

Build Confidence

Condensed Version

IMPROVE YOURSELF

1. **BUILD CONFIDENCE**
2. Stress Management
3. Positive Thinking
4. Personal Development
5. Anger Management

No matter which person you saw in the mirror this morning (confident or not), you can learn how to improve your self-confidence.

What is Confidence?

Confidence is a belief in ones' self... a firm trust in yourself. You can feel empowered, knowing that you can tackle life's greatest challenges.

How to Build Confidence

This doesn't need to be difficult. It comes down to self-development. Learn how to become more confident by putting a "confidence building plan' into action.

Step #1 – Understand Who You Really Are

There is a constant self-image war that is going on inside our minds. Are you winning or losing? To win the war, you need to **understand who you are...how you tick!** Learn about your strengths, achievements, and weaknesses by making lists.

ACTION STEP – Create the following lists:

1. **My Strengths** - Write every strength that you have and anything that you admire about yourself.
2. **My Achievements** - Write down every accomplishment and achievement that you have made.
3. **My Weaknesses** - Write every weakness and limitation that you may have. For limitation, consider adding a note if you believe it is real, or a false limitation.

Step #2 – Set Goals

Look at your weakness list. Formulate a game plan on how to attack each of the weaknesses that you had listed. Rome wasn't built in a day; neither is building your confidence. Take each weakness and attach a goal to it. These goals should help you diminish and remove that weakness from your life.

ACTION STEP – Set goals, in connection with your weakness list.



Step #3 – Stay Positive, Kill the Negative

Sometimes we fail. We are human after all. Don't worry about falling down. You now have identified weaknesses and have written out a plan (goals) to turn those weaknesses into strengths

This is a reason to be POSITIVE and EXCITED about your future. Don't let the negative influence you. **Kill the negative right out of your life. Squash it like a bug.**

Say positive affirmations every day!

ACTION STEP – Write three POSITIVE affirmations that you can say to yourself...**every. Single. Day.**

Step #4 – Forget Yourself and Put Others First

After you have taken the time to do steps 1-3, then it's time to forget yourself and put others first. There is something magical about this step. You can become more confident when you worry less about yourself and more on the needs of others.

ACTION STEP – Find a way to help someone else today (and every day). Commit to it. Make it happen!

Conclusion

If you took the "action steps", then you now know how to develop a deeper and greater self-confidence. You *don't* have to walk through life with a *lack* of self-confidence. You are important. You can be confident and tackle life's greatest challenges.

You have a life that IS WORTH LIVING. Learning how to gain self-confidence is a key skill that puts **YOU** in control. And once you have that control, then you truly have **POWER OVER LIFE!**

