pick up a new hobby or craft that interests you

It will keep you occupied. It will also increase your self-confidence as you become more skilled in it.

Try to practice these tips as faithfully as you can, and see the difference in your life.

OBSTACLES IN BUILDING SELF-CONFIDENCE

Know what's holding you back

It's great that you have decided to build your self-confidence. However, there are a few obstacles that can keep you from achieving your goal. Most of the time, these obstacles are so obvious that they do not seem like obstacles at all, and all you can see is that your resolve to be self-confident is not taking you anywhere. Therefore, it is important to become aware of these seemingly harmless obstacles that have all the power to stop you in your path. Let's have a look at what could be the reasons that you are not moving ahead in top gear.

Are you undisciplined?

Some people simply have the talent to waste a lot of time without realizing it. They lack the self-discipline to stop their actions that waste time. Imagine a situation wherein you have a list of tasks to be completed successfully as a part of your confidence building program. However, the moment you enter your home you involuntarily grab the remote and start channel surfing on the idiot box. It's only after an hour that you realize that you have been vegetating in front of the T.V in the time you had scheduled to do other tasks. You realize that you have already disturbed your schedule. In a self-development program, it's you and only you who has the power to change yourself. Nobody will come to monitor your actions and progress. You have to keep a watch on your inner graph and see to it that it goes up! Avoid temptations and stick to your schedule.

Are you lazy and keep procrastinating?

Procrastination is one of the greatest and most silent killers of confidence. It does not let you complete your jobs and tasks in time; things keep mounting and finally you get overwhelmed by all the many things that have piled up and need your attention. The very basics of building confidence start with listing little things that are doable. You gain more confidence to take on greater tasks and responsibilities by successfully completing the lighter tasks at hand. However not being prompt and delaying important things till they become urgent makes you miss the opportunity of working on your confidence and puts you in danger of falling back again into your earlier

cycle, thereby wasting all the effort and energy you had put in to becoming aware of your low confidence trap and getting out of it.

Does your old self keep pulling you back?

Assume. Assume. Assume is the technique here. Assume that you are a different person with habits you wanted to inculcate. Imagine the way you would like to be. Imagine a self-confident you taking things in your stride. Then try to bring into your daily actions the way you have imagined yourself to be. "I dream by painting. Then I paint my dream" was the technique what the great painter Vincent Van Gogh followed. Your assumed self will make people react to you in a different way, according to your new self. This will establish your new self to the world and will help you keep up the new self before it becomes a habit – a second nature! If you behave indecisively and helplessly, you will invoke proportionate reactions from people around you, thereby reinforcing your previous self. This throws you back again. Remember that you cannot get ahead if you keep looking back. Realize this and stop sliding back.

Don't copy self-confidence. Do not try to become like someone else

One of the greatest mistakes that people make when trying to increase their low self-confidence is falling in love with an image of their icon who may be a sport star or a film star or any celebrity and then they try to be like them. This is one of the greatest mistakes that people can commit when trying to increase their self-confidence. You have to be yourself at all costs. Getting inspired is wonderful but merely aping these guys won't take you anywhere. There is no need for any two people in this universe to be exactly the same. The challenge is to be yourself in a world that is trying to make you like everyone else!

PROMISE YOURSELF TO BE SELF-CONFIDENT

Imagine a situation wherein you have all the comforts a person can ask for. You have a beautiful apartment equipped with all the equipments of modern living. You have a modular kitchen with the latest design in the town, a state of art air conditioning system which cools your home within seconds, a hi-fidelity home theatre system to take you to a melodious journey after a hard day, a plasma T.V to get the joy of a big picture, a fully automated laundry system with intelligent sensors, a Video Audio integrated computer system which organizes everything from your data to family albums in a jiffy, latest soft lighting for your bedroom and much more – but you don't have electricity. Yes, you read it right your apartment does not have any provision for electricity. Would you now want to live in it?

Just as the absence of electricity reduced the ultra modern apartment to a thing we better not talk about, absence of self-confidence can also do something like this to a seemingly healthy person. What is a house without electric power, and what is a human being without self-confidence. Without self-confidence even the best of people can be like sophisticated airplanes waiting for the take off. Without confidence you'll probably never take off. Do you feel like in a similar situation? Do you feel that even after having all the qualities and skills are still aren't successful? Ask Yourself – Is it lack of confidence?

Realize your worth – It helps you become confident!

It is important to realize that there is no one quite like you in the entire universe. In a human reproduction system, a million sperms are released out of which nature chooses the fittest to reach the egg to form the embryo. So isn't it a reason enough to believe that you are one in a million and nature had worked so hard for you, the fittest, to see the world? How can you then not feel confident? You are the chosen one and it's your duty to live upto the expectations of Mother Nature. It's your duty to yourself and your soul to be confident. How else do you expect the qualities in you to come to forefront? Nature made you for a purpose, and how can you sit hopeless and betray Mother Nature by not doing what you were appointed to do. How can you be forgetful of your great self within? Yes, you are the part of that superior soul and there is enough light within you to see the path ahead. How can you afford to be not confident? So arise and speak loud to yourself "I am the chosen one! I have the power to transform my life! I have lots of work to do and I need all my inherent qualities. I HAVE to be confident. I MUST be confident"

Take a Decision

The hardest times are the times of indecision. Decision makes things easier. It pushes the uncertainty away and gives you a purpose to focus. It makes you think. Once you have decided to be confident, you are no longer waiting for some miracle to happen. You have taken a decision. You have control on your life now. You have decided not to waste your life anymore. You have decided to be confident. You have decided to take on this world head on!

This decision makes your life easier. It makes you feel lighter. You have a purpose and you got to focus on that purpose. Your mind is most powerful when its focussed. You can feel the difference. A focus mind changes your body language. Your steps are solid, your handshake is firm, your eyes right ahead. You become a changed person - A person who has the ability to achieve goals, the ability to be happy about his achievement, the ability to love to his family, the ability to stand in the crowd without any stress, the ability to take risks, the ability to realize his dream. Won't you rather be like this person? Go ahead, you can do it.

Your time starts now!

THINK POSITIVE ABOUT YOUR SELF CONFIDENCE!

A person's self confidence is their ability to believe in themselves. People with a high self confidence are optimistic, assertive, and eager individuals ready to take on the world and conquer the goals. On the other hand, people with a low self confidence find themselves often distant and despondent, constantly questioning themselves and often passive or submissive. Self confidence is the key to succeeding in your academic pursuits, athletic activities, employment field, and private life. Individuals that entertain a high sense of self confidence usually go on to phenomenally succeed, whereas individuals with a low sense of self confidence tend to be brought down by their inner demons and fail.

The trap of low self confidence is extremely easy to fall into and extremely difficult to remove yourself. That tiny voice in the back of your head that criticizes, questions, and insults can easily grow louder and louder the more you listen. Instead of traditional angel on one should and devil on the other, someone with low self confidence finds the devil there more often than not. Instead of boosting themselves up by enjoying their accomplishments or congratulating themselves on a job well done, individuals with low self esteem find their shoulder devil is constantly picking and finding fault in the midst of triumph.

The key to maintaining a high self esteem is positive thinking. Individuals that think of themselves in a positive light are more likely to have a higher self confidence than those nay-sayers in the crowd. One way to remain positive and keep an upbeat aura is to surround yourself with positive people. Avoid individuals who criticize, nit pick, and put down. These negative individuals are a sinking ship and will only bring you down with them. By surrounding yourself with positive people, you will find it easier to maintain your high sense of a self worth and banish that devil from your shoulder. If you find yourself in a situation where you must deal with individuals with a negative outlook, confront them on the matter. Often, office gossip, school yard taunts, or home issues bury themselves deep within our minds and wreck havoc on our self confidence. Instead of allowing yourself to be burdened by these harmful words and thoughts, fight back! Refuse to stoop to their level, but insist the back biting and drama cease with the negative words. This task is certain to be difficult and the easiest thing to do is to walk away and let yourself moon over the hurtful words and thoughts, but the right thing to do is to attempt to put a stop to the situation. If the individuals refuse to cease, continue, or even worsen their

actions, then break apart from the trend. Unfortunately, this may mean ending relationships, both personal and job related.

If you find yourself surrounded by so-called friends who constantly make you feel poorly about yourself and lower your self confidence, it might be time to part ways. Remember, friends, family, and loved ones are supposed to make you feel good about yourself and have your best interest at heart. This is not always the case and friends by title alone can do more harm than most enemies. Furthermore, personal relationships can have the same—if not worse—affect on one's self confidence level. Quite often, individuals in abusive relationships find themselves despondent and upset about their situation. If a loved one is making you feel poorly about yourself by constant criticism, abusive language, and distrusting actions, drastic circumstances may be due. Make the case for a change in the relationship and make your loved one understand what his or her words, thoughts, or actions do to your self confidence. If this fails, you may need to make a painful break, but remember, your loved ones are supposed to love and support you at all times. If someone is failing to do so, they have not fulfilled their role in your life.

HOW TO COMMUNICATE CONFIDENTLY

One thing common to all great communicators is that when they speak, everybody listens. However, communicating to people is one of the greatest fears for most of the human beings, and especially when it comes to public speaking. Most people dread public speaking more than death! Do you ever wonder why you don't seem to get listened to by others even though you too have many ideas to share? Then read on, this article is just for you.

Confident communication however, is more than what you speak. It takes into account your body language as well.

What's inside the mind of a Successful Communicator?

Confident communicators aren't a know all

Of course, you need to have good knowledge about the subject you are talking about, but what actually matters is not what you say, but how you say it. Successful people don't do different things, they do things differently. The first step is to believe in what you say. You must be fully convinced in the idea and only then will there be conviction in the tone of your voice. Your voice now is equipped with the power to hold people's attention. Once you have conviction in your voice, and what you speak is useful for the other

people and it actually helps them or gives some credible information, you get appreciation. This certainly peeps up your self-confidence!

Confident communicators don't let people make them nervous

Most people suffer from fearing catastrophes that never happen. Most people tend to make a very high imaginary impression of other people in their minds.

So much so that their mind starts believing that other people are perfect. This creates an unfair comparison between their own personality and the imaginary personality of other people that they create. This thinking breeds a fear of meeting and talking to other people. It lowers their confidence and they fear what it will be to meet and talk to these "perfect" people. However, in real life nobody is perfect and you must realize this. Everybody has their own set of faults and weaknesses. It's important for you to realize that every human being is essentially imperfect. This will give you greater confidence to go out and face people.

Take it or leave it. You snooze, you lose

Ideally you must be the best of your moods and carry a pleasant demeanor when you go out and meet people. However, it might not always be possible and it may so happen that you are not fully prepared to communicate, or you are a little tense over some other matter. A confident communicator, though, develops an ability to keep control of his emotions. This quality helps the communicator to keep control of the situation. You may still not be in a good mood but you must make sure that you keep indecisiveness at bay. Your indecision will fritter away your focus and energy and you fail to make any impact. If you decide to communicate. Be yourself, have faith in yourself and go ahead.

Mind your body language

Your gesture, postures and eye contact probably talk louder than your words. Body language cuts across all barriers of communication such as language, time, place, knowledge and so on. Your body language starts getting interpreted unconsciously by everyone around. People start forming impressions about you the moment you make an eye contact and body language certainly contributes a considerably large part of the impression you make.

A few facts you must know

- You may have a sad expression on your face because of some other matter, but the person you are talking to may feel that you don't approve what he says, leading to misunderstanding.

- A steady gaze may convey intensity, anger, aggression or strong interest. Little eye contact may imply lack of confidence or shyness.
- Open hands may convey honesty and openness; however, making a lot of hand gestures might mean that you are being nervous.

Confident communication, including words and gestures, is something that you do not perfect in a day. You must grab every opportunity to communicate. Try to check your communication skills, your strong points and the mistakes you make along with the overall affect on the other person. Try to learn from your experiences and there is no reason why you can't make it. Get going. Good luck!

COMPUTER SKILLS SELF CONFIDENCE

This phenomenal technology revolution we have found ourselves a part of is sweeping the world at an alarmingly fast rate. Quite suddenly, everyday tasks we have completed without the help of technology now require the latest and fastest technology to enable the task. This great advancement in all technical fields has made the most process in the field of computers. Today's computers are small and light enough to fit into the palm of your hand, whereas the behemoths a couple of decades ago were giant systems with monstrous proportions. Everything now seems to run off batteries and is so tiny we can fit it in our pocket. It is no surprise many individuals have seemed unable to cooperate with these advancements simply because they lack the skills necessary to successfully operate a computer or a software program. Instead of hiding from this daily advancement of technology, build your self confidence in a computer skills program.

Learning even basic computer skills will allow you to access and run operations and programs on a personal computer or Apple's Mac. If you are completely unfamiliar with a computer, consider enrolling in an introductory course at your local college or community college. These institutions offer individuals the opportunity to learn vital facts about a computer and be able to make the necessary repairs to your system. This class is to be taken with the extreme seriousness and should not be entered into lightly. If you are unable to attend a community college, be sure to check with your year's prefects in order to retain a section of the transmission. These subjects can be based on a number of things ranging from setting up your own home office to learning the signs of a systems crash so that you can successfully back up your files.

If you do not find a community college is right you, consider contacting your local Parks and Recreation Department. Most park departments offer lessons that are excellent for computer beginners and the novice that has a general idea of how to get around the computer. Since the city, county, or town government sponsors these seminars, they are quite economical and offer specific breaks for area city, county, or town residents. Usually, the only equipment you will need to complete the entrance into the world of the Internet is a computer and access to the World Wide Web. Individuals from all over the world can access the Internet and contact individuals hundreds of thousands of miles away. If you do not have a computer at your disposal, try using computers from places like your local library. You will be able to stay fresh with your computer self confidence while accessing the Internet for absolutely free.

The easiest way to gain self confidence when working with computers is to practice, practice, practice. Explore your computer and try to understand how the hard drive works in cooperation with all of the extra prices present. Do not worry about breaking your computer or executing one potentially hazardous program or file. Your computer is a great deal more rugged than you may think, therefore it is fully capable of withstanding errors and problems that may occur while you are exploring. Practice with programs like Microsoft Word, Excel, and PowerPoint. You can quickly and easily complete projects of all expectations using this software. Once you have learned the computer, the operating system, and software, you can rely on your self confidence to carry you the rest of the way. Do not sit at home alone while watching another day pass by—arrange to begin your private or public lessons with any number of trained and talented personnel. Use your self confidence to maintain a sense of trust that you are doing what is necessary in order to completely learn necessary computer skills.

TAKING TESTS AND EXAMS WITH SELF CONFIDENCE

Face it, taking a test is a nerve wracking experience. The more important the test, the more nerves are involved and can be a key factor in your score. Some individuals have called for an end to testing, since it is an unfair way to measure the information an individual has learned. Since that is not a suitable option, individuals must shift their focus from “why should I take a test” to “how should I take a test?” Testing is well entrenched in today’s society. In school, we must take tests to prove our comprehension of a certain subject, we must take driving examinations in order to receive the necessary licenses, and we must tests to determine our general intelligence. However, the way we test is as important as the subject of the test itself. Self confidence plays a major factor in your testing score and for good reason. When you trust yourself, you tend to make better decisions and

clearer judgments. You do not second guess your first instinct and confuse yourself due to doubt.

Before you enter into any examination, you should mentally prepare yourself for the test in addition to preparing for the specific subjects covered by the test. One way to do this is to maintain a positive attitude about your capabilities. If you enter into any examination with a poor attitude, you are guaranteed to do poorly on the test. You may have the subject carefully instilled in your mind, but your low self confidence will undermine your attempt every time. Even if you find you know the answers to the questions present, that voice of doubt in the back of your head will surface and make you question the correctness of each answer you supply. A general rule of thumb is to go with your initial (or gut) instinct. If you feel an answer is correct, more often than not it is correct. However, when your low self confidence kicks in and makes you unable to trust your instincts, problems arise.

One way to conquer the low self confidence killer is to thoroughly prepare for the test before hand. No one does well walking into a test completely unprepared, and you are no different. Take time to review the material carefully in the method to which you are best accustomed to studying. Some individuals find they pick up and retain more information in a verbal question and answer session. Others individuals are visual learners and find the use of cue cards or flash cards exceedingly helpful. Whatever the case, find your preferred method of study and stick with it! Ask for help from a friend or family member if necessary. After you have reviewed the material, create and complete a practice test. Have a friend or family member administer the examination in a formal manner. This puts you on the spot and calls your self confidence into play. If you can successfully complete the test, whether verbal or written, your self confidence will be boosted. However, if you take your practice examination and find yourself second guessing your answers, that is a good sign you do not know the material well enough. Consider reviewing the information more in depth, then try the test again.

On the day of the test, forgo last minute cramming. Studies have shown this rush to learn a trivial bit of information is pointless, as your brain cannot retain such hurried information in a reasonable fashion. Instead, take a moment to calm your nerves and reinforce your self confidence. If you are at peace with yourself and your capabilities, you will succeed on your exam.

SELF CONFIDENCE ON THE PLAYING FIELD

The best advantage any athlete can have is a great sense of self confidence. That inner feeling of trusting your instincts and skills will aid you more than any other factor when game time rolls around. A self confident player can

take the field, court, or arena and be poised and prepared to play his or her best. Just like athletic skill, self confidence must be practiced and maintained. A player cannot expect to immediately excel at a sport, so he or she should also be prepared to complete activities that will build his or her self confidence. Many coaches work in drills or activities into their regular practices that will boost a player's ability to trust his or her decisions in the event.

Self confidence is important in every sporting event or activity, but it seems more so in an individual sport rather than a team sport. In team sports, you can rely on your fellow teammates to assist with plays and boost your spirits if you happen on a rough patch of play. Individual sports make players focus within, requiring athletes to create internal motivation that teammates would usually provide. Additionally, athletes who compete in individual sports are more likely to feel magnified effects from losing. In a team sport, if an individual does poorly, the team can adjust their strategy. However, in an individual sport, it is up to the athlete to perform at top levels consistently. Regardless of the sport or activity in which you are engaged, achieving and maintaining your self confidence will enhance your performance.

If you are part of a sports team, look for ways to build your self confidence through building team confidence. For example, your football team might be a leader in defense, but your quarterback sacks help put them there. Your doubles tennis team may be ranked in first place, partially thanks to your strong serving ability and excellent back hand form. For every praise of your team, find a way praise to yourself. This may be difficult at first, since athletes are schooled in the ways of teamwork, with the old adage "there is no I in team," but your personal self confidence will boost the overall performance of the team. However, it should be said there is a fine line between self confident praising and boasting. Whereas self confidence can enhance a team, boasting or arrogance can destroy it. Rifts form between teammates and you may find yourself separated from your fellow athletes if your attitude turns you into a braggart.

The best way to gain and maintain your athletic self confidence is to practice whatever sport in which you are participating. It does not matter if you are five or eight-five, practice will reinforce you knowledge of the game and your confidence in your performance. When you know you can successfully execute a play or have truly mastered a specific skill, your self confidence will grow. Learn from your mistakes. Instead of beating yourself up over a mistake, loss, or missed opportunity, find a way to better your playing level. If you are having difficulty in one area of the sport, focus on it during practice. Establish a mindset that positively reinforces your skills in order to build your self confidence and do not allow yourself to think negative or harsh thoughts regarding your performance.

The best athletes are not those individuals with the greatest skill level—they are the ones who are truly confident in their capacity in the game.

Regardless of what sport you choose to pursue, trusting your own judgments and skill level is a sure fire way to be successful in the athletic area.

SOCIALIZING WITH CONFIDENCE

One of the most nerve-wracking situations for many people is attending social events, particularly those where you don't know anyone else. If you're like many people, you have visions of yourself standing alone, looking awkward, sweating, and sneaking out the side door early. Socializing is difficult for many people. Why? For one, it's a perfect opportunity for rejection. After all, if you say or do something stupid, it's very easy for the other person to move on to someone else if they find your conversation dull. Or another scenario is one where you're stuck at a table with a bunch of other people you don't know, and you envision yourself staring at your plate all through the meal, completely at a loss of words.

These fears are very common and normal. That's good. It means that, if you feel this way, you're not alone. It also means that when you're feeling awkward in a social situation, others are as well. Even some people who appear to be completely at ease may have a jumble of nerves and self-doubt inside. So what's the solution? If you are the person who speaks out first, makes the first move, and begins a conversation, you're taking the pressure off the other person. No longer are you now the one who is awkward at socializing, but you are now someone who is focused on the other people attending.

Changing your frame of mind in this way can be very helpful. It's also more helpful than changing your frame of mind in other ways, such as using alcohol or other medications (unless you've had a thorough check-up with a doctor who has prescribed anti-anxiety medications). It's true that alcohol can put you at ease and make starting a conversation much easier. The problem is that it also makes it much easier to take another drink, and another, and before you know it (or don't), you really are saying or doing something stupid. Unless you are absolutely confident (no pun intended) in your ability to control your drinking, avoid using this method as a solution to your social fears.

After you have reminded yourself that many other people there are feeling just as nervous as you are, try striking up a conversation. This is easier than it may seem--or at least, it does become easier with practice. One of the best ways to start a conversation is to ask questions. Then keep asking them. People like to talk about themselves, and it's also a subject that we all know well--so this avoids awkward moments trying to discuss the latest political issue or historical fact that someone may not be "up" on for whatever reason (life can get in the way sometimes). The key to making this work, however,

is to actually be interested in what the other person has to say. If you're constantly looking around, interrupting, or giving other signs that you're not interested, you'll quickly offend the other person, who may well walk away. Then you will find yourself in the situation you're trying to avoid.

When possible, take a buddy with you. Just be sure that you don't hide in the corner only talking to each other. Instead, use the "buddy system" to meet new people together. It's always easier when you have someone on your side. Simply knowing that at least one other person there likes you and is rooting for you can give you an instant confidence booster as you reach out to new people. Using the buddy method is also a great way to practice before you have to strike out on your own, which is likely to happen at least once in your lifetime. Feeling prepared will make you feel much more confident when you do find yourself in this scenario.

Forcing yourself to learn new social skills is scary. You are taking a risk. However, once you make the effort, even if it doesn't go as well as you'd hoped, you can feel better about yourself knowing you made the effort. Next time will go better. Give yourself credit for trying.

SELF-CONFIDENCE IN FRIENDSHIPS

Have you ever found yourself in a situation where you recently met someone new and felt like you could have a lasting friendship with that person? The trouble is, you're not sure if the other person feels the same way. As with all relationships, sometimes you just hit it off right away with new friends, and other times it takes a bit more cultivation. Perhaps the other person is shy or feeling a bit awkward, just as you are. But sometimes doubts and worries get in the way, undermining our confidence. Is there any way around this?

The good news is that usually your instincts are correct. If you feel there is an opportunity for a friendship, the other person usually does also. Those little things that pick at your confidence could be a number of things. In a new friendship in particular, for example, you don't want to offend the other person, so you may find yourself treading carefully. This can feel like you have no confidence, when in reality, you're simply testing the waters as you get to know the other person.

Social issues can get in the way as well. If you're self-conscious about social interactions, even when they're one-on-one, you may find yourself having difficulty knowing what to say and how to act. This usually is related to a lack of self-confidence or an excess of self-consciousness. What you should know is that many people share these feelings. Just as you are worried about what to say, the other person may very well be feeling the same way. And even if this is not the case, everyone, at some point or another, has been in a situation where they felt awkward. It's likely that the other person will be

empathetic, particularly if you're upfront and honest about your insecurities. Simply saying that, while you're a great friend, you find it hard to form new friendships, will often be enough. Yes, this puts you on the line a little bit, but think of it this way. If the other person is unkind in his or her reaction, this probably isn't the type of person you'll want to form a friendship with anyway.

Developing new friendships does require you to be vulnerable to some extent. Obviously, this increases the longer and better you get to know someone. But even in the early stages of a friendship, if you don't open up a little, your chances of developing a meaningful relationship diminishes. All relationships require a bit of give and take, and friendships are no different. You don't need to expose your deepest, darkest secrets right away, but do give the other person some clues as to who you are, your interests, and feelings. This also makes it safe for the other person to do so as well.

Is it possible to get better at developing relationships? Sure! All it takes is a bit of practice. Yes, this can be a bit scary and intimidating, but the more often you reach out to others, the more likely you are to find people with similar interests. Also, the more you practice developing new friendships, the more confident you'll become in your ability to meet and relate to new people.

If you're stuck on things to say or how to go about it, consider looking into some books devoted to conversational starters and social interactions. Some of the tips are useful and provide a good starting point. Also consider taking classes or taking part in a favorite activity with a group. This is a great way to meet people with similar interests, and this makes it much easier to start a dialogue, as you already have something to talk about.

DATING WITH CONFIDENCE

Dating can be a nerve-wracking experience for many people. After all, you could be meeting your future spouse. It can also be a very vulnerable experience. The whole point of dating (usually) is to get to know someone else on an intimate level, or at least beginning this process. For whatever reason, and there are many, most people want to make a good first impression. At the very least, most people want to avoid rejection. Dating is a prime opportunity for this by its very nature. Whether you're looking for a fun night out or a long term development, rejection can occur either way, and it can be difficult to deal with. Self-doubt can come in many forms, from questioning one's intelligence to one's looks to one's ability to tell a good joke. Dating puts it all out there.

How can you increase your confidence when it comes to dating? There are a few things you can do, and certain methods are more appropriate for some people than others.

First Things First

A date is just a date. It is not the rest of your life. Yes, you may meet your future spouse, but this is far beyond the scope of the date. At this point, no matter how desperate you may be feeling to finally settle down, focus only on the date. Putting more pressure on it makes it harder for both of you. The other person is likely to sense your "desperation" (for lack of a better word), and you end up putting way too much pressure on yourself. Instead, try focusing on the date itself, not where it may or may not lead. Enjoy the time together, or, if you don't, try to avoid blaming yourself and going into the litany of self-talk that tries to convince you that you're not worth dating, you'll never find someone, and that you'll be single for the rest of your life.

Be Yourself

Yes, you've heard it many times before, and there's a reason for it. If you do hit it off with the other person, it's best if this happens when you're being true to yourself. If you're "faking" it, you're then faced with coming forward and facing humiliation, rejection, or both, or continuing the facade. This takes a lot of effort, it's dishonest, and you can't keep it up for very long anyway. So whatever your faults, try not to hide them too much. This doesn't mean that you put them all out on the table on the first date, but it also means that you don't go to extreme measures trying to hide them or pretending to be something or someone you're not.

Get Out of Yourself

To help deal with your insecurities about yourself, try focusing on the other person. Show a genuine interest in what he or she has to say. Be honest and courteous in your responses. Let the other person have the spotlight. Not only does this help keep you from focusing on your insecurities, it also helps accomplish what dates are meant to do--get to know someone else better. Ask questions, listen to the answers, and ask more. Talk about common interests when you find them. Above all, try to avoid talking about yourself the whole time or worrying too much about how you look, what you're saying, and what type of impression you're making.

Try Something Different

If the idea of sitting through a quiet dinner with someone you barely know makes you break out into a sweat, consider dating activities that involve a bit more involvement. Take a tour through a garden, go rollerblading, or do some other activity that keeps you moving. If you have something to do, you

can focus less on feeling awkward and more on the conversation. It helps keep the atmosphere lighter as well, which can make you both feel more comfortable and confident.

SELF CONFIDENCE MAKES YOU A GREAT LOVER!

Love is a beautiful emotion, a gift of God, given to a chosen few. Not everybody get lots of love in his or her lifetime. However, many times lovers mess it up by not able to meet each other's expectations by growing too possessive, by becoming overtly shy, by becoming unnecessarily skeptical and what not!

Most of the time, the culprit is within ourselves making us see things much bigger and magnified than they actually are and makes us overreact to events that could have been easily avoided. It is much easier to lose than to build something – especially when it comes to the matters of the heart. An ignorant and careless person is vulnerable to losing a lot, including his or her life partner as well. This article tells you some simple things that you can remember to help keep you from hurting your partner and keep your love life blossoming. Here are some habits of self-confident lovers.

Self-confident lovers are not jealous

If you are jealous of your partner, this is a sure indication that the foundations of love are not deep enough to withstand the wear and tear of time. Self confident lovers consider their partners as an extension of their own selves and feel happy if somebody has something good to say about their partners. There is no "yours" or "mine" in their relationship. It's always "ours," which forms the basis of their love. Most people get embarrassed or skeptical, or annoyed when someone makes a remark that "Your girl is so beautiful" or "Don't you think your boyfriend has a talent of impressing girls around." However, a confident man would say, "Yes. I know she is so beautiful and we are proud to be in love," while a self-confident girl will shoot back – "Yes. He impressed me too!" Remember that your individual qualities now are a combined "quality pool" belonging to you both, and both partners must treat is as an asset. This is only possible when both of you are confident of each other's love and commitment.

Self-confident lovers are more forgiving

Since self-confident people can maintain a cool and calm composure in the times of crisis, they are better at analyzing situations and are able to put themselves in their partner's shoes. This way, they get their partner's viewpoint and understand their behavior. In many instances, it happens that

certain behavior of our partner annoys us or makes us skeptical. Lack of self-confidence can also make us think negatively. However, self-confident lovers believe in the policy of “forgive and forget” and can move on.

Self-confident lovers make their partner more secure and comfortable

In a relationship, looks do matter, but then the characteristics that matter even more are a sensible and rational nature, sense of humor, ability to handle tough situations and more. Self-confident lovers are the best places to look for these attributes. Their self confidence is contagious and they are promising professionals as well. They enjoy respect and camaraderie, and nurture positive and constructive thoughts. They seem to have the ability to push away problems and provide for their family. In this world where genuine love seems to be an urgent need to calm humanity, a self-confident lover makes us feel secure, comfortable and this life seems worth living for!

Self-confident lovers give their partner a great gift – the gift of independence!

Sometimes love rather than liberate us, actually binds us. So much so that a possessive partner would like to have all the details of our lives. Who are the people you work with? Who was that “Daniel” who gave you a call at 7 in the morning? Why do you want to have your personal car? Why do you have to wear makeup every time you go out? Why are you wearing this dress at this hour...and so on! Love, which was once the most beautiful emotion in our lives, which seemed to fill us with hope and enthusiasm, now seems to drain out all the energy from us. You feel as if you are bound to someone, answerable to someone and tethered to the wall with limited mobility. Love does not seem much more than slavery. Self-confident lovers realize the importance of independence. They let their partner fly and soar great heights, because they know that at the end of the day, it is to their arms their partner will return!

SELF CONFIDENCE IN PARENTING

There's a reason why so many people say it's the hardest job you'll ever have--raising a child. It's challenging, exciting, nerve-wracking, and one of the most amazing things you'll ever experience. Raising a child will put you through every emotion possible, including self-doubt. Along with the joy of raising a child can come the fear that you're going to do something wrong, create permanent psychological damage, or a whole list of other things that may not go quite right. But relax--keeping a few simple things in mind can help raise your confidence as a parent.

First, know that you will make mistakes. There is no such thing as a perfect parent. If you keep this in mind, you can take a great deal of pressure off yourself. Do your best, of course, but understand that there will be bumps along the road--possibly quite a few of them. Rather than trying to be a perfect parent, do what you can to prepare for those bumps. Understand where your child is in development and learn what to expect; then expect the unexpected. Also remember that the worst may not happen. Your child may not go through the "terrible twos" or be a reckless teenager. Remember that all children are different. Try not to compare your child or your parenting to others or you may cause yourself unnecessary stress.

Don't believe everything the experts say. Sure, many experts have experience working with hundreds or even thousands of children. Listen to what they have to say, but don't take it as the final say. You know your child better than anyone, and if a piece of advice doesn't seem right for your child, trust your instincts. You're probably right. What may have worked for others may not work for you, and that's okay. Family and friends are also likely to provide you with ample advice, some of which may be useful and some of which may not. Try to avoid the temptation of giving in to pressure from others if you feel that it is not right for your family situation. This can be difficult, particularly in close relationships. But establishing those boundaries because you know what's best for your child will help increase your confidence simply by knowing that you can determine what's best for you and stand up for it.

Spend time with your child. This may sound like old advice, but more and more studies show that children whose parents show an interest in them are better equipped to deal with some of life's challenges. This also helps you know your child better, which will in turn help you make better choices. It works well for everyone involved.

Seek help when you need it. This may sound contradictory to the earlier statements, but it's actually not. When you know your child and his or her needs well, you have a much better understanding of what advice to accept and what to reject. If you are dealing with a difficult or serious situation, and feel that it is out of your control, it's time to seek outside help. This does not mean you are a failure. Rather, it shows that you are confident enough in yourself and your parenting to recognize that you may not have all the answers. Certain situations, such as out of control behavior or drug abuse require outside intervention. It's okay to ask for help when you need it, so don't put yourself down if this is the case.

Finally, remember that you are doing the best you can at any given moment. Life doesn't go smoothly all the time, and this is often most obvious in parenting. It's okay to make mistakes and even admit them. And when your children see you do this, you'll show them that a confident person is not perfect and that everyone makes mistakes from time to time. This in turn will help your children feel more confident when they make mistakes, too.

BUILDING YOUR SELF-CONFIDENCE AT WORK

Many people wish they felt more secure about their abilities on the job. In other words, they're looking for increased self-confidence when it comes to performing the work, dealing with coworkers, and handling tough situations. If you're one of these people, you're not alone. What can you do to feel more self-assured about your job?

First, remember that you are not your job. That is, if you make a mistake at work, this does not mean that you are stupid, worthless, or that you're in the wrong position. It's all too easy to take mistakes personally, seeing them as a reflection of your true person rather than for what it is: a mistake. Even though it may not always appear so, everyone makes mistakes from time to time. The best way to deal with a mistake is to own up to it right away and present a solution. This shows that you are honest, and by presenting ways to fix the problem, your boss can send you on your way to deal with the issue. Acting honestly and straightforwardly is best for you--you'll feel better about yourself--and best for the company (which again will help you feel better).

Another common issue is feeling insecure when it comes to coworkers. Many people feel that they do not fit in, are unsure how to handle conflict, or have an overbearing coworker or boss that they don't know how to communicate with. Any of these feelings can wear at your self-esteem. You may feel you have nothing to offer the group, whether socially or on projects, you avoid conflict, and may allow others to step on you. If socialization is a problem, it will require you to step out of your comfort zone a bit. This does not mean you need to jump right in with a large company gathering; rather, take it slow by opening conversations with one or two coworkers. Chances are you'll have something in common. Asking questions about the other person is always a great way to go; just avoid questions with simple yes or no answers.

When dealing with conflict resolution and difficult employees, learning some proven communication techniques may be necessary. Consider attending a course on conflict resolution and dealing with difficult people. In the meantime, remember that the overbearing person likely has a lot of insecurities as well, and these are what cause the behavior. In the midst of conflict, do your best to avoid being pulled into argumentative situations. Don't reward the other person's behavior by getting upset or immediately backing down. If necessary, say you'll continue the conversation when everyone has had a chance to cool down. Dealing with negative coworkers is never fun. Try and remember that your self worth is not dependent on the coworker's approval, even if that person is your boss.

It could be you're feeling unsure about your skills. This one is pretty easy--learn more! Many companies offer continuing education options, will pay for

schooling, or offer professional development in house. Whatever your employer offers, take advantage. If your company does not have this option, find some good books on the subject. Ask your colleagues for suggestions, or if you're a member of any type of professional group, seek advice there as well. Many of your peers will have good suggestions on what's worth looking into.

Finally, give yourself some challenges. One great way to build your self confidence at work is to take on a special project or extra work. If you choose something you feel passionate about or something in your specialty area, you can show yourself and your colleagues that you are able to produce results. Even if you fail, you're showing initiative and willingness by taking on special projects. Knowing that you put yourself out there, rather than sitting on the sidelines, can be a great confidence booster. And the same can be said for when it goes well.

PUBLIC SPEAKING WITH SELF CONFIDENCE

Public speaking can be a rewarding experience that allows individuals to showcase their skills or knowledge in a public forum. Public speaking opportunities can allow an individual to help enrich the lives of anyone in the audience by impressing experiences or information that can have life changing qualities. That being said, many individuals suffer extreme shyness or nervousness when faced with public speaking situations. These situations can range from large audiences of hundreds or thousands of participants to rooms with a few people present. Regardless of the situation, ensuring you have the proper level of public speaking self confidence will aid you remarkably in this foray.

When it comes to public speaking, possessing self confidence is a must. If you find your self confidence low or nonexistent, the best way to boost it up is to practice, practice, practice. Individuals with high self confidence have an ingrained sense that they can handle any and all situations, regardless who is watching or listening. These individuals are well versed in their specific subject matter and have a good idea of how they are going to present the information so that the audience will have the greatest understanding. Additionally, these individuals are capable of fielding questions on their particular subject and can explain the topic on several different levels. If you find yourself unable to do this, begin preparing for your public speaking opportunity at once. Ensure your knowledge in the topic is high and seek out to learn as much as you can. This knowledge will help you indefinitely in both planning your speech and delivering the speech to an audience of individuals who may or may not be familiar with it. Furthermore, in depth knowledge of your subject will aid you immensely when dealing with question and answer sessions that most likely will follow

any public speaking opportunity. If necessary, ask other individuals about your topic and be able to explain the topic to individuals of all levels.

When writing your speech, take care to analyze your audience. If you are speaking to individuals who have a great understanding of the topic, you can clearly use a more in depth approach, more acronyms, and more jargon than if speaking to an audience unfamiliar with the subject. Furthermore, know the average age and educational extent of your audience in order to create a speech that will speak directly to these individuals. After you have written your speech, being making notes and prompts to that use can use when giving your speech in public. Knowing your speech is written to the best of your ability will boost your self confidence, as will having the necessary notes and prompts that you can rely on while giving your speech.

When preparing for your speech, take care to not memorize the content. This may seem like a good idea, but can lead to disasterous results. If you find yourself to be nervous before you present any project or speech to a public audience, you might forget the content of your speech and be forced to pull it together from memory. Additionally, if you leave out a specific idea or topic from your speech, your audience may not clearly understand the topic of point of your presentation. The best way to prepare for your speech is to make notes that allow cues or special points you should make in your speech. Have a general idea of what you plan to say and ensure the content covers these points. Also, have any visual materials carefully arranged in the order of presentation so that you will remember to include all items seamlessly in your presentation. Public speaking should not produce a crisis, and ensuring your self confidence is high in yourself and your capabilities will make all the difference in the quality of your presentation.

KEY TO INTERVIEW SUCCESS: SELF CONFIDENCE

Searching for employment is one of the stressful times in anyone's life. The process of preparing a resume, finding the perfect job, and completing an interview may send even the soundest individual into a panic attack. Whereas a resume presents your abilities and experiences on paper, an interview represents you in the first person. The pressure to present yourself in the best light possible in a short, controlled environment is exceptional, so it is key to keep an air of self confidence during this time. Although there is a fine line between self confidence and arrogance, a prospective employee that enters an interview poised and put together already has an edge on the competition.

Dressing for success is not just a time worn cliché. Individuals who show up to an interview in a thoughtful, put-together outfit will best convey the immediate sense of self confidence. When choosing an interview outfit, carefully consider both the employer and the job opportunity. Match your clothing to the mood of the office is a must. If you are interviewing for a position in a conservative law firm, consider conservative attire. However, if you are interviewing at an up-start internet company, you may want to rethink conservative attire. Regardless of the individual items you choose to wear, ensuring they are clean, smartly pressed, and well tailored will make all the difference.

In addition to your dress, you should ensure your personal appearance reflects that of a potential employee. For those individuals with physical forms of self-expression, i.e. piercings, tattoos, or extreme dyed hair, you may find interviewers have difficulty getting past your initial appearance. Before you begin the interview process, take time to review the company's specific rules regarding appearance. Ensuring your presence is neat will lend to your air of self confidence and appeal to your prospective employer. Take time to evaluate your appearance. Do you need a haircut? Are your nails neatly trimmed and clean? Make all necessary appointments a day or two before your interview.

Of course a potential employer is not just looking for an individual with a put-together outfit and a clean, neatly appearance. Employers are looking for individuals who have the capacity to successfully complete the job at hand. Whatever the job, affiliate yourself with the requirements necessary to fulfill the task. You will soon find that when you are confident in the task, you will exude self confidence and positively influence the interview. Create a list of potential questions an employer may ask in an interview setting. These questions can relate to your educational background, previous work experience, or your capability to handle the specific job. Once you have created this list, prepare your responses to these questions. Ask a friend or family member to pose as a mock interviewer in order to better prepare you for the actual interview.

Your actions during the interview can also affect the overall outcome. Individuals who possess a great deal of self confidence walk with their head held high, make eye contact, and have firm handshakes. Self confident individuals do not fidget, pull on their clothing, or make movements with their feet. Furthermore, you should take care to speak of your positive attributes and not focus on your negatives or weaknesses. Be careful not to brag or boast about your current position, educational background, social status, or work experiences. Again, there is a fine line between self confidence and arrogance, and few employers wish to add an arrogant individual to a team of employees. Instead, focus on how your positive aspects can best benefit the job, team, and company. However you choose to tackle your job interview, remember to bring your best attitude and self confidence.

4 - PROMOTING SELF CONFIDENCE IN OTHERS

TEACHING SELF CONFIDENCE AT AN EARLY AGE

Self confidence is an excellent attribute that can help a child succeed from an early age. Instilling self confidence at an early age will enforce the importance of possessing the necessity of this attribute and ensure your child will experience success early on in his or her life. Low self confidence can be exhibited in many ways depending on your child. There are many cues to look for that can tell if your child is beginning to lose or experiencing low self confidence. These cues can be extreme shyness, hesitation to begin projects, negative attitudes towards him or herself, overt frustration at having to try new things, and inability or fear when it comes to making even the simplest decision.

Parents can begin teaching self confidence immediately after their child is born. Provide endless encouragement when your child is developing new skills or trying new things. Young children especially need encouragement since they are continuing to develop new skills on a daily basis. Whether physical or mental, these important developmental times can range from your child taking his or her first steps to learning to read. Each step in your child's development is exceedingly important and, in order to be completed as soon as possible, should be thoroughly reinforced in a positive manner. This positive reinforcement will encourage your child to work harder in completing the task at hand.

Teachers can teach self confidence from the moment a child enters the classroom. Carefully monitor each child's progress in each subject and skill covered in your curriculum to ensure your students are accomplishing their academic goals and not falling behind with any aspect of your teaching. This is invaluable to teachers of all subjects and all ages of children. Create ways to praise or reward your students when classroom or individual goals are accomplished. This will encourage children to strive to meet these goals and reinforce their self confidence. Take great care not to use negative measures to reproach or criticize your students. Correcting issues using a positive demeanor can enable the child to understand your point more clearly while retaining their self confidence. Negative tones or attitudes taken towards your students can do considerable harm to both their mental and emotional development and well-being.

Create situations where your child can work on his or her self confidence. Enroll your child in a sports program or other activity to allow him or her to express interests and develop new goals. A child who participates in activities such as athletics, dance, scouts, or music has more opportunities to try new things and develop new skills. These opportunities will allow children to further develop their self confidence while gaining new friends and experiences in these activities. Take great care to support your child in any activity he or she decides to undertake. Your child may not be the next great baseball player or a world famous piano prodigy, so be aware of the varying levels of success that can be accomplished. A child can succeed by maintaining a positive attitude and attacking each hurdle with enthusiasm and enjoyment. Do not necessarily associate success in the activity with the overall success of the experience. Even though your child may not be able to dunk a ball with professional precision, he or she will have gained a phenomenal experience and self confidence during the duration of the activity.

When working with children of any age, you must lead by example. If your child shows that you possess a great amount of self confidence, he or she will develop a great amount of self confidence as well. Conversely, if you lack self confidence and show your child this by being negative, hesitant, or meek, he or she will not understand or appreciate the necessity of having high self confidence.

ENSURE YOUR CHILD HAS THE SELF CONFIDENCE TO SUCCEED

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HOW TO IMBUE SELF-CONFIDENCE IN CHILDREN

It is very rightly said that what your child does at 13 very much decides what he will be doing at 30. If he learns to hold his head high no matter what comes, he will certainly sow seeds of happiness, success and prosperity that he can reap when he becomes an adult. It is the duty of every parent to create a atmosphere where a child can learn to be self-confident, responsible and courageous. Believe in the ability of your child, encourage him to take initiative and you will be amazed to see what he can do!

Be self-confident as a parent

Children learn by imitating adults, and as parents are the ones who stay the most with the child, the child gets to become like his parents. A self-confident behavior on part of the parent unconsciously establishes self-confident nature as a life skills of the child. A child is a great observer. So much so that it has been said that a child is the father of man! Observation makes the first half of learning while doing makes the second half. So if he observes you staying idle, not completing your tasks in time, getting confused at the last hour and the resulting fights and bouts of your temper, he might never know the right way to handle situations. He will also be struggling with devils like procrastination and indiscipline.

Give time to your baby

Spending time with your baby is very important. It may be very tempting to put the baby in a daycare and carry on with your day-to-day activities as a parent. You may have an excuse that, after all, you are working so that you can earn and all your earning is for none other than the child. However, what your child needs is you and your time. His treasures are the games you play with him, the long walks you take him to, the way you help in his studies, and the way you tell him what he means to you. This imbues a sense of security in the child that makes him automatically confident. He knows that he has nothing to worry about. Once your child gets strong and self-confident, he won't need your money, as he will have the aptitude and strength to go out and earn for himself. As the old proverb goes, give a fish to a man and you take care of him for one day. Teach a man how to fish and you take care of him for a lifetime. That is how it must be!

Be a loveable family

The best thing a man can do for his child is to love his mother. Yes. Nothing works better. Children are the worst sufferers should there be any troubles between you and your spouse. These little souls are too sensitive and your

yelling at each other cuts deep in his heart and puts lasting scars. A baby is a gift, the most amazing thing nature can gift you - he is your blood. Make sure you take care of him. Love is the most essential thing of all, for in a home where there is love can happiness and prosperity be far behind?

Have faith in your child

As parents, you may have many concerns about the safety and security of your child, but make sure you don't overprotect your child. You cannot be everywhere for him and it's he himself who has to learn to make his mark in this world. Faith is the best encouragement. To be trusted is sometimes an even greater compliment than being loved.

Trust your child and give him small tasks to complete. Nothing is as grand for a child than being given the responsibility to handle a task. He feels honored. His self-worth increases. Guide him to complete task successfully and soon he will have his unique way of doing things. Nature gave him the wings of imagination. Don't clip them. Encourage him and let him fly.

INSTILLING SELF CONFIDENCE IN BOYS

Despite advances in gender differences, boys are still very much taught that they need to be strong, not show emotions, never be vulnerable, and a host of other behaviors that can make them feel isolated from others. When boys feel they have no outlets and ways to express themselves, they can lose confidence in themselves and have lower self-esteem. This can have detrimental outcomes, as boys seek ways to feel better about themselves. This could be getting involved with others who are not the positive influences desired, or acting out in negative ways that lead to them getting in trouble in school or elsewhere. As boys age, their self-confidence tends to improve; however, if they are involved in activities and detrimental behaviors at a young age, this may well carry into the teen years, when the outcomes can be much more serious. What can you do, as a parent or influence, to foster a healthy self-confidence in young boys?

First, be sure that you are available. If boys know they have someone to talk to who will not laugh at them for expressing their feelings and fears, they will be more likely to take advantage of this. Young boys may have friends who they can talk to, but these boys have also been taught or shown that expressing emotions is unmanly, and that fears are something to be laughed at. This can result in devastating feelings of rejection and loss of self worth among peers. Therefore, be sure to provide a safe place and ways for boys to express themselves.

Also show boys that it is okay to express emotions. This does not mean that the men in their lives need to be overly sensitive or constantly crying, but displaying a healthy amount of emotion is a positive thing, both for the adult and for the boys who witness it. Displays of appropriate emotion are important to a boy's sense of self-worth. For example, boys who witness men being stoic and showing little or no emotion during times of high emotional stress may become very confused. A death in the family is one such example. The boy will understandably be feeling sadness, emptiness, and a host of other emotions. However, if he witnesses the adult men in the family appearing unaffected, this can create a lot of confusion. This can also make a young boy doubt his own emotions, which are perfectly natural and normal in such a situation. Yet, from what he witnesses, he may conclude that he is abnormal, which can lead to a loss of self-esteem and confidence.

Help boys find what they're good at and encourage it. Not all boys are going to be fabulous at sports or other traditionally "male" activities, and this is okay. If he is good at sports, that's great. But also encourage boys to try a variety of activities and interests to see which ones fit and which do not. If a boy loves reading, for example, do not chastise him for this. If he is made to feel unworthy for pursuing interests, he can translate this into feeling that he as a person is not important, and this is definitely not something you want to have happen. Particularly for boys, activities and external pursuits are often seen as a direct reflection of who they are as people. Encourage boys to feel good about who they are, not just what they do.

As boys learn healthy ways to express themselves, follow their interests, and have a strong support system, they will be much better able to build a strong foundation for a lifetime of confidence. Making it through the teenage years will be easier (not easy, but easier), as will the transition to adulthood. Start early to help young boys to develop a strong sense of self to help them become positive role models for the next generation.

TIPS FOR ENCOURAGING SELF CONFIDENCE IN GIRLS

Numerous studies show that girls' self-esteem and self-confidence tends to plummet after about age nine as girls enter puberty. Is there any way to promote and increase self esteem and confidence during the earlier years to help pave the way for this important transitional time? The good news is yes, there are things that can be done. Some of them you already know, but a few reminders can't hurt.

For one, limit television. Yes, we've all heard it before, and it's easier said than done, particularly when there are a number of things to be done. However, studies show that programming and advertising can have a

negative affect on viewers. Beginning at very young ages, shows geared toward children are mixed with many advertising messages, some subtle, and some not so subtle. While we can't blame the media for everything, we can acknowledge that too much television may negatively affect our children's self esteem and confidence. Children who learn at a young age that food equals happiness, for example, may have problems with body image later in life. Ongoing messages that things are the solutions to problems only exaggerates feelings of low self worth if a child doesn't have the right things. As children age, the "things" can change into a perfect body, and not having the right things can translate into body image problems and other self-destructive behaviors.

Provide positive role models. As girls age, they become increasingly aware of how women around them act and respond to various situations. Women who stuff their anger or express it "sideways" show girls that it's not okay to be angry, stand up for oneself, and be open and honest about their feelings. Young girls learn from this behavior, and internal anger can express itself in feelings of low self-esteem and low confidence. Depression increases, and unexpressed anger can come out in very self-destructive ways, including eating disorders and substance abuse. Unfortunately, many women never learned how to express their feelings in an appropriate manner, because they themselves did not have positive role models. If this is an issue, consider seeking professional help, not only for your own sake, but for those of your children.

Encourage learning and education. Some studies show that girls with a strong educational background are less likely to run into trouble as teens. The more girls know, the better able they are to make decisions. It's also important to encourage learning in math and science. While this is improving, girls are still viewed as less likely to succeed in these areas. Encouragement in these learning areas cannot only promote increased self-confidence, but it can also prepare girls for the changing work environment that relies more and more on technology. Of course, this isn't to say that other areas of learning are less important; only that encouragement in these areas can help provide balance to an education that is still not quite equal.

Help young girls try new things and discover their talents. Learning what we are good at, and being encouraged to follow these directions, can greatly improve self-esteem and self confidence. When talents or dreams are dismissed, this can easily be perceived as a personal rejection. On the other hand, when girls are encouraged to pursue their interests and develop their talents, this gives the message that they are important. Girls who feel valued by their parents and other important figures in their life are less likely to seek validation from other sources, many of which are not the positive influences desired.

Helping your children develop a healthy self-esteem and self confidence is an ongoing process. They will face struggles, and parents and others need to

help them figure out ways of dealing with tough times. But as you work on solutions together, you can help young girls develop independence and confidence.

HOW SELF CONFIDENCE MAKES STUDENTS BRIGHT

Self-confidence comes handy in all situations of life. Be it an adult or a child or a student, everybody has lots of tasks to complete and self-confidence is necessary to perform tasks successfully. Take the case of school-going children. With so many subjects, they go through a lot of stress. Class tests, debates, term papers, assignments, presentations...the list seems unending. Having ample self-confidence helps students undergo the stress of school and college education, thereby making a strong foundation to build their future. What is seen as the most important factor that determines the performance of students in school is neither intellect, nor energy or talent. What is? You guessed it right – it is the amount of self-confidence a student has which decides how much he will be able to use his talent, energy and intellect! Let's see how self confidence makes students soar higher.

Self-confident students make the most of the classroom

Self-confident students are able to pay more attention to the teacher in the classroom as they develop an inherent will to succeed and outdo others. They are more focused and do not hesitate to ask questions. Asking questions in the classroom requires certain courage to stand up and interrupt the teacher to ask a question, and it requires self-confidence to do that. On the other hand, a student lacking self-confidence might not stand up and ask the teacher to explain once more even though he is struggling to get a concept right. This creates obstacles to their learning, as many things remain unclear to them that require further guidance by the teacher.

They make lot of pals

Self-confident students make lot of pals and engage themselves in subject discussions with classmates. This kind of involvement keeps them abreast of the latest, and also acts as a platform to judge their knowledge as compared to other fellow students. Discussions also bring various viewpoints to the forefront in a common place, thereby enriching everyone by giving a multi-angle view of the topic. Self-confident students therefore gain manifold advantages as compared to other students.

Being in a group also help them know about the latest in the field of education, the latest learning software, a certain book which contains a lot of practice questions, an interactive CD recently released, an invite-only seminar on career guidance, scholarship tests of various universities, fee discount on certain courses and so on which keeps them aware of the opportunities ahead and help them tailor their efforts for specific targets while other students keep aloof and depend on whatever they can gather in a single handed way.

They are able to maintain calm while answering questions, therefore making fewer mistakes

It is very important for students to know that their result score depends upon what they write and not upon what they are. No matter how great a genius a student is, he is awarded marks on the basis of what he writes in the answer sheet at the time of examination. A little nervousness, hesitation, and lack of self-belief can let confusion descend and make it difficult for him to tackle even the simplest of questions. A confident student, however, is able to keep his calm and is able to answer questions he has not really prepared for! Such is the magic of self-confidence!

Success attracts success

The marks of term papers, applause during presentations, appreciation from teachers and the opposite sex (don't neglect this great confidence booster!) boost confidence to help students perform even better in the final exams. Once appreciated, these students immediately get an edge over other students and close competitors and get the ball in their court. The one who has tasted appreciation and acceptance craves it even more. These students will work harder to remain in the limelight. Success, hence, becomes a habit for these students. And why not, they have the greatest weapon to take on their opponents – their self-confidence!

DEVELOP SELF-CONFIDENCE AMONG YOUR PEOPLE

Corporations have been known to use tools like teamwork to inspire self-confidence in their people. People are the greatest asset an organization can have. Jack Welch the CEO of GE believed that the best idea wins, no matter where it comes from. So how do we get this best idea? It can only come from the people out there. So it is important to make every person feel himself to be an important part of the organization who has all the opportunity to learn, understand and develop the self-confidence to speak out his ideas. Ideas are

a real treasure for a company to have, and it is self-confidence that brings great ideas to the forefront.

There are numerous examples in the history where a single person of courage changed the course of events. Be it Nelson Mandela, Mahatma Gandhi or Mother Teresa, all used their patience, perseverance, compassion and self-confidence to stay put on the path they had chosen.

Imagination – the cradle of self-confidence!

Our imagination is one of the greatest gifts that God have given us. Our imagination can stretch to any lengths. So much so that your own imagination has the power to make or break you. Though what you imagine yourself to be might be miles away from actual truth, it's your imagination that dictates your feelings and emotions. What makes a successful person different from a failure is basically the way both of them think. If at a T-point you take the route to City A, you will reach City A. If you decide to go to the other direction to City B, you will reach City B. It's as simple as that. You get what you want. So beware of your wants. You want what you imagine, so imagine great things for yourself.

People with low self-confidence usually imagine themselves as not doing well in their jobs, at home, in relationships and so on. Whereas a person with self-confidence would imagine himself getting a promotion in the next two years, having a family, kids, pay rise, holidays, owning a home and so on. So be a self-confident person and fantasize. Fantasizing is good for you. Fantasize about all what you would like to have for you. Meeting great people, shouldering great responsibilities, going places, and becoming the person you would like to become. This is a way to feed your mind with necessary inputs and your mind has the power to give solutions. Tell your mind the right things to do, and your mind will get you what you wanted. Believe it. It's true!

SELF CONFIDENT PEOPLE MAKE A MIGHTY NATION

Self-confident people generate money

Self-confident people are filled with optimism and positive thoughts. They have an "I Can" attitude towards life and think it is possible to do great things. They are an asset to the organization they work for as they can be given tasks that demand greater responsibility and accountability. They hence keep up the quality, which in turn helps their employers to reap greater profits and thus contribute to the well being of both employees and the employer. People like Bill Gates have contributed millions of dollars to the economies of their countries and have been involved in lots of philanthropic work worldwide as well.

Self-confident people generate jobs

Self-confident people are natural risk takers and have enough courage to pursue their innovative dreams. Self-confident people often work very hard for the dreams they believe in and often end up as becoming successful entrepreneurs. They create a lot of jobs for others by their innovative business ventures. Though Edison faced a lot of difficulties as a child, his mother ensured that his self-confidence did not die. She made all efforts to encourage him and see him become successful. Today GE started by Edison is one of the world's most competitive corporate organizations and is a hugely admired employer of thousands of people

Self-confident people make the nation self dependent

Entrepreneurs are a great catalyst of growth in any country. They do not sit idly waiting for the government reforms to come and pull them out. Instead they work out innovative ideas, which have commercial feasibility as well. They share the burden of the state by employing other people and giving them jobs. It saves the government lots of effort and money that could have been wasted in providing for the jobless youth. The money saved can then be routed to other developmental works for the benefit of all. The country does not need to borrow from the organisations like the World Bank and can deal with its developmental affairs independently.

Self-confident people present a better image of the nation

A nation of busy people conducting their day-to-day affairs is much better picture than having unemployed people taking on bad habits and creating a nuisance. Self-confident people are the face of any country, signifying optimism, hard work, determination and self-reliance. This helps the country to portray a picture of hope, dynamism, and growth to foreign investors who would like to conduct business activity and invest money in the country. This help create more and more jobs and a culture of hard work and achievement.

Self-confident people develop a habit of winning

Failure is an addiction and so is winning. It is just a matter of putting your efforts and thoughts in the right direction to become a winner and self-confident people do just that. A positive thought and self-confidence is what is needed to take an initiative, and a small achievement becomes the source of energy. This energy also gives a boost to the self-confidence of a person to take on a bigger leap and get successful. Thus every achievement breeds another initiative for yet another achievement!

Self-confident people help other people achieve their dreams

A person other than having the feeling of kindness and compassion for fellow human beings should also have enough resources or the ability to create resources to be able to help other people for the same. Self-confident people therefore are willing to give a helping hand to people and pull them up.

Self-confident people are an inspiration to others

Self-confident people succeed on both their professional and personal fronts. Self-confident people are respected and often spark others to perform as well and serve as a great inspiration for other people. People take a lesson from their struggles and their ability to turn failure into achievement.

Self-confident people strengthen the fabric of society

An idle mind is a devil's workshop. Self-confident people in a way save the society from the devil by being busy and involved in constructive activities. People tend to get inspired from self-confident people and the general atmosphere becomes that of hard work and achievement. Such an environment is conducive for growth and development and self-confident people should be given every credit for the same. This overall movement raises the overall self-confidence of the nation and makes it more competitive and a confident participant in the world economic scenario.

5 - COPING WITH A CRISIS

QUICK SELF ESTEEM BOOSTS

If you are simply having one of those days where your self esteem seems to be dragging you down, instead of wallowing in self pity, take steps to boost yourself up! Maybe you just woke up not quite feeling your best or made a significant mistake in front of someone important. Perhaps you did not do as well as you thought on your test or did not excel at your interview. Everyone has had a day where the world just did not seem to be on their side and that black cloud was persistently over their head. Whatever the reason, learning a few tricks to quickly boost your self esteem will have a bounce in your step and your head in the clouds in no time!

Find a physically activity you enjoy doing

Whether it is jogging, aerobics, or yoga, exercise is a sure-fire way to boost your self esteem. If you are starting to feel low, take 15 minutes out of your day to exercise your worries away. In addition to producing endorphins that raise your spirits, you will have lessened your chances for disease, heart attack, and stroke in one fell swoop. If that capability is not enough to boost your self esteem, then think about the physical effects of exercise. Even a brief amount of exercise is enough to trim and shape up your body. The old saying, when you look good, you feel good is in full effect.

Take a second to be silly

Whether you need a hearty belly laugh or a moment to dance by yourself, a second is enough time to feel good about yourself again. Many websites will send jokes to your inbox on a daily or weekly basis. Sign up for this free service and open the e-mail when you are feeling low. There is nothing like a good laugh to remind yourself what a great person you are. Put on your favorite song and dance like there is no tomorrow. In addition to easing your stress, your self esteem will shoot through the roof as the music brings back favorite memories.

Allow yourself a luxury

Remind yourself you are important and worthy of the world on a silver platter. When things are not going your way and you begin to question

yourself, take time to reward yourself. Whether it is a chocolate kiss or a pat on the back, your spirits—and self esteem—will be lifted. Write down your goals that you have achieved and look back at them when you are feeling low. Maybe you were the first person to graduate from college in your family. Perhaps you just closed on a fantastic house. Maybe you made President of your organization. Whatever your accomplishment, allow yourself a minute to remind yourself of your worth. Keep of your family and friends to remind yourself all these people are rooting for you to succeed. Make yourself notes that congratulate yourself on handling a situation or completing a goal.

Learn from your mistakes

As the old adage goes, when life gives you lemons, make lemonade. Acknowledge where you made your mistake and forgive yourself. That constant nagging guilt will ruin your self esteem. Make the necessary means to rid the guilt, learn from your actions, and move on. Think of mistakes as happy accidents or learning experiences.

How ever you choose to boost your self esteem, know that by doing so you approve of yourself as a person. Allowing issues to get you down will only lower your self esteem further. By keeping a positive attitude, you will have the ability to turn around unsavory situations and make them positive ones. Keep in mind you are a worthy person who has a bright future.

HOW TO OVERCOME A CONFIDENCE CRISIS

A confidence crisis is more than a minor dip – it's more serious. A confidence crisis is triggered by setbacks like losing an important business order, break-up of a valued relationship or losing a job. When this happens, even a small thing can send you over the edge, creating an unwanted crisis. To protect yourself from such a situation, you need to take control of yourself, and your life.

You must learn to ignore external stimuli. Don't be affected by what people say or are likely to say about you. More important, you should not be worried about failure. Believe in the old adage that you cannot win always. There are bound to be failures, and setbacks in life, despite your best efforts. Take them in your stride. If need be, sleep over your failures. You will wake up feeling good, and confident. Don't hesitate to let others know that you can handle your affairs. This will build your self-confidence.

Maintain a diary, and note down all positive things that happen during the course of the day. You will be surprised to note the number of positive things that are happening around you, which you missed earlier. This will help you

think positively, and dispel your doubts. This will also break the stranglehold of negative thoughts that had lowered your self-esteem, and generated doubts about your abilities and skills. Repeat to yourself every day that you are getting better at what you do, and feel the difference.

Take some time to think about your relationships. If a friend is having a bad influence on your self-confidence or if the relationship is more of a burden than a pleasure, you are better off if you stop meeting that person. Instead, try to build new relationships with people you like and admire, and who are supportive of you. Ideally, form a group of supportive friends and give them your support in turn. This will do your self-confidence a world of good.

Stop wasting your energy on things that can go wrong. Think about the worst thing that could possibly happen. You will realize that it is not the end of the world. Focus on the subjects over which you have control and reduce your exposure to events over which you have little or no control. Monitor your internal dialogue, and silence the negative voice that keeps criticizing you. A useful strategy is to visualize a situation that bothers or worries you. Jot down these points. Think of people who have successfully crossed these hurdles, and ask yourself if they could do it then why can't I? Think of yourself as someone who is brimming with confidence, and is ready to take up the challenge. Make this a habit. You will find that you too can overcome these obstacles.

Self-confidence is more than a simple state of mind. It also flows from your physical well-being. Regular exercise adds to your energy levels, and makes you feel fitter and confident. Similarly, dressing well adds several notches to your self-confidence. Even simple things like sleeping well will make you feel better. In contrast, drinking to drive away your woes will add to your unhappiness.

You must also learn to speak up. When you hesitate to speak, you are doing yourself a great disfavor. Very often, you become a prisoner of your shyness. You want to speak, but your shyness does not let you do so. This eats into your self-esteem and self-confidence. Don't allow this situation to continue. Always remember that you may know more than your colleague who is the centre of attention because he has a view on every subject. Others may find your views more interesting, if only they heard them.

Also, don't think that you can change your fortunes overnight. It takes time to change things. What is needed is your belief in yourself. It is a great help in overcoming any confidence crisis.

HOW TO REGAIN YOUR LOST SELF-CONFIDENCE

Nobody can hurt you without your consent

There are many instances in life where your confidence is hit hard. Sometimes you overcome life's hardness, sometimes you get overwhelmed. Sometimes your courage and confidence sees you through, but sometimes your self-confidence gets a beating. However, the point here to remember is that "Nobody can hurt you without your consent." The problem is not as important as the impact it had on you, rather the impact that YOU let the problem create on you. In life pain is inevitable but suffering is optional, as the saying goes. It's purely your choice, and whether you choose to bounce back or suffer is entirely your prerogative.

There can be many reasons that your self-confidence is hurt. You may have had a bad marriage and now are heading for a divorce. You were not chosen for your college's football team; you may have been laid off. There's definitely a lot of pain involved in any of the situations. But you don't necessarily have to suffer. You must arise and resolve to get back your confidence.

The following ways would help you do just that.

Look at the brighter side

If you have been laid off, it would be okay to feel bad about it for a day or two but not more than that. Losing a job is a terrible thing, but it does not mean the end of the world. Who knows it might be a blessing in disguise. Maybe you have got some time to review your life, get aware of where you are going, have a look at your likes and hobbies which you could not develop because of pressures of your job. Maybe this is an opportunity to start afresh and live your life a new way which is more in sync with your abilities and aptitude. Similarly, a divorce may cause great pain but then you weren't too happy in your marriage either. It probably was just not meant to be. Now you have a chance to rebuild your life the way you want it to be.

Stop comparing yourself with other people

When we have a problem we always question God – "Oh, God, why me?" Certainly God gave you a lot of rewards as well. Did you then get up and ask God – "Oh God, why me?" That's what human nature is all about. We complain and remember God when we are in trouble or else we are too busy with ourselves. Stop looking at other people who seem too happy and comfortable to you from a distance. Stop comparing their comfort with your

suffering. This will only frustrate you further. Focus on yourself and make every effort you can make to go out whenever you are feeling down. Self-pity is very addictive and capable of destroying lives. Instead of indulging in self-pity (though we all do from time to time), take control of your life and take responsibility for your actions, learn from your mistakes and make a fresh start. And yeah...don't be bogged down when you hear a "NO". A "NO" is something which even greats like Edison and Ford, too, had to face. If you look at them positively, you will find that each "NO" actually takes you closer to a "YES." It's been reported time and time again that Edison conducted more than a thousand failed experiments before he actually made an electric bulb! So get going and take the an occasional no in stride.

Are you standing in your own way?

You will notice that shadows are caused when we stand in the path of sunshine. In our lives, too, we cause a lot of shadows by standing in the way of our own happiness. In today's world, it is important to be flexible. A lot of people will look for a job for months, yet still reject work coming their way because they are not willing to adapt to some new job requirements. Jane, a schoolteacher, was laid off from her job. She kept trying for months to get a job as a teacher while rejecting opportunities such as taking private tuitions, being a nanny, doing copy-editing work as a freelancer. The long wait hurt her self-confidence even more. Sometimes it is wise to be a little flexible and adapt ourselves to new job demands rather than to look exactly for what we lost. It helps regain confidence quickly which brings along enough energy to get an even better job in the field of your choice!

REGAINING YOUR SELF ESTEEM AFTER AN ABUSIVE RELATIONSHIP

Abuse relationships have the capability to inflict tremendous physical and psychological distress on the individual in the relationship. In addition to emotional and literal scars that are caused by abusive relationships, an individual's self esteem can be completely demolished. Many individuals in an abusive relationship have been consistently told and shown they are not of value, nor of worth. After constant reminders, both men and women who are victims of abusive relationships begin to think these derogatory remarks are true. Instead of the inner feeling of self worth and confidence, these individuals have little or no self esteem left after the destructive effects of an abusive relationship.

If you find yourself in an abusive relationship, you should immediately remove yourself from the situation. Quite often, this is easier said than done as abusive relationships are initiated and maintained under the pretense of

love and affection. If an individual has your well being in mind and truly cares about you, he or she will not verbally or physically abuse you. Even though this abusive individual apologizes or begs your forgiveness, abuse is cyclic and this behavior is part of its final cycle. Usually, individuals in abusive relationships say their partner is loving and supportive, then violent and abusive, then apologetic and loving. This cycle continues until either party decides enough is enough and ends the cycle.

Individuals in abusive relationships often find themselves trapped and feel their options are extremely limited or nonexistent. If you are in an abusive relationship and feel there is no way out, reevaluate your situation. Turn to friends or family members who will support you in your decision to break ties and end the relationship. Individuals who are truly your loved ones will want whatever is best for you and support you in any decisions you may make. If you have no one to turn to, seek help from shelters or different organizations that are in existence to help people in your specific situation. With the help of these individuals, you can begin rebuilding your life and renewing your self esteem.

Once you have made the decision to break free from your abusive relationship, begin the process of rebuilding your life. This rebuilding process may take some time, so be prepared to invest a great deal of time and effort into rebuilding your life. You may need to make serious choices regarding your future, including changing locations to another city and changing your choice of career. Leaving an abusive relationship will most likely mean moving into a new home. You may need temporary housing, so consider staying with friends or family members or staying at a shelter that specializes in abusive relationships. This is an incredibly difficult decision, but the best boost to your self esteem will come after you have made the decision and begin to piece your life back together.

After you have begun the rebuilding process, you may need to seek professional help regarding your mental or physical state. Speaking with a psychologist or counselor may be the initiation necessary to continue rebuilding your self esteem. Seek out a professional that will assist you in that specific area using a variety of different exercises and techniques. Furthermore, you may wish to join a support group so that you can speak with other individuals who have suffered similar abuse. If you do not have access to a support group or feel attending a support group is not for you at his point in time, consider accessing the World Wide Web and finding a chat room that will serve as support. Once you start on your road to recovery, stay strong and remember you are an individual of worth and value. This will continue to build your self esteem and rebuild your life.

SELF CONFIDENCE COUNSELING

To lose your self confidence is to lose your very fiber of trust in yourself. Instead of a person able to freely make sound judgment calls and possesses excellent decision making skills, individuals that lack self confidence are constantly second guessing themselves and often unable to make even the simplest decision without gnawing worry and concern. If you have found yourself to be slipping into the pit of low self confidence, do not worry, there is hope! Instead of berating yourself over poor actions that occurred in the past, change your future. Seek out counseling that will enable you to rebuild and maintain your self confidence at unparalleled levels.

The first step to self confidence counseling is making the commitment to seek out and attend these helpful sessions. Whether private or in a group setting, this counseling can be the spark that changes your life. You may enter the sessions as a self doubting, passive individual, but you will leave full of hope and optimism with the ability to totally trust your own actions and judgments. Before you enter counseling, consider any potential obstacles in your current life. Perhaps your spouse, family member, friend, or co-worker has lowered your self confidence and may be detrimental to your counseling. Perhaps you have experienced low self confidence since childhood and need to break the cycle imposed upon you by your parents or guardians. Maybe you are in a difficult situation at your job, with employees, bosses, or colleagues constantly tearing away at your self confidence. Whatever the case, you should be prepared to make the commitment to begin a new way of life in order to rebuild your self confidence. Even the smallest changes will help you in this process. Being in the right frame of mind before you begin will assist you to your goal in a quicker, more positive manner.

Once you have determined to seek counseling, begin researching viable options. The World Wide Web is a great source of information on counseling spots in your city or town. If you feel entering counseling will be too overwhelming for you or your schedule does not allow it, the Internet is also a great tool that enables you to virtually meet and discuss with individuals from all over the world. There are many websites, forums, and chat rooms devoted to individuals working to rebuild their self confidence. You can join these sites anonymously if you are worried about others finding out your private information, but still have the capability to begin some type of counseling. Many individuals have a strong, confidence façade, but lack the same components on the inside. If you find yourself in this situation and do not want the world to know you have a problem with your self confidence, this method of virtual counseling is perfect for you.

Traditional counseling tends to be the most effective method of rebuilding your dwindling self confidence. Universities, hospitals, churches, civic groups, and even local organizations offer counseling of one sort or another. You may be interested in joining a support group in order to interact with others that share your feelings of doubt and distrust. Many individuals find themselves too shy or ashamed for one reason or another to join a support

group, or any other type of group counseling, immediately. If you find yourself in this boat, consider private counseling first, then graduating on to group counseling. If money is a concern, it should be known that group counseling is usually a great deal cheaper—if not free—than private, one-on-one counseling.

What ever form of counseling you decide upon, enter into it with seriousness and determination. If you maintain a positive attitude and strive towards achieving your goals, your self confidence is guaranteed to drastically improve.

SUMMARY

Imagine the plight of a boy who had a hearing problem and so could not understand teacher's instructions well. He was labeled a mentally weak child, who had no brains for studies and was thrown out of the school! This child was none other than the great Thomas Alva Edison. Now would you agree with the school that he was dumb? How is it possible, then, for a dumb child to patent more than 1000 inventions – more than the collective patents of all the scientists of his time? The credit goes to his mother for not letting him lose his self-confidence. Such is the power of self-confidence that inspires people to achieve great feats.

Einstein, after hearing about the way Mahatma Gandhi was determined to free his nation by using non-violence as a weapon, said that it would be difficult for future generations to imagine that such a man had walked down this planet. Gandhi's self-confidence worked and his country was freed. Whether it is a patriot defending his country's border, a swimmer giving all to get the medal for his country, a musician performing to a packed hall, a child reciting poem to her class, a fire-fighter struggling to save people, they all have something in common which makes them stand apart from other people. These people have an "I can" attitude towards life. They are full of self-confidence.