

## Confidence

There's no doubt that confidence is a key ingredient to success. Successful people attribute confidence and their sense of self to their success. Not all of us are born with that inbuilt sense of self-confidence. And we know that sometimes it can be difficult to develop confidence, especially where personal experiences have resulted in lost confidence or because of low self-esteem. But how do we build confidence?

Confidence is built on a range of factors, including our personal choices, our accomplishments, and activities that bring us happiness.

Let's face it, we are all *a work in progress* and building and maintaining our confidence requires a focus on self, purposeful activity and ongoing nurturing.

## What is a confident person?

- does what is right regardless of popularity
- is willing to take risks
- admits mistakes and learns from them
- accepts compliments graciously (a simple thank you is all you need to say – no BUT)
- has an optimistic outlook – practise positivity – (where you can minimise your interactions with negative people and contexts)

## Tips for building confidence

1. Write down your achievements and acknowledge them out loud to yourself. Celebrate them! Do this on a regular basis – however big or small.
2. Focus on your strengths – identify your **TOP FIVE** – acknowledge them and leverage them to assist you to pursue your goals.
3. Get things done – confidence builds on accomplishment. Focus on one activity a time – what do you need to accomplish today that will help meet your goals? It's about one step at a time.
4. Set realistic but stretch goals for yourself. Aim for small achievements (which may stand alone or be part of a bigger goal) that you can tick off, which in itself builds confidence; use those achievements to build your confidence.
5. Practise positive self-talk - talk yourself up - make it a 'good' habit – at least once daily – in the car – in front of the mirror. Be your own cheer squad.
6. Stand up for yourself (don't let anyone ever make you feel like you don't deserve what you want – Heath Ledger pep talk)
7. Make time for things you enjoy – even if 15 mins per day – do something that you are keen on.
8. Be physically active – whatever that looks like for you – a walk or run, gardening, and sport; physical activity benefits your health in general
9. Be courageous – give things a go – one action at a time / one step at a time / one day at a time! Keep going. Get used to being comfortably uncomfortable.
10. Do what you say you are going to do! This is about building self-respect and fosters belief in yourself as well as a sense of pride.
11. Never lose sight of your bigger picture (longer term). It's a balance between your short-term and long-term goals. Sometimes you will have to dig deep, make sacrifices and be disciplined.

**Confidence is NOT “They will like me”. Confidence is “I will be fine if they don’t”.**

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