

SELF CONFIDENCE



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What is Self Confidence?

- Having belief about yourself and your abilities.
- In order to achieve our vision, we need “wisdom” (holistic intelligence with experience) and “Determination and Enthusiasm”
- For that we need “Self Confidence”
- Self Confidence means ‘Trust to ourselves with full of inner strength.
- These are our means and tools to make our dream or purpose come true.

Definitions of Self Confidence

- Believe what is in the line of your needs, for only by such belief is the need fulfilled... Have faith that you can successfully make it, and your feet are nerved to its accomplishment.'

(William James, Principles of Psychology)

- confidence in yourself and your abilities

(Oxford Advanced Learner's Dictionary)

- A feeling of trust in one's abilities, qualities, and judgment.

(US English Dictionary)

How to Develop Confidence

- Identify your negative thoughts.
- Turn your negative thoughts to positive thoughts.
- Refuse to allow negative thoughts to occur more often than positive thoughts.
- Maintain a positive support network.
- Eliminate reminders of your negativity.
- Identify your talents.
- Take pride in yourself.
- Accept compliments gracefully.
- Look in the mirror and smile.

Advantages of Self Confidence

- Greater self worth.
- More happiness and enjoyment.
- Freedom from self doubt.
- Greater strength and capabilities.
- Freedom from fear and anxiety.
- Freedom from social anxiety.
- More peace of mind and less stress.
- More energy and motivation to act.
- Greater success
- More beneficial and enjoyable interactions with others.



*How To Build Self
Confidence : 10 Step
By Step Processes To
Help You Gain Self
Confidence In Life*



What are you afraid of?

- What is the one thing you cannot do?
- Not a list, just that one little thing which is important to you
- Why do you think you cannot do it?

The first step is in acceptance and if you ask me, you have already started.

Why Are You Afraid of It?



What are your reasons?

- *I have tried it before and it has not worked.*
- *I have seen more intelligent people try and fail.*
- *I don't have it in me, I am not capable enough.*

Be honest, not to me but for yourself, why do you think you cannot do it?



What Does Achieving This Mean To You?

- *Does this mean that you can achieve your goals better?*
- *Does it mean that you can solve bigger problems?*
- *Does it mean that you are capable and successful?*

**We are talking about just the what,
we will get to the why soon.**



Imagine You Were Completely Self-Confident



- *How does that make you feel*
- *What is the image you have about yourself with this much confidence?*
- *How would you approach the problems if you were confident?*

**Don't focus on what you are afraid of,
focus on what you want.**

Think of All Your Successes in The Past



SUCCESS Stories

- *It was you who achieved those successes despite challenges.*
- *How did you do them, what did you feel when you won over them?*
- *What drove you to achieve them, they weren't very easy!*

**If we can remember our past fears, why
not our past successes?**



Forget The Failures of The Past

- *You were a different person back then.*
- *You are a different person now, with more capabilities.*
- *Don't punish the present self for the past mistakes, go beyond them*

We all fail, but not all get up. It happened a long time ago, MOVE ON!



Identify A Hero, A real Life Hero

- See how they handle these challenges, understand their mindset.

- See how these practical masters work, what can you use in your life from their experience?

- Imitate and develop the mindset, that is all you need.

You don't have to find a superstar, you need a regular everyday hero who you can see, feel and relate to.

Take Pride in Making Mistakes

- 
- A silhouette of a person with their arms raised in a celebratory gesture, set against a warm, orange-hued sunset background. The person's arms are spread wide, and their head is tilted back, suggesting a moment of triumph or release.
- *No one is meant to be perfect, mistakes are not an aberration, they are the norm.*
 - *Don't be shy of mistakes, be proud of them, they are your actions.*
 - *Perfection is the worst standard in the world, be exceptional!*

Make mistakes, make them quick and more importantly learn from them.

Stop Comparisons

- *My neighbor is better than me in this. You are better than him in many other ways.*
- *So what? Everyone has their own share of problems, focus on your own.*
- *No one can lead your life, stop trying to compare them to you, they are not even close.*



Your life, your rules - No one has a say in that!



Forget The Stupid Society

- *Don't try to satisfy the rules of the society, you will never win even if you do.*
- *Try satisfying your own self, what you do is for yourself!*
- *The society will always come around, it has a way of embracing successes, let it come to you.*

Don't chase the silly society, let it come to you and when it does, it does come with a lot of respect.

THE END

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