How To Build Unshakeable Confidence In Any Conversation Fast!

Your level of self-confidence can show in many ways: your behavior, your body language, how you speak, what you say, and so on.

Here we have actionable tips to help you increase your confidence starting today!

1. Practice Positive Self-Talk and Positive Affirmations – It has been proven that positive self-talk can improve your confidence and reduce stress, along with other benefits. Get into the habit of practicing positive declarations. Say positive things about yourself and the situation you're in that make you feel uncertain.

For example, tell yourself:

"I am confident in my abilities."

"Everything will work out."

"I can do this!"

"With each conversation, I am getting better."

"I will rock this interview!"

"Today is going to be a good day"

2. Educate yourself – Knowledge creates confidence. Understanding the fundamentals of communication and using them daily will help you to build confidence.

Educating yourself by taking this course will make you more confident because you will now have a process to refer to, a guide, and to know what to do in any situation.

Reading books, listening to interviews, watching videos and experiencing different conversations are all a part of educating yourself. What you're confidence blow up when you've gone through difficult or deep conversations, or when you have a great conversation.

3. Practice – Educating is a huge part of confidence but practicing what you learned takes you to the next level. Practicing what you learned consistently will help you get in the habit of behaving more confidently. Knowing what to say and making a great impression takes practice. You will increasingly build more confidence with each person you talk to using the skills you have learned.

4. Find a friend who will give you constructive feedback – Receive as much feedback as possible that you're comfortable with. While you don't want to completely rely on the opinions of others to boost your confidence, you do need to validate how effective you are and how far you've come along.

Validation can also be very effective in building confidence when you receive good advice or constructive feedback.

Ask the person you're receiving feedback from to tell you what improvements need to be made and what you did well. Think of 2 people who you trust and will give you honest advice.

5. Be OK with Mistakes – No one likes to "fail", but failure is an indicator of learning or it shows you, something needs to change.

Sometimes society makes us feel like a mistake is the end of the world or we should never make a mistake. But, mistakes are human nature and most humans learn best

through mistakes. If you are serious about getting confident, then you need to become comfortable with not being perfect.

There is no easy way to do this but fix your mistakes as soon as you realize it and learn how to avoid it in the future.

6. Avoid Negative People – Find trustworthy people in your life and try to share experiences only with the people who will encourage you. Surrounding yourself with supportive people can change your life.

Raj Raghunathan, Ph.D., writes on Psychology Today, saying:

"It can be excruciatingly difficult to deal with negative people—people who bring your mood down with their pessimism, anxiety, and a general sense of distrust.

Imagine being constantly discouraged from pursuing your dreams because "very few people make it big." Or imagine being constantly warned against learning a new skill—like Scuba diving or horseback riding—because "it's too dangerous."

Likewise, imagine being routinely exposed to negative judgments about other people (e.g., "I can't believe you told our neighbors that you failed your driving test—now they'll never respect you!")

Constant exposure to such negativity can make deep inroads into your bank of positivity, leading you to either become negative, diffident, anxious, and distrustful yourself, or to become indifferent, uncaring, or even mean towards the negative person."

It can be excruciatingly difficult to deal with negative people. If you're around people who bring your mood down with pessimism and anxiety, RUN!

Think about it in terms of the following chart below.

Most people would feel high self-esteem, about their abilities, and good about standing up for their beliefs when behaving confidently — as listed in the left column. They are doing what makes them happy. The opposite is true about the right column.

Which thoughts or actions do you recognize in yourself and the people around you?

Confident Behavior	Behavior Associated With low Self-Confidence
Doing what you believe to be right, even if others mock or criticize you for it.	Governing your behavior based on what other people think.
Being willing to take risks and go the extra mile to achieve better things.	Staying in your comfort zone, fearing failure, and so avoid taking risks.
Admitting your mistakes, and learning from them.	Working hard to cover up mistakes and hoping that you can fix the problem before anyone notices.
Waiting for others to congratulate you on your accomplishments.	Extolling your own virtues as often as possible to as many people as possible.
Accepting compliments graciously. "Thanks, I really worked hard on that prospectus. I'm pleased you recognize my efforts."	Dismissing compliments offhandedly. "Oh that prospectus was nothing really, anyone could have done it."

Source: Mind Tools

Summary Of Building Your Confidence

Self-confidence is extremely important in almost every part of our lives, and people who lack it can find it difficult to become successful.

Two main things contribute to self-confidence: **belief in your innate ability to achieve goals and overall evaluation of your own worth.**

You can develop confidence by:

1. Preparing yourself by educating yourself.
2. Practicing the skill, you want to learn consistently.
3. Creating and achieving goals. Start small.
4. Finding positive people to be around who will support you.

Key Points

Self-confidence is extremely important in almost every aspect of our lives, and people who lack it can find it difficult to become successful.

Two main things contribute to self-confidence: belief in your innate ability to achieve goals and individual's overall evaluation of their own worth.

You can develop confidence with these four steps:

1. **Prepare by educating yourself.**
2. **Practice the skill you want to learn consistently.**
3. **Create and achieve goals. Start small.**
4. **Find positive people to be around who will support you.**

As long as you keep on stretching yourself enough you'll find your self-confidence building and increasing. If you do this you'll have earned your self-confidence because you will put in the hard work necessary to be successful!