**The Importance of Self-Confidence**

It’s generally accepted that confidence plays a very vital role in one’s life. But do you really know what dose self-confidence mean? Well, it means that you have strong belief that you can do things and you will succeed in the end. If you want to do something well, you must have faith in yourself. Just like the old saying goes, confidence in yourself is the first step on the road to success. Otherwise, you may hardly to do anything right. Some people love to complain how incapable they are or how difficult their tasks are, they never think about the problem in themselves, which is lack of confidence. If they fail, they will refuse to have another try. Then they will never ever have the chance to overcome difficulties.

There are several reasons why people feel no confidence about themselves when they meet the challenges. First of all, they underestimate themselves. Second, they tend to overestimate the problems that in front of them. Last but not least, they are afraid of losing their face or making terrible mistakes if they fail.

There are many ways for us to build up self-confidence. Emerson used to say: “Self-trust is the first secret of success.” Before we do something, we should make full preparations and try to encourage ourselves that we will success. If we fail, don’t be afraid, try again; or turn to others for help. If we can overcome the adversities this time, then we will gain some confidence. Step by step, we would become more and more confident. We should have a right attitude toward our abilities and should never look down upon ourselves. The chief thing to remember is: failure is the mother of success.