

SELF- CONFIDENCE

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What is self confidence??

Self-confidence is the knowledge that you can do something and do it well. Self-confidence comes from firsthand knowledge of the task at hand, knowing your strengths and weaknesses, applying your skills to any situation. Self-confidence is extremely important in almost every aspect of our lives



Now thats what I call self confidence!

Types of self confidence

- *Low Self Confidence.*
- *Optimal Self confidence.*
- *Over Confidence*



Low Self-Confidence :

- Staying in your comfort zone, fearing failure and so avoid taking risks. Governing your behavior based on what other people think. Working hard to cover up mistakes and hoping that you can fix the problem before anyone notices.

Optimal self confidence. .

Self-confidence is extremely important in almost every aspect of our lives, yet so many people struggle to find it. People who lack self-confidence can find it difficult to become successful. Self-confident people inspire confidence in others.



Overconfidence. :

- Over Confidence. . . Often we come across people who are overconfident, i.e. egotistic and stubborn. Generally, these people have the so called “superiority complex” It is important to be confident but. . . Overconfidence makes you egoistic and irritating. Bragging about your qualities and achievements will not make you reach anywhere .

Self Test. . !

- *Do you fear or fail to make mistakes?*
- *Do you compare yourself with others?*
- *Do you doubt your strength and abilities?*
- *Do you feel bad , guilty ,nervous and angry when you don't get what you wanted?*
- *Do you say “I am like that only or if I. .?”*
- *Do you see yourself inferior than others?*

*If any answer for these questions is
“yes”...*

*Then I say you are in a state of feeling
“low confidence”!!!*

Steps to overcome low self confidence.

- *Self Acceptance.*
- *Self Belief. Self Image.*
- *Self Esteem. Self Talk.*
- *Self Analysis.*
- *Change Now.*

Self Acceptance. .

*Accept yourself as you are. Understand
“Experience is what you get when you
don’t get what you want.*

Self Belief. . .

*Remember your childhood: “You never
gave-up to stand and walk”*

Self Image. .

Its all how you see yourself. . Matters the most. .!!!



Self Image. . . :

- Its all how you see yourself that matters the most!!!



Self Esteem. . .

Its important that you FEEL good about yourself. . !



Self Talk. . . :

What you say to
yourself matters
the most. . .



Self Analysis. . . :



- Ask on what you have. . And then focus more on where you are lacking behind. .!

Change Now. .! :

- Change Now! Just as you change channels on your T.V. Just start changing the channel of your life.



Remove Negative Thoughts !



Like Yourself !!



I'm friendly



I'm polite



I listen



I study hard



I'm brave

I Like Myself



I take turns



I'm loving



I help



I have a gift



I share

Action plan for boosting the confidence within you. .

- *Love and accept yourself as you are.*
- *Say “Yes”.*
- *Start your day with a smile.*
- *Make mistakes ‘n correct it.*
- *Give a pat on your back.*
- *Count your blessings.*
- *Think feel and talk positive.*
- *Spend time with self confident people.*

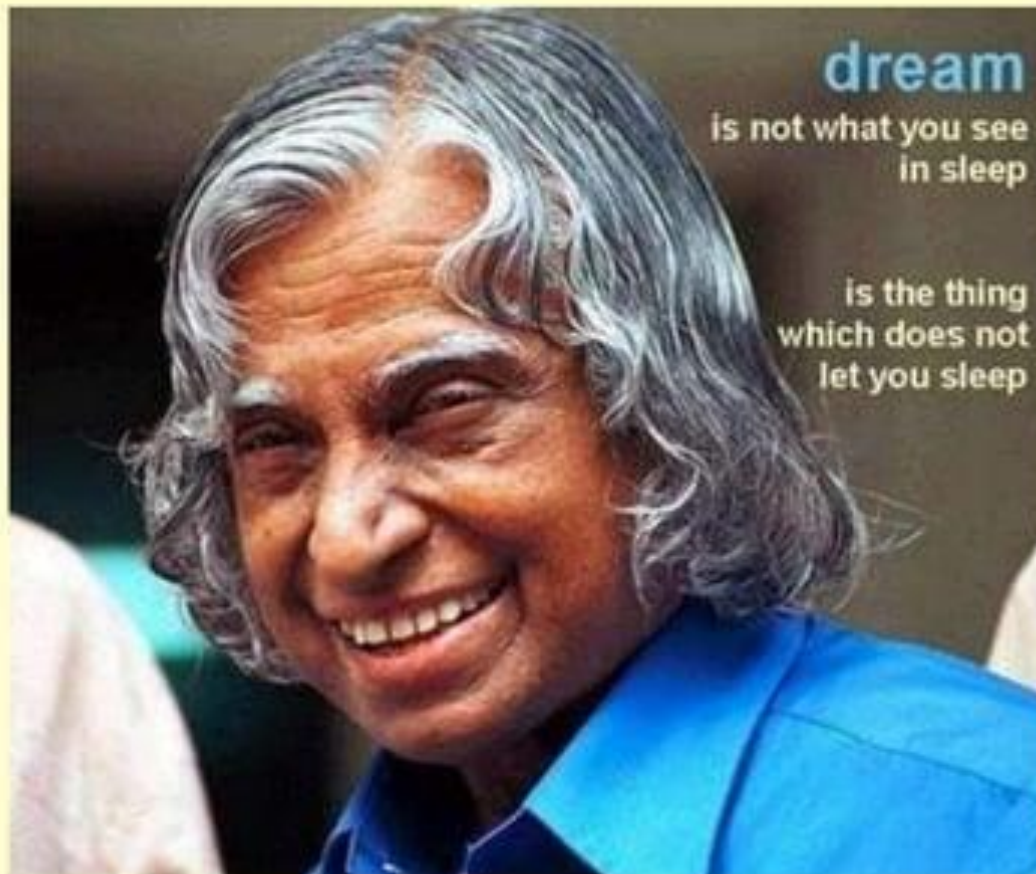
*It is not important to get it right.
.but its important to get going. .*

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*And after these if you feel you
cant get going in your life. . .just
remember . . . ?*

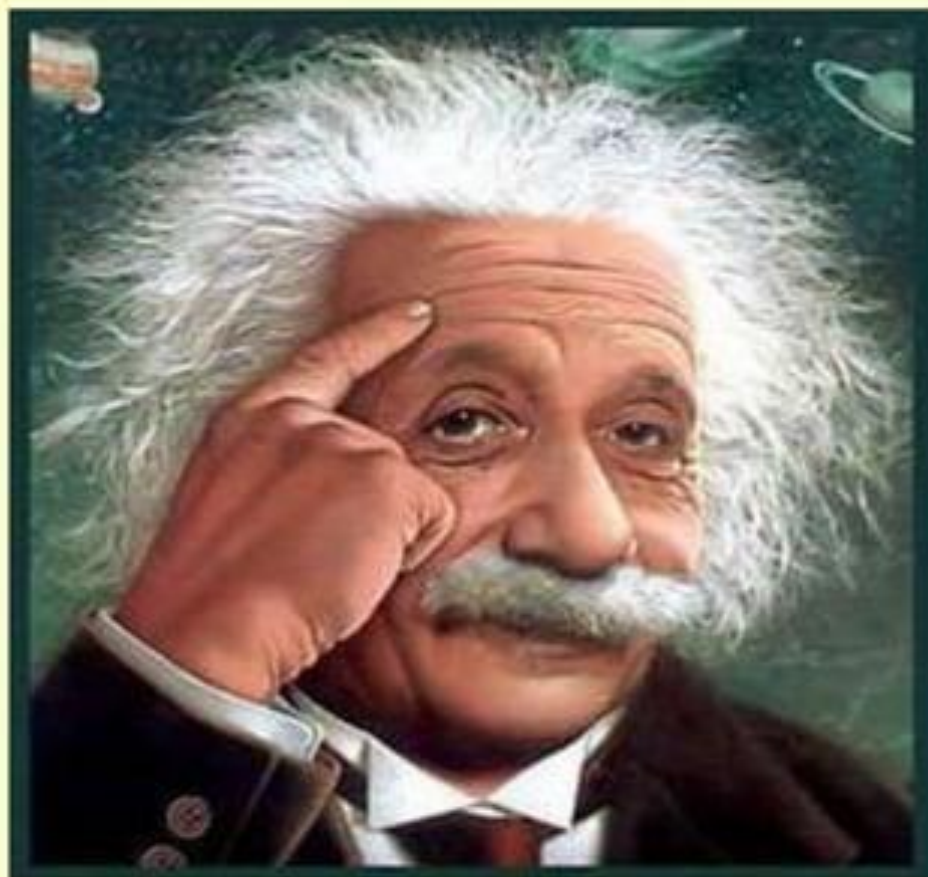
A small boy –the fifth among seven siblings was selling news papers in a small village to earn his living. He was not exceptionally smart at school but was fascinated by religion and rockets. The first rocket he built crashed. The missiles he built crashed multiple times. But his “Confidence” and get going sprit in him made him script the book “The space odyssey of India single handedly.

He is. . . Dr.A.P.J.Abdul kalam



A school teacher scolded a boy for not paying attention in mathematics. For not solving a simple problem. And said that he would not become anybody in life. But his mother's confidence in him made her coach him mathematics. And the boy went on to become. . . .

Albert Einstein.



When a gentleman invented a communication machine in 1876. It did not ring off the hook with calls from potential backers. After making a demonstration call the, President Rutherford Hayes said, it's an amazing invention but who would ever want to see one of them it in future.?! These words were said to

Alexander Graham Bell.



Are you the type of person who easily get influenced by negative advices? Follow this short self confidence lesson...

*Henry Ward Beecher, a prominent
congregationalist clergyman, social reformer,
abolitionist, and speaker in the mid to late 19th*

Century.



*The world will say,
'No!' in a
thousand ways.*

No! *You can't do that.'*

No! *You are wrong.'*

No! *You are too old.'*

No! *You are too young.'*

No! *You are too weak.'*

No! *It will never work.'*

No! *It will never work.'*

No! *You don't have the education.'*

No! *You don't have the background.'*

No! *You don't have the money.'*

No! *It can't be done.'*

*And each **'No!'** you hear has the
potential to erode your
confidence bit by bit until you
quit all together.*

*Though the world says, ‘No!’ to
you today, you should be
determined to say, ‘Yes!’ and
prove it! ”*



*Confidence does not
come when you have
all the answers..!*

*But it comes,when
you are ready to face
all the questions...!!*

*And at the end I would like to
say. . . . A winner is not the one
who never fails but. . .the one
who never quits.!*



Success comes in cans, not cant's.

Thank you