

Self-confidence is vital in almost every aspect of our lives, yet many people struggle to find it. Fortunately, there are several things you can do to increase it.

1. Confront your fears:

- a. There is no shortcut to gaining confidence. You have to face your fears.
- b. You may fail initially and feel uncomfortable but who cares.
- c. Fail, fail again, fail harder.
- d. Reprogram your subconscious mind by confronting your fears.

2. Dress Sharp:

- a. If you look nice, you will automatically feel confident.
- b. By dressing well you will start to feel much better and the same can be seen on your face.
- c. Practice the art of style and get some interesting clothes that fit well on your body.

3. Get physical:

- a. Your body has a powerful influence on your mood.
- b. Every time you complete your workout, your brain sends a signal that induces a sense of achievement which boosts your confidence directly.
- c. Lifting weights causes your body to produce hormones at higher levels, which makes you more confident and self assured.

4. Focus on Good Body Language:

- a. Keep your chin up, back straight, chest out, and stand straight without covering your neck.
- b. These feel good and can lead to a person believing that they are feeling confident.

5. Own your strengths:

- a. Your self-confidence relies on your ability to pay attention to your talents, achievements and advantages.
- b. By simply committing a little extra time each day to remind yourself of your strengths, you can boost your self-esteem and build that confidence.

6. Don't try to fit in:

- a. It is the greatest barrier in the path of confidence.
- b. It's not your job to think about what others think about you.
- c. They will laugh at you, they will mock you but in the end, they will use you as an example.

7. Imagine Yourself at Your Best:

- a. Picture yourself in your best shape and at the most successful.
- b. How do you look?
- c. How do you move?
- d. After you imagine yourself in this situation, you will see that you enter a state of high confidence and feel much more energetic.

8. Embrace failure:

- a. Anytime you do something new, you are bound to make mistakes.
- b. Accept this fact, and you will transform failure into a source of determination, not disappointment.

9. Start right:

- a. How you start your day has a tremendous influence on your mood for the rest of the day.
- b. Begin your day by tackling the most important task.
- c. Scratching off the most important task is like scoring the first goal of the game! It pumps you up for more action.

10. Maintain eye contact:

- a. This shows that you're interested in what the other person is saying and that you're taking an active part in the conversation.
- b. Don't fidget or look away while the conversation continues as this can make you appear distracted or anxious.