

# Self-Confidence:

*“A man cannot be comfortable without his own approval.” ~ Mark Twain*

By Liggy Webb

The real key to self-confidence is about believing in yourself and trusting your own views and opinions. At times, this can be difficult, especially if you have a tendency to listen to others and benchmark yourself against what they think of you. This is, however, very dangerous and the ability to establish your own inner benchmark to success is essential.

Every human being has the ability to take control and make positive changes. Other people can try and stop you, but only if you let them. When you look in the mirror, be proud of the person that you see, knowing that you do the best you can.

Tell yourself that you are confident and believe in yourself. Focus on your strengths and the positive aspects of your character and set about developing the areas that you have for potential.

The way a person carries themselves tells a story. People with slumped shoulders and lethargic movements display a lack of self-confidence. They aren't enthusiastic about what they're doing and they don't consider themselves important. By practising good posture, you'll automatically feel more confident.

Stand up straight, keep your head up, and make eye contact. You'll make a positive impression on others and instantly feel more alert and empowered.

## Write a speech

One of the best ways to build confidence is listening to a motivational speech. There are some great ones out there. You can even write your own. Write a 30 to 60 second speech that highlights your strengths and goals. Then recite it in front of the mirror aloud (or inside your head if you prefer) whenever you need a confidence boost.

When we think negatively about ourselves, we often project that feeling on to others in the form of insults and gossip. To break this cycle of negativity, get into the habit of praising other people.

Refuse to engage in backstabbing office gossip and make an effort to compliment those around you. In the process, you'll become well-liked and, by looking for the best in others, you will, indirectly, bring out the best in yourself.

## Sit at the front

In meetings and public assemblies around the world, people constantly strive to sit at the back of the room. Most people prefer the back because they're afraid of being noticed. This reflects a lack of self-confidence.

By deciding to sit in the front row, you can get over this irrational fear and build your self-confidence. You'll also be more visible to the important people talking from the front of the room.



*“Make the most of yourself, for that is all there is of you.”*

Ralph Waldo Emerson

**D**uring group discussions and meetings at work, many people never speak up because they're afraid that people will judge them for saying something stupid. This fear isn't really justified. Generally, people are much more accepting than we imagine. In fact, most people are dealing with the exact same fears. By making an effort to speak up at least once in every group discussion, you'll become a better public speaker, more confident in your own thoughts, and recognised as a leader by your peers.

Along the same lines as personal appearance, physical fitness has a huge effect on self-confidence.

If you're out of shape, you'll feel insecure, unattractive, and less energetic. By working out, you improve your physical appearance, energise yourself, and accomplish something positive. Having the discipline to work out not only makes you feel better, it creates positive momentum that you can build on for the rest of the day.

Too often we get caught up in our own desires.



We focus too much on ourselves and not enough on the needs of other people. If you stop thinking about yourself and concentrate on the contribution you're making to the rest of the world, you won't worry as much about your own flaws. This will increase self-confidence and allow you to contribute with maximum efficiency. The more you contribute to the world, the more you'll be rewarded with personal success and recognition.

#### Self - Confidence - Useful Tips:

- Believe in yourself first and foremost
- Tell yourself that you feel confident
- Develop confident non-verbal communication
- Read motivational books and quotes
- Be grateful for what you have
- Compliment other people
- Sit in the front row in meetings
- Speak up during meetings and discussions
- Exercise and energise and trigger your happy hormones
- Walk faster and put a spring in your step  
Look upwards and outwards

#### Life is what YOU make it!

The above article is an extract from *The Happy Handbook - A Compendium of Modern Life Skills* by Liggy Webb which is out now.



Liggy Webb is widely respected as a leading expert in the field of *Modern Life Skills and Workplace Wellness*.

As a presenter, consultant and author she is passionate about her work and improving the quality of people's lives. She is the founding director of The Learning Architect a consortium of niche industry experts. Liggy has developed a range of techniques to support individuals and organizations to cope more effectively with modern living and the demands and challenges of life in the twenty tens and beyond.

As a consultant with the United Nations she travels expensively and has recently returned from Afghanistan which she describes as biggest life education to date!

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