

# 5 Powerful Ways to Boost Your Confidence

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Confidence gives you the power to conquer the world. Here's how you can learn to be confident in all you do.

Self-confident people are admired by others and inspire confidence in others. They face their fears head-on and tend to be risk takers. They know that no matter what obstacles come their way, they have the ability to get past them. Self-confident people tend to see their lives in a positive light even when things aren't going so well, and they are typically satisfied with and respect themselves.

Wouldn't it be amazing to have this kind of self-confidence, every day of the week? Guess what? You can.

"Low self-confidence isn't a life sentence. Self-confidence can be learned, practiced, and mastered--just like any other skill. Once you master it, everything in your life will change for the better." --Barrie Davenport

It comes down to one simple question: If you don't believe in yourself, how do you expect anybody else to?

Try some of the tips listed below. Don't just read them and put them on the back burner. Really begin to practice them daily, beginning today. You might have to fake it at first and merely appear to be self-confident, but eventually you will begin to feel the foundation of self-confidence grow within you. With some time and practice (this is not an overnight phenomenon), you too can be a self-confident person, both inside and out, whom others admire and say "Yes!" to.

## 1. Stay away from negativity and bring on the positivity

This is the time to really evaluate your inner circle, including friends and family. This is a tough one, but it's time to seriously consider getting away from those individuals who put you down and shred your confidence. Even a temporary break from Debbie Downer can make a huge difference and help you make strides toward more self-confidence.

Be positive, even if you're not feeling it quite yet. Put some positive enthusiasm into your interactions with others and hit the ground running, excited to begin your next project. Stop focusing on the problems in your life and instead begin to focus on solutions and making positive changes.

## 2. Change your body language and image

This is where posture, smiling, eye contact, and speech slowly come into play. Just the simple act of pulling your shoulders back gives others the impression that you are a confident person. Smiling will not only make you feel better, but will make others feel more comfortable around you. Imagine a person with good posture and a smile and you'll be envisioning someone who is self-confident.

Look at the person you are speaking to, not at your shoes--keeping eye contact shows confidence. Last, speak slowly. Research has proved that those who take the time to speak slowly and clearly feel more self-confidence and appear more self-confident to others. The added bonus is they will actually be able to understand what you are saying.

Go the extra mile and style your hair, give yourself a clean shave, and dress nicely. Not only will this make you feel better about yourself, but others are more likely to perceive you as successful and self-confident as well. A

great tip: When you purchase a new outfit, practice wearing it at home first to get past any wardrobe malfunctions before heading out.

### 3. Don't accept failure and get rid of the negative voices in your head

Never give up. Never accept failure. There is a solution to everything, so why would you want to throw in the towel? Make this your new mantra. Succeeding through great adversity is a huge confidence booster.

Low self-confidence is often caused by the negative thoughts running through our minds on an endless track. If you are constantly bashing yourself and saying you're not good enough, aren't attractive enough, aren't smart enough or athletic enough, and on and on, you are creating a self-fulfilling prophecy. You are becoming what you are preaching inside your head, and that's not good. The next time you hear that negativity in your head, switch it immediately to a positive affirmation and keep it up until it hits the caliber of a self-confidence boost.

### 4. Be prepared

Learn everything there is to know about your field, job, presentation--whatever is next on your "to conquer" list. If you are prepared, and have the knowledge to back it up, your self-confidence will soar.

### 5. For tough times, when all else fails: Create a great list

Life is full of challenges and there are times when it's difficult to keep our self-confidence up. Sit down right now and make a list of all the things in your life that you are thankful for, and another list of all the things you are proud of accomplishing. Once your lists are complete, post them on your refrigerator door, on the wall by your desk, on your bathroom mirror--somewhere where you can easily be reminded of what an amazing life you have and what an amazing person you really are. If you feel your self-confidence dwindling, take a look at those lists and let yourself feel and be inspired all over again by you.

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