



Power Of Confidence



Melody Bass

www.AboveAllHealing.com

5 Ways To Show Confidence

A lack of confidence is one thing that stops people from reaching their dreams, enjoying their lives, trying out new things, or affecting the change they desire to see in their lives. Confident people can achieve anything because they aren't afraid to try out new things. They don't wait for approval or worry about what others think and always go after what they want without being apologetic.

One thing that's preventing most people from attaining their goals, executing their ideas, getting that promotion at work, growing their business, or attracting clients is a lack of confidence. People want to work with someone who is not just good at what he does but also displays confidence and shows that he's sure of his work. Showing confidence is a great way of attracting the right people, having more clients, forming valuable relationships, as well as setting yourself up for opportunities.

So, how do you show confidence when interacting with other people, negotiating deals, working, and in every area of your life?

1. **Maintain a good posture.**

People are naturally attracted to individuals who maintain a good posture, stand tall, and maintain eye contact when talking. It is a sign of confidence and communicates that you are sure of yourself. So, avoid slouching, fidgeting, and breaking eye contact when interacting with other people. Keep a good posture and always appear confident even if you don't feel confident on the inside. It will go a long way.

2. **Practice good grooming.**

Your outward appearance determines how you feel about yourself. It can either improve your self-assurance or harm it. This is why confident people practice and prioritize taking care of themselves, looking clean, and dressing properly. A clean appearance makes you feel good on the inside, enhances self-confidence, and shows that you are sure of yourself. Therefore, practice good grooming, and always dress the part when meeting up with clients, going to work, or during social gatherings.

3. **Believe in yourself.**

There is nothing that screams "incompetent" than someone hesitant and unsure of what she's doing or saying. Attracting the right people, forming worthwhile relationships, getting investors interested in you, and attaining your aims start with believing in yourself.

Believing in yourself and having faith in what you are doing enhances your self-confidence and helps you demonstrate confidence when communicating with others. So, have faith in yourself, your work, and reflect on all the great things you have accomplished whenever you feel your confidence crushing.

4. **Be a good conversationalist.**

Your ability to start or hold conversations shows how confident you are. Are you good at starting conversations? Are you a good listener? If you answered NO to either of these questions know that you need to make some changes. Being a good conversationalist or being able to approach people is an excellent way of showing confidence. It communicates that you are interested in other people and are sure of yourself.

People are attentive to those who start conversations, engage in worthwhile conversations, pay attention when others are talking, and ask questions where relevant. So, demonstrate self-confidence by beginning chats and being a great conversationalist.

5. Smile.

Smiling is another way of displaying confidence. Smiles are contagious and people are naturally drawn to someone who smiles because cheerful individuals often appear relaxed, happy, and comfortable in their skin. They have an *"I have it all figured out"* appearance and are approachable. Smiling keeps people thinking that you are sure of yourself, comfortable in your situation, happy with your life, and confident about your abilities.

Building and showing confidence can be difficult but with practice it is doable. Therefore, practice over and over and use affirmations to accelerate the process. *"I believe in this"* *"I can"* *"I have what it takes"* and *"I will get this done"* are examples of positive affirmations you can say out loud daily to improve your self-confidence and in turn, display it when communicating or working with other people.

Recognize that individuals who appear naturally confident weren't necessarily born that way. They worked on their confidence and practiced over and over until it came naturally to them. You can also achieve that.

Maintaining your confidence may not be easy because of all the uncertainties and unfavorable situations you encounter in life. Nonetheless, understand that you can preserve your self-assurance amid the misfortunes, challenges, failures, and other bad occurrences in life. You achieve this by believing in yourself, realizing that you can still reach your goal, dwelling on positive thoughts, and having faith in what you are doing despite a series of setbacks.

Being sure of yourself as well as displaying confidence when interacting with other people is the key to succeeding in any area of your life, forming lasting relationships, attracting the right people, preserving good relationships, and reaching for your dreams. Therefore, ensure you display confidence at all times.

6 Signs You Are Overconfident

We have all heard of the merits of possessing that essential quality called confidence. We have been told how it allows you to "go far in life" and to be successful either at work or in relationships. But as they say, too much of anything is never good. The same applies to confidence. Too much of it is counterproductive, it even harms our relationship with others. What though is over-confidence?

First, let us define pure confidence. As the Oxford Dictionary puts it, confidence is a feeling of self-assurance arising from an appreciation of one's abilities. Pure and simple. Over-confidence, on the other hand, means we take that confidence to extremes, it becomes arrogance; that is, an exaggerated sense of one's importance or abilities. Emphasis on the word "exaggerated." In other terms, you become what people call "big-headed" or full of yourself.

It is bad right, to be big-headed? Yes, everyone pretty much agrees on that. The crazy thing is people who are big-headed or overconfident don't even notice that they are exhibiting this bad trait. To them, all is peachy. Let us take a look at some of those warning signs that can help tell if you are overconfident or not. If you notice any of the following traits in you, it is time to pause and reconsider.

1) They are very loud

At any gathering or any social event, over-confident people are usually very loud and they take over the whole platform. They want to dominate any conversation, without even pausing to think if what they are saying is appropriate or relevant. Remember, they are so full of themselves and it never occurs to them to pause and listen. This leads them to many problems with their remarks and their language. They usually come out offensive and not so "politically correct."

2) They don't listen or consider other people's opinion

An over-confident person is your typical "know-it-all." They never listen to what others have to say because others are less important to them. Since they know everything, the opinions of others do not matter. Like Mussolini, they are always right. They are the people who are always interrupting others in mid-speech and taking over the dialogue altogether. In this way, they always come out disrespectful, and domineering.

3) They do not strive to be better

As the definition puts it, over-confident people have an exaggerated view of their abilities. This means that they think they are the ultimate best and thus they never seek to ameliorate themselves. They feel like they are at the zenith and above anyone so to them there is no more room for improvement. They are the gurus of everything they do, even when most of it is just

pretense. They remain stagnant when it comes to gaining knowledge or practical skills. In the end, their performance usually suffers.

4) No doubt or second-guessing

A modicum of self-doubt is required in life if we are to do things the best way. Things change and people have to be flexible enough. While confident people know that there are alternative ways to solve some problems and listen to others for feedback, over-confident people never even second-guess their ways. They walk in the right and everyone else is doing it wrong. They are rigid and obstinate. These mannerisms usually result in a lot of blunders.

5) They do not admit their mistakes

It takes a lot of humility to admit and own up to one's mistakes, to say that were wrong. Given their propensity of thinking they are always right, over-confident people commit many avoidable errors. Yet, they never admit that they are at fault even when someone explicitly points it out to them. They always find ways to shift the blame or others or on the circumstances: they are never in the wrong. This leads to many frictions in the workplace or relationships. In the end, they are intolerable and hard to work with.

6) They are not subtle

It takes a lot of tact to be subtle. Many situations in life and human relations require some level of subtlety. When it comes to the arrogant, with their penchant for loudness and disregard for others, they can never be tactful or subtle. They are blind to subtext and thus can never work in environments where tact is needed. They trump all over like drunk elephants, making a lot of noise and blunders.

Over-confidence is never a good trait. And when you are in the grips of it, it is hard to notice or change. It requires a lot of humility on one's part to admit one's failings. This is the first step to getting to a solution. If you notice that you do any of the above things, try extremely hard to make an effort. Listen to others, pause and reflect before you do anything. Always look for the best way to solving a problem. This will go a long way in your profession and relationship with others.

9 Signs You Lack Confidence

Self-confidence is a pretty much essential quality in life. Most of our daily dealings and confrontations require that we show some level of self-confidence. For some, it is pretty much hard to come by. Due to their personality or their past encounters, many people are not self-confident enough. This lack of confidence manifests itself in various ways. As they say, the first step to a solution is recognizing the problem. So how can one tell that they are lacking when it

comes to confidence? Let us look at some of the signs.

1) They always seek approval or validation from others

People who are not confident are never sure of themselves. They are not comfortable in their skin and thus are in a constant quest for validation from their parents, bosses, or their peers. They feel better when they please others even when what they did does not resonate with who they are at the core. They are the people who are most likely to take on all the extra duties at work simply just because they want to please their employers. They usually find themselves in uncomfortable situations as they are driven by a "people-pleasing" attitude.

2) They are indecisive

Indecision is one of the signs of a lack of confidence. Second-doubling is a good trait but from a certain level, it becomes a crippling pathology. People with no self-confidence always are not sure of what they want or what they are doing. They procrastinate even when it comes to the simplest of tasks. Always burdened with self-doubt, the decision-making process is such a burden for those who lack confidence. Most times, they avoid making decisions altogether and let others decide for them.

3) They are always apologizing

Humility is an essential human quality. It makes it easier to deal with others. However, those who lack confidence take it to extremes. They are constantly apologizing even when they are not in the wrong. They can't bear it when anything goes wrong, even when they are not involved. And thus, they even constantly apologize for other people's behavior and mistakes.

4) They avoid eye contact

Because they feel worthless and not confident with themselves, people who lack the confidence to avoid eye contact. They constantly evade the gaze of others, wanting usually to go unnoticed, so they will be busy looking elsewhere other than in the eyes of the one they are talking to.

5) They are socially awkward

When you lack self-confidence, you constantly self-isolate. This is because human interaction seems like a lot of effort for you and you are never sure of what to say, how to behave, or how to interact with others. When you find yourself at social gatherings, you do everything not to interact with others, checking your phone, or just going to sit alone on the corner couch.

6) They can't stand up for themselves.

Even when they have a useful gem to share or help, those without self-confidence prefer to shut

up. They "die with their music still in them" as one writer would put it. This means their voices never get to be heard, they never dare to speak up and contribute. In the end, they are always exploited or taken advantage of since they can't voice their concerns or grievances.

7) Poor body posture

People who lack confidence always want to occupy the smallest space possible so as not to be seen. They take a slouching posture, never standing upright to be fully seen. Their hands are always folded in what can be seen as a defensive position. Self-confident people, however, always stand up tall with their chin up, and they sit straight upright in their chairs.

8) They cannot stand criticism

It is hard for a person who lacks the confidence to take any form of criticism, however constructive. Since they are always in doubt of themselves and their capabilities, any form of criticism is taken at a very personal level. Instead of listening to how they should have acted, they pretty much see criticism as an attack on their personality.

9) They avoid action

Courage is one of the lacking traits in people who lack confidence. Since they are scared of criticism and of failing, they pretty much stand aside and let others do all the essential work. They try as much as they can to never get noticed and they are not confident of their capabilities. In this way, they tend to lose out on gaining practical knowledge.

Do you identify with any of the signs above? If yes, it is time to act on gaining some self-confidence. Be bold, improve your posture, exercise, and do not be seeking approval from others. If you have something to say, speak up. Do not drown yourself in the miserable corner. Take chances and try to always live life the way you want.

Be Confident Even If Introverted

Introverts are known for keeping to themselves. They do not go about seeking attention and they prefer time to themselves among other things. Do not get it twisted though, there is a difference between being shy or lacking confidence and being introverted. A shy person is afraid to interact with others even if he or she would love to due to fear of negative evaluation whereas, an introvert enjoys being alone and finds spending a lot of time with others draining. While some people become introverted because they are shy or lack confidence, for most people who choose to be introverts the choice is more about preferences and boundaries.

There is nothing wrong with being an introvert. Introversion can be a good strategy for filtering who enters your space based on the value the person is likely to bring into your life. If not taken to the extremes, enough alone time allows you to be in touch with your inner self and work on

growing as you go through the self-discovery phase. It is important, however, to be able to still claim your space in the world when it is time to get out and work on your dreams. After all, you do not need to be loud to be heard and the most important thing in human interaction is knowing what to say or do and how to say or do it at the right time.

But what if you are introverted and also lack self-confidence? The worst thing that can happen is for you to continue to stay in your corner and do nothing about it. You need to work on getting your voice and fighting whatever is pulling you down. You can be okay with being unconfident and introverted if your dreams can be achieved and purpose fulfilled without the need for too much human contact. But, even if that were to be the case, limited human contact can also limit your chances to grow and explore. You need to be in touch with the world and what is happening around you.

You can do the following to become a confident introvert;

Improve on your skills – in most cases, people lack confidence because they are not sure whether their skills or ideas are good enough in the presence of other skilled people which then causes them to choose to be silent rather than 'proving themselves incompetent. If you do feel that way sometimes, the best way is to improve your skills and knowledge, especially your communication skills. The more informed and skilled you get, the more you become confident in your interactions with others and in doing your work.

Learn to believe in yourself – more often, you are not the only one in the room who is not sure of what they are doing or what they want to say. You could be the smartest in the room and you do not know it. The difference between you and the person who makes you shake with fear when you think of raising a point is that while you would rather save yourself from embarrassment, they would rather share their thoughts and have others correct them and build on to the idea.

Think of the time you sat in a meeting or seminar with others and a question was asked or the presenter asked for contributions. Remember how you were burning inside desiring to make your contribution but you could not due to fear of having all eyes on you or being judged in case your contribution was not good enough. As you were still debating as to whether you should say something, someone else shares that same idea and it turns out to be the solution everyone was looking for. Believing in yourself can help you gauge your level of growth judging from the requirements in your settles.

Master the art of saying and doing the right things at the right time – nothing can make you lose confidence like doing or saying something that you thought was of value but you feel it is not appreciated. In some cases, it is because you said or did it when it was not a priority or relevant. Carefully consider the situation and do your best to be relevant in addressing it.

Challenge yourself – do not settle for less; living life without confidence is way less than what you deserve. Challenge yourself to improve your sense of worth and everything else that you can change.

Know yourself and your story – know who you are, where you are coming from, and where you are going. This will keep you focused and also make it hard for others to convince you that you are what they think you are. It will also force you to keep growing and enable you to fight for what you stand for or believe in.

Quit overthinking – loosen up a bit. Not everything requires to be scrutinized. The tendency to scrutinize things can make you see negatives even when they are not there. It is either you will start doubting yourself or what you are thinking of.

Avoid toxic environments and critical people – environments where negativity is dominant and the people are quick to point out faults than they do good things and make you doubt many things about yourself including your ability to interact and live in harmony with others. It gets so easy to believe that you can never be good enough in anything. Learn to walk away from such and train your mind to recognize the good in you and not give room to unconstructive negative remarks from others.

Confidence Building Steps For Introverts

You have just come from an event where everyone enjoyed themselves and kept iterating “we should do this again sometime soon” but all you were thinking was, “I think I’m good without all this socialization for the next six months or so.” You are drained after all the small talk that characterized the evening. You need time alone just so you can get back to yourself. If this describes you after a social event then you probably are an introvert. While extroverts charge themselves around many people, you on the other hand thrive better in your own space. Is there something fundamentally wrong with you that you need to worry about and change to be socially acceptable? Not, there is a lot that extroverts could learn from you also but where we can improve certain traits let us take the opportunity to so here are tips on how to build your confidence:

Step 1: Be comfortable in your skin

Knowing yourself means you don’t have to second-guess your behaviors at every point and consequently stress about them. Embrace that part of you that prefers to introspect instead of involving other people in your business. Take time to find out why you prefer keeping to yourself. Did something happen that caused you to have trust issues with other people or do you just find that when you look within yourself you get the best answers? Is it that you are the one person with whom you can be real with, and perhaps a few others thus your affinity to keeping a small inner circle? Maybe you love speed so it makes sense that you love to work alone and teamwork isn’t exactly something you enjoy. You will take text messaging over making calls any day but why is that so? Once you find out why these things are so, you are one step into building your confidence. It is easier to own your personality when you understand why it is shaped in that particular manner. If it proves to be difficult to fully grasp why you have these traits, talk to other introverts. They may explain it so well that you find yourself saying, “Exactly that how I think too!”

Step 2: Hold backless.

Maybe it’s out of character but what is life without stretching yourself and taking chances to try out new things? You probably are the last person to raise your hand when volunteers are wanted anywhere but

do it without thinking next time. Being an introvert doesn't mean that you should live life on the terraces. Come out of your shell sometimes, it will boost your confidence. Avoid spending your time thinking and overthinking anything, it's partly the reason why you don't like putting yourself out there. Your imagination is too wild when it comes to fabricating scenarios where you could get embarrassed or things go wrong.

Step 3: Excel at what you do

Many excellent artists have shocked fans when they came out and said that they were rather shy people. This usually comes as a surprise because all the fans see is a healthy level of confidence in these celebrated people. Where does this confidence come from? Accomplishments, that's it. When you give your all to your cause and attain success, it is almost automatic that your poise will be boosted. Work hard, work smart, keep your eyes focused on the desired end goal and you can rest assured that will increase your self-worth.

Step 4: Keep your joy

This may sound too simple but it is easier to be confident when happy. Beaten down people walk around with hunches on their backs and faces to the ground. Make it your mandate to solve your problems quickly before they weigh you down and do those things that put a smile on your face. Love as you may personal space, it will always be invaded by people as long as you live in this world so set yourself free enough to express your feelings of disgruntlement whenever you have them. Don't close them in lest they begin to eat you up from inside

Step 5: Channel it

Speak up, square up your shoulders, and make eye contact. Talk to yourself in the mirror and affirm that you are a confident person. This may take time to stick but it will eventually become a part of who you are. Keep practicing confidence, present yourself well. Look the best you can every day and you will see a change. It is much easier to act confident when you appear so.

It would be nice to become known for something else other than the fact that you are an introvert. Develop other qualities like kindness, sincerity, bravery, sensitivity so that the fact that you are not a people person comes secondary. Though introversion is a natural thing, most people prefer to stay away from introverts. They regard them as antisocial, but you can be that introvert that isn't socially awkward if you continue to grow in character.

How To Build Self-Confidence

Confidence is an essential quality in almost every walk of life. Whether your career is in public speaking or elsewhere; the more confident you are, the more people are liable to listen to you or trust your opinion. Confidence goes a long way. It makes one more self-assured and productive. Those who constantly live in doubt and lack confidence rarely start or finish meaningful projects in life. If we are to be people of boldness and action in life, we need the essential quality of self-confidence.

For some, self-confidence comes quite easily. Others, however, struggle when it comes to it. They constantly doubt themselves and thus procrastinate in many things since they are scared of failure. Self-doubt is not bad but it is pretty much toxic after a certain threshold. So how then can one become self-confident? How do we get to attain this useful quality and get to write our own success story?

1) Know your strengths and weaknesses

For you to be able to be confident, you first have to know yourself. Go deep inside and see where you are strong and where you are lacking. Once you know that, try to practice hard or gain more practical knowledge on the things you do not do or know well. One cannot be confident in something they know nothing about. Keep questioning and getting more enlightened. As the aphorism goes, *knowledge is power*. Once you get to know yourself and fortify all those weakest points, you will get more confident in your capabilities. And no one will take that away from you.

2) Do not give in to fear. Take action.

Most people are scared of failure. The reason that they will never fail if they do not try. In the end, they stand back while others (the capable ones) do all the work. If you are to gain more confidence and practical knowledge, you have to be pragmatic. When one practice more, they get better at whatever they are doing. Past failures only help you to be better the next time. Do not dwell on those past errors, learn from them instead. So do not stand back and watch, be a doer, and surround yourself with doers.

3) Exercise your body more

A healthy body builds more confidence. Studies have shown that people who engage in physical activities are, on average, more confident than those who do not. Physical activity stimulates the release of endorphins in the body. This makes one feel good, generally, and help with self-confidence. Exercise also reduces stress and helps with memory and retention. Engage in physical activity, eat well, and get that much-needed rest. In a healthy body, the mind is more focused and relaxed. And that relaxed feeling is the essence of self-confidence

4) Be authentic

Ever heard of the phrase "not comfortable in his/her skin"? It is usually used to refer to people who tend to cower down and are not confident. Most people are busy trying to be something or someone they are not. And this gives them a feeling of low self-esteem. How can you be successful at being someone else if you fail at being yourself? Authenticity is key to self-confidence. Be comfortable with who you are, embrace yourself fully. Do not compare yourself with others and do not mind what other people think of you. If you spend your time worrying about what other people think, you will never get to fully be in your skin. Live life the way you want to, don't get caught up in the ideals of others. And do not listen to people who try to bog you down with how impossible it is to try something new.

5) Try out new things

Many people play to their strengths only. Thus when faced with other new tasks, new ventures, their façades are torn down; they cower. But someone who is always trying out new things gets rid of those misgivings. They know that failure does not show that you are incapable. The more you try things out of your comfort zone, the more daring and self-confident you become. Also, your imagination and creativity get boosted. This also reinforces the feeling of self-confidence.

6) Practice mindfulness

Mindfulness helps one to be in the moment. Those who are self-confident are always in the present. However, if you constantly worry about the future or the past mistakes, you are never in the moment and thus you are less confident about yourself. Be there, in that precise instant. Focus on the task at hand and not on the blunders of the past or the worst outcomes that may come. When you do that, you can always exhibit this irresistible sense of awareness and confidence.

So do not cower down and wallow. Go be daring and just jump into action. Try out new things and keep yourself in good shape. Doing all of the above will bring you closer to the bold and daring self-confident you.

If You Do Not Believe In Yourself No One Else Will

We can never stress enough how important it is to believe in oneself. Being confident in yourself can help you achieve your dreams and more. No amount of motivation and push can help you if you do not believe you have what it takes to reach your objectives. Dreaming alone and setting goals can be a scary idea if you lack self-confidence. What makes believing in yourself so important, however, is not just what it can help you achieve on your own but also how it affects your relationship with others.

You may be asking yourself if what others think matters and whether they're not believing in you makes a difference. It is an indisputable fact that people are social beings. While we can keep to ourselves and survive with just food and water, we need more than that to live our lives to the fullest and experience much of what our world has to offer. Keeping to ourselves stifles development and when it reaches the point of not caring about other people, then we have completely lost touch with our human side. This does not mean we need to go out and make connections with anyone and everyone we meet. Rather, we need to build healthy relationships with other people, and the fewer the better.

What happens if you do not believe in yourself?

- You can be hesitant to grab opportunities due to doubting that you are good enough and can do better than your competitors. Opportunities are lost and by not taking the

challenge you are missing a chance to know how great you can do. In the same vein, even when you have great ideas you sometimes cannot speak up because you fail to see value in them.

- You are full of fear, especially the fear of being judged. This is one of the main reasons people who lack confidence often hide in a corner. By so doing, they fail to build relationships with others, approach people for help and they are not brave enough to let others know how they feel.
- Others may never know your skills and potential which can lead you to be excluded in some activities that could be of benefit to you. The intelligence and power you have within you are useless if the world is unaware of them and they are not put into practice.

Why no one else would believe in you

Imagine yourself as an aspiring entrepreneur. You have a dream but to make it a reality you need to work with established companies, investors, or other partners. These people need to understand where you are going with your idea and will ask questions as you pitch it. If you do not have confidence you will struggle to give satisfactory answers and most likely break under pressure because you do not trust yourself enough and the questions sound more like interrogations rather than attempts to understand you better. When that happens, you appear more as someone who is disorganized and may fail to convince the listeners that you know what you are doing. To win in such situations, you need to be confident about your plan but leave room for input and criticism that can help you grow. It is your idea, own it without the fear of being ridiculed and take charge as your listeners need you more. However, do not be overconfident.

If you have successfully established your business, it is imperative to then build relationships with whoever is directly affected or can directly affect your business operations. This requires you to know your products or services and how much value they have. Your potential customers will see the value you attach to them yourself through your advertising and pricing.

Failing to believe in yourself also affects your social and romantic relationships as people who lack confidence tend to self-sabotage and allow people to mistreat or abuse them. Some romantic relationships fail because someone's low self-esteem gets them questioning whether they can be genuinely loved and treated well. Once they meet people who love them unconditionally, the first question that comes to mind is, how will it end and when? Or, what hidden agenda does the lover have. This often results in holding back and eventually, doubts on the partner's side as to whether the person will ever change for the better.

Low self-esteem also results in selling yourself cheap and people work with the self-worth that you have presented to them. This includes what your bosses think you can or cannot do at work, the salary that you deserve, the type of people interested in dating you, and the respect that you get in your social spaces among other things. Whatever you do and wherever you are, people will

treat you according to what you think of yourself. That includes how much power they have over you. You can easily be the person that is sent to do petty things at the expense of your plans until you show them how much you value your plans and time.

If you want to be valued, just believe that you have value and you deserve to be valued. Valuing yourself begins with trusting that you have something special in you and are as important as everyone else. Only then will you believe that you do have something to share with and do for the world and the world needs it.

Loving You: Boosting Self-Esteem And Acceptance

“Love yourself” is the most common advice we have all received in our lives; from a teacher, parent, counselor, or friend. Loving yourself is all you need to be comfortable in your skin, have faith in yourself, believe in your dreams, and enjoy your life. However, as much as we’ve all been told to love ourselves, doing so isn’t easy. You may be longing for a life that you still haven’t achieved. You may be angry with yourself for the mistakes you made in the past and regretting the life you are currently living. All these things make it hard for you to love yourself.

You focus on all the wrong things in your life such as your failures, missed opportunities, wrong decisions, and end up hating every second of your life. You may not like the way you look or how much you weigh and spend half the time thinking *“I wish I were 12 pounds lighter.”* Spending half the time wishing you had what you don’t currently have hurts your self-esteem and makes it difficult for you to accept yourself.

Accepting yourself for who you are can boost your self-esteem and open your eyes to the good things in life such as your accomplishments, strengths as well as the many blessings in your life.

Learning to love yourself with all your flaws, imperfections, and mistakes can improve your confidence and help you accept yourself. Loving yourself means accepting your reality, being comfortable with who you are, not comparing yourself to someone else, and recognizing that you have what it takes to change your life.

Loving yourself means saying yes to what you believe in and living your purpose without allowing negative voices to control you or dictate how you live. It means taking care of yourself and fulfilling your needs without feelings of guilt. It means moving from *“I hate my life”* to *“I have the best life”* even when it doesn’t feel like it because you are aware of the positive things in your life and acknowledge that you can turn your life around.

Loving yourself is the key to accepting yourself and improving your self-esteem.

Top 5 ways of boosting your self-esteem and acceptance.

- 1. Acknowledge your reality.**

Acknowledging your reality, owning your mistakes, and accepting outcomes will help you to live a fulfilling life that isn't centered on *"I should have"* or *"If only."* Accepting where you are as well as who you are today will make it easier for you to be more comfortable with yourself. Focusing on what you have as well as what you can do helps you realize that you can change your life and improves your self-esteem.

2. Keep a list of your achievements.

Keeping a list of past accomplishments keeps you mindful of your self-worth, reminds you that you can achieve anything you want, and gives you a reason to always look forward to another day. It shifts your attention from *"My life is pointless"* to *"I am here for a reason"* and helps you to love and accept yourself more.

3. Set aside time for what you love.

Failing to take care of yourself, meet your needs, or set aside time for what you love can hurt your self-confidence and lead to feelings of inadequacy. So, allocate at least an hour a day to what you love.

Setting aside time for what you love and doing what makes you happy gives you a reason to love yourself and reminds you that your life is worth living.

4. Practice positive self-talk.

One of the most effective methods of improving your self-esteem is by avoiding negative thinking and practicing positive self-talk. Positive self-talk gives you a reason to love yourself, accept your reality, forgive your mistakes, and have confidence in what you can achieve. *"My life matters"* *"I matter"* *"I can reach any goal I set"* and *"I can learn any skill"* are words that you need to repeat to yourself daily to build your self-worth, love your life, and accept yourself.

5. Stop paying attention to what others think.

Worrying about what others think, say, or do stops you from living the way you know you are supposed to and forces you to live your life based on what so and so thinks. Concentrating on what other people think, be it family, co-workers, or close friends lowers your self-esteem, keeps you wishing you had someone else's life, and makes it difficult to love or accept yourself.

Therefore, stop paying attention to what people think, ignore negative comments, and live your life based on what you think. Focus on the good things in your life such as your strong points and refuse to let negative opinions control you.

Define success for yourself, do more of what you love, believe in yourself, accept your reality, have faith in your dreams, celebrate your achievements, keep working toward bringing your vision to life, be comfortable with who you are, and love yourself more because you only have one life to live.

Non-Verbal Expressions Of Confidence

People tend to believe and focus more on non-verbal expressions and less on what you say. This is also true when it comes to showing confidence when communicating with others. People decide on your confidence levels by watching your non-verbal expressions of confidence. Not by listening to what you say.

Non-verbal messages are important because they display your level of confidence and speak volumes before you even say a word. Therefore, practice and display non-verbal expressions of confidence to communicate better, command the attention you seek, form healthier relationships, and enjoy life more.

Top 5 non-verbal expressions that convey confidence.

1. Proper facial expressions.

Controlling and using appropriate facial expressions is important if you are to ensure good communication, avoid giving the wrong impression, and display confidence. People want to work with individuals who know what they are doing and show confidence in their work as well as abilities. No one can entrust their work to someone doubtful or unsure of themselves.

For instance, if a potential client comes to you with a game-changing project and says *“Can you do this? How soon can you be done?”*, they will pay attention to how you respond and not much on what you say. If you respond with *“I’ve done this a couple of times and it will only take a couple of months”* with a hesitant tone and a face that screams *“I’m unsure of this but I hope I’ll figure it out”*, your client is more likely to go with someone else.

So, ensure you always use the right facial expression when communicating. Show confidence even when you aren’t too confident. Associate the right facial expression with the appropriate emotion, and avoid saying one thing and looking like you are saying the exact opposite.

2. Maintaining eye contact.

Looking up, looking directly, and looking people straight in the eye when communicating is another non-verbal expression of confidence. It shows that you are sure of yourself and confident enough to hold a conversation. It also shows that you are interested in what the other party has to say and keeps people interested in what you are saying as well. Therefore, maintain good eye contact, keep your head up, and keep your eyes from constantly wandering when talking to other people.

3. Upholding an upright posture.

Slouching, constantly folding your hands, or standing with your feet closely together can send the wrong message. Standing up tall with your feet a few inches apart, arms relaxed, and chin up keeps you feeling relaxed, and in turn, improves your confidence. It sends out the message that you are self-assured and comfortable in your skin. So, pay attention to how you walk, sit, or stand and send out the right message that you intend to.

4. Giving a confident handshake.

Another great way of expressing your confidence levels is by giving a firm and confident handshake. Handshakes speak volumes and people often measure your confidence levels based on your handshake. Giving a firm handshake that isn't too tight or too loose and maintaining eye contact while shaking hands is an expression of confidence. Therefore, give a confident handshake and be sure to avoid breaking eye contact when shaking hands.

5. Dressing appropriately.

Your self-esteem can be measured by the way you dress because people often make conclusions based on your outward appearance. There is a lot that people can tell by just looking at the way you dress. Indeed, your choice of clothes may not be an exact reflection of your personality or the message you are trying to communicate but that is not how people see it. First impressions count and the best way of sending out the right message is by dressing appropriately or dressing for the occasion.

Dressing formally for formal occasions displays your professionalism. It shows that you take yourself, your work, as well as the meeting seriously. It gives the impression that you are a professional and makes it easier for people around you to respect you.

Know what to choose and what to avoid when deciding on what to wear. For example, avoid clothes that are too colorful or too tight when going to formal work-related occasions or meeting with clients.

Paying attention to non-verbal expressions of confidence matters if you are to send out the right message, attract the right people, get involved in productive business deals, and get people invested in what you are doing. It is also a smart way of not only showing confidence but cultivating, improving as well as maintaining it.

Non-verbal expressions of confidence matter so, always pay attention to how you react, respond, or express yourself because it can either move you forward or keep you where you are. It can either get people interested in your work or keep them indifferent.

Overcoming Shyness

Shyness is one thing that's holding back most people from starting conversations, approaching potential customers, selling their services or products, attending social events, or connecting with

like-minded individuals. Being confident and showing that you are can be difficult when you are shy because shyness often causes social anxiety and constantly worrying about what others think.

Overcoming shyness will help you realize that those people you think aren't interested in talking to you are interested and that those concerns you have in your head are things that don't even exist. If you are in the habit of thinking *"Why are they staring at me?" "Are they laughing at me?" "Why isn't anyone interested in starting a conversation?"* whenever you walk into a room full of people recognize that those concerns are a result of living too much in your head and have nothing to do with the way others see you.

Shyness often leads to negative thought patterns and causes you to always assume the worst when it comes to socializing. Nonetheless, it can be overcome.

Overcoming shyness will help you communicate better with other people and give you the confidence to voice your opinions, stand for what you believe in, enjoy working with others, and connect with people who inspire you.

5 effective ways of overcoming shyness.

1. Practice being confident.

One of the smartest ways of overcoming shyness is by practicing and acting confident because everything is mastered through repetition. So, ensure you rehearse in front of the mirror each day and always act confident around other people. Practice how you are going to look, stand, and talk when you meet so and so. Remember to watch your posture, maintain eye contact, and be present during conversations.

2. Start conversations.

Shy people often find it extremely difficult to start conversations, engage in them, or uphold them. So, overcome shyness by approaching people and starting conversations. You could say *"That's easier said than done"* but realize that you can begin by initiating a conversation with at least one person a day and go from there. A simple *"Halo. How are you doing?"* or *"It's a beautiful day today"* is a great start and can go a long way. So, no matter how nervous you are, make it a goal to talk to at least one person a day. Someone you've never spoken to before.

3. Stop living in your head.

"I'm not good at socializing" "No one is interested in what I have to say" and "What if they laugh at me?" are thoughts you need to avoid if you are to overcome shyness. Living in your head and thinking so and so might respond or react in a certain way is one of the main things that lead to shyness and social anxiety. So, stop living in your head, stop thinking you know what goes on in other people's heads, and replace those negative thoughts with *"What if they are thinking what I'm thinking?" "What if they think I'm the one who isn't interested in interacting with them?" "What's the worst that could happen?"* and take an interest in blending with others.

4. Show an interest in other people and what they are saying.

Being absentminded when physically present leaves people assuming you are not interested in socializing or hearing them out. It can stop certain individuals from showing an interest in you or what you have to say and in turn, force you to conclude that no one wants to talk to you. I understand that shyness can make it difficult to socialize but learn to control and overcome it by showing an interest in others. If you don't know how to keep conversations going, be inquisitive. Ask follow-up questions or make positive remarks to show that you are present; *"That's interesting"* *"How did that turn out?"* *"That's the way to go."*

5. Be prepared.

Shyness can also be overcome by being prepared because nothing beats preparation. So, the next time you are invited to a social gathering and are anxious about small talk or feeling awkward, search for interesting topics that everyone is talking about and engage in those. It could be the latest news on an issue that's affecting everyone in your region or something worldwide. Preparing in advance by having the right information in hand can boost your self-confidence and inspire you to strike a conversation or join existing ones.

Overcoming shyness doesn't happen overnight so, when it seems impossible at first, don't beat yourself up about it. You will eventually get there. All you need to do is to focus on doing the best you can to overcome it and practice until you get it right.

Practice initiating conversations, show an interest in other people, be present when interacting with others, control your thoughts, stop assuming the worst, and always think *"Things aren't as bad as I think they are."*

Raising A Confident Child

I remember meeting a certain phenomenal young man some years ago. I remarked as this neatly dressed guy about ten years my junior entered my office and gave me the strongest handshake while flashing a million-dollar smile. His shoulders were squared up and he had the charisma as I had never seen before. He was looking for a job but that was not what he said. In less than five minutes, with such outstanding eloquence, he explained to me why my business needed his expertise. Looking at his resume later, I was surprised to see that he was only a recent college graduate but with his smooth speech had managed to convince me that he was exactly the guy we were looking for to take our organization to the next level. His last name sounded familiar and so when I asked him if he was related to a certain gentleman with the same last name he told me that was his father. "That explains a lot," I said, "You surely are your father's son."

You see this young man's father was a well-known high achiever in his field and people often spoke of his amazing charm and confidence that spoke for him in high places. I wasn't sure if he had consciously taught his son to be like him or if it had been a natural process. I was soon to learn that it was a mixture of both when the son explained to me that as a little boy he always admired his dad and wanted to be like him. He went on to say that sometimes though he found

himself behaving the same way his dad did without intending to. As he grew older, his father began to practically teach him about the need to exude self-assurance wherever he went. He taught him to be clear when speaking and to make sure his voice was heard. He told him over and over again that he needed to stand up for his beliefs and that being this way would take him far in life.

Confident adults raise confident children. Unless there is an underlying problem needing investigation, children pick this quality up from the adults in their lives. No one wants to watch their daughter or son become a walkover, a spineless wreck who can't influence others, let alone stand up for themselves. The solution, therefore, is to work on your confidence. Let the little ones admire and copy it from you. Giving them the dictionary meaning of the word and urging them to follow it just will not work.

The home environment also has a huge bearing on children's strength of character. Volatile homesteads where parents have no love or respect for each other usually produce timid children. They may think that they are the reason why their parents are unhappy and take it out on themselves. It is just difficult for them to flourish in such constraining environments which is why as an adult you need to make sure yours is a loving and peaceful home.

Among people who take the wrong turn in life, there is usually the story of neglect behind the choices they made to get them where they are. Many of them were not given enough attention as children so they never learned to value themselves which explains why they got into self-destructive habits. Confident children rarely turn to such because they believe in their abilities to make something good of themselves. Busy as you may be, find time to give undivided attention to your children. Look for creative ways to make them feel your love.

Success is another building block for confidence. Your regard for self grows as you achieve more in your personal, business, or career affairs. Again instead of preaching this to your children, demonstrate it. Many parents give up and give in to life too soon then wonder why their children aren't inspired to greatness either. It is simple, without a close enough role model it is harder for them to know how to.

Finally, there is no telling how far children will grow in confidence when they are assured of how important and special they are through word of mouth. Make it your mandate to praise them until they believe without a shadow of a doubt that they are exceptional, strong, powerful, and beloved. Let them know they are good enough and that they have what it takes to win. Even when they misbehave, watch the words you say to them. There is always a way to show disapproval without say demoralizing words. Treat those delicate hearts with all the care in the world. Let them know that they can always come to you for a boost of their confidence whenever they get a blow to the face. Gracefully choose your words to inspire the best out of them.

The Confident You: Taking Charge of Your Life

The worst thing a person can ever go through is feeling that they are inadequate and can never do anything significant on their own. Lack of self-confidence cripples people in so many ways. Often, it makes them withdraw from society and believe that their lives are not as special as that of others. They do not feel good about themselves and doubt their capabilities so much that they do not believe anyone else can see value in them. Even when they do have something special that other people notice in them, hearing about it sounds like nothing other than just flattery.

It is a bit comforting, however, to know that no one is born with low self-esteem. No one is born with the belief that other people are better than them. It is a feeling that we accommodate as we are exposed to various environments especially those where others do not hesitate to let us know our faults. We allow the people and the environment to have power over our minds. How is knowing this comforting? When we understand what our lack of confidence stems from, then we know where to start fixing up. The fact that low self-esteem is something created by other human beings and our state of mind shows that it is a battle one can still fight and win.

It is only when you believe in yourself that you can be fully in charge of your life. Believing in yourself makes it easier to identify your purpose and what you need to do to fulfill it. You know what you want and who you are, and these are the foundational steps to taking charge of your life.

What does it mean to take charge of your life and how do you do it?

Taking charge of your life means being in control of who you become and all decisions and choices about your life are made by you. However, this does not mean you stop taking advice from other people. Rather, you listen to what others say where necessary, weigh it against your personal goals, and then make your decision after having considered the part of the conversation that is likely to help you improve. Being in charge means you do not rely on other people especially in defining who you should be and for survival.

Most parents are at fault when it comes to this part. As much as guidance is important in a child's life, teaching them to take charge of their lives, be independent, and trust their judgment and capabilities is even more important. Sadly, sometimes what parents do in raising their children does not yield different results from what they get from bullies on the streets. From the way the parents talk to actions and excessive controlling, they instill fear and doubt in their children's life which will keep them feeling as though they will never amount to anything without the parent. They then struggle when it is time to be adults and fail to find a balance between who they need to be and who the parent wants them to be.

If there is anything parents need to learn about parenting, it is getting rid of the desire to create another version of themselves in their kids and also the desire to make their children what they failed to be or achieve themselves. They need to understand that their children have interests, dreams, and personalities of their own and allow them to find their purpose.

Here is how you can take charge of your life;

Know your purpose and set personal goals and boundaries, and believe you can – this is an important step in every person's life and it also gives life a meaning. Knowing your purpose makes you unstoppable. Others cannot take advantage of you and you are not easily swayed by peer pressure when you know where you are going and your goals are clear. It sets a clear path for you which makes it easier to identify anything that is working against the attainment of your goals.

Give people limited access to your life – it does not matter who the person is. Everyone including family should know that as much as you love and appreciate them, you still are your person and they have boundaries. They should know that your goals are important to you the same way theirs are important to them.

Develop inner strength – you need to prioritize your mental health. Feed your mind positivity and control what you store in it. Avoid excessive thinking and caring about other people's opinions of you especially if they are not a true reflection of who you are. You also need to learn to identify opportunities and positives in difficult situations. Strengthen your willpower and self-discipline. Also, stop taking things personally and understand that how others treat you is not a reflection of who you are. People have their issues and have different ways of dealing with them.

Get out of your comfort zone – get used to facing life and its challenges and do what you need to do to find your place in the world. Look for opportunities to grow and be independent. Stop making excuses and act.

The Importance Of Confidence

Confidence is an integral part of a person's health and well-being. It is a vital part that many could benefit from if only we were accepting of our true selves.

Many lack confidence in themselves and their abilities. The world is full of people with such great potential, who never realize it because they think they need to be somebody else to accomplish great things. There is so much in the media we consume today that makes us feel like we are inadequate. We live life hidden in the shadows because someone else decides that the stage is not big enough for all of us and we buy into it.

Social media, when misinterpreted, has the capability of crippling our confidence. We feed off the message that somehow we are not good enough or that we could be much better if we change our appearance or our identity to suit the trends. We end up discarding our principles and values to fit into some image, compromising who we are.

Confidence has little to do with outward appearance, although we can enhance it by what we wear and how we present ourselves. True confidence comes from within when we believe in and accept ourselves, regardless of what other people think. We should not build confidence in other people's impression of us, but our impression of ourselves.

Your perception of yourself determines how other people will see and treat you. If you continue to have a negative impression of yourself, others will use that against you. If you build your persona around negative thoughts, others around will take advantage of that to keep that negativity flowing in your life.

It is therefore important to keep a good mental and physical image of yourself. Be who you are boldly and proudly and observe how others will treat you. Develop confidence in your abilities and your life will never be the same!

If every person saw how unique and important they were, we would not have a problem with confidence. The challenge is how people hold themselves to an unrealistic standard meted out by social media.

We must therefore develop self-confidence to get a seat on the proverbial table because every one of us has what it takes to bring something significant to it.

What confidence is not?

There is a fine line between arrogance and confidence.

Arrogance is excessive pride in oneself, which is coupled with a feeling of superiority over all others.

Confidence is believing in yourself. Arrogance is believing you are better than others. Confidence is trusting in what you offer the world. Arrogance is believing that the world revolves around you. Confidence is knowing what you bring to the table while arrogance is believing no one else deserves a seat at the table.

When you are confident in who you are, you do not feel the need to belittle others around you or talk down to them. We reserve that kind of behavior for those who are arrogant.

Why confidence is an important trait.

Confidence boosts your positivity. It makes you look at yourself through different lenses. Instead of focusing on your flaws and what you lack, confidence amplifies your strengths and capabilities. It brings your potential to the forefront and shuts out focus on your weaknesses. When you are confident, you feel good about yourself and that helps improve your outlook.

People who have confidence revel in challenges and setbacks because they know they have what it takes to conquer them. They are not afraid of making mistakes because they are confident that they will either win or learn.

Confident people attract good company. Everyone feels better about who they are when they surround themselves with positive people who know they can do anything they set their minds to.

In the workplace, confidence endears you to your superiors. If you are looking to climb the corporate ladder or attract more bonuses, approach tasks, and presentations with confidence. It turns heads and allows you to be noticed. If you are pushing your business, confidence gets you an audience with both investors and clients as people will always trust those that believe in themselves. If you are timid and unsure of yourself, it is highly unlikely that people will buy into your ideas.

Confidence helps you perform better. When you have a task and you approach it with a winning attitude, you are likely to do it well. If you see no limitations to your ability to get things done, you will probably achieve all you set out to do. This will boost your self-esteem and help you tackle future assignments with more confidence. Having confidence empowers you to do what seems impossible. You can achieve great things just by believing in yourself.

To build your confidence:

Own and accept your flaws.

Confidence does not mean you are perfect. It just means you know you have worth, despite your shortcomings.

Take a good look at yourself. Focus on what you like about yourself instead of what you would rather change. Sometimes, you can even use what you dislike to your advantage. Own your flaws and they will bother you less with time.

Shun all negativity.

It shatters our confidence when we allow negativity in our minds. If you listen to the voices telling you that you cannot achieve what you want, you will lose confidence in yourself. Shut out all negativity and surround yourself with things that seal your worth. Affirm yourself daily.

I have what it takes!

I can do the impossible!

There is no limit to what I can achieve!

I bring great value to those around me!

Developing confidence is difficult, but it is a powerful way to ensure success in all you set out to do. Have faith in yourself and what you have to offer.

***'Believe in yourself! Have faith in your abilities! Without a humble but reasonable belief in your power, you cannot be successful.'* Norman Vincent Peale.**

The Skill Of Self-Confidence

Have you ever wondered why some people seem to breeze through life? Why they seem to command the attention of others easily? Even in the workplace, there is that one person who seems to get the lead on all the big accounts, which translates into constant recognition and bigger cheques.

If you have ever questioned how such people seem to make it, the answer is in their confidence.

This is the belief in yourself and a conviction that you can accomplish any task you set out to do, no matter the odds against you. Such a trait is common in successful people, regardless of what field of operation they are in. Self-confidence is a personality trait that every person should desire to gain as it sets you in the right direction in achieving your dreams.

One of the many admirable traits that catch your attention when Les Brown speaks is his confidence. You could listen to him speak all day about possibilities and achieving your goals because he seems to know what he is talking about. The irony is how he grew up labeled as educable mentally retarded, setting him back by a grade and leaving him to attend special classes throughout his early education. This stripped him of his confidence growing up until one day when one of his high school teachers shared words of wisdom that changed his view of himself.

Brown had entered a classroom and this teacher sent him to the board to write. He refused, and when he was asked why, he repeated the words he had heard most of his life- that he could not do it. Mr. Washington took him to the side and told him to never let other people's opinions dictate what his life could be. From that day, Brown became determined to see himself differently. He built up his confidence, and it has earned him countless audiences ever since. To this date, he has authored several books and had his talk show, and remains one of the most sought-after motivational speakers of all time.

Self-confidence is a skill one has to nurture. We build it from a mindset of self-worth and self-belief. Anyone can develop self-confidence if they believe that they have what it takes to tackle any task.

To be confident, you must believe in yourself. Believe in your strengths and your gifting and ability. Have an unquestionable belief in your ideas and your dreams. See yourself as capable of doing anything.

Steps in building confidence.

Focus on your strengths, not on your weaknesses.

We waste a lot of time on our shortcomings instead of feeding our strengths. Instead of developing on what we are good at, we cry over what we lack. This makes us shy away from certain tasks because they leak our confidence and trust in our capabilities. If you focus on your strengths and capabilities, you will pick up assignments your alley with confidence. This will make you a sought-after expert in your field.

Talk yourself into confidence.

When you change the way you view yourself, it is easier to become more confident. One way of doing that is having a positive conversation with yourself. The more you tell yourself you are capable, the more you believe it.

Hype yourself up every day. This could seem a little uncomfortable at first, but the more you do it, the better you feel about yourself. Positive self-talk flushes away the thoughts and feelings of inadequacy that plague us every so often. Affirmations train your mind to focus on the positive, and this boosts your confidence.

Daily affirmations that you can make:

I have faith in my ability to contribute positively to those around me.

I can do anything if only I put my mind to it.

I am the right person to do it because I have what it takes.

I am good enough.

You can make your affirmations more personal by declaring the possibility around your personal goals and aspirations.

Expect and accept criticism.

One thing that shatters a person's confidence is criticism. If you cannot handle critics and their opinions of you, chances are you lose confidence in yourself. Discard harsh criticisms that make you question your worth. Take what they say as an opinion and not as fact. Dig through the feedback and use it constructively.

Embrace mistakes.

Many people think having confidence means there will be no failure. This is why after building it up, it is easier to tear down when we encounter setbacks. Mistakes are normal and common. Do not allow them to make you believe that just because you have failed once you will continue to fail. Accept mistakes, learn from them, and move on!

Be more positive.

The more you surround yourself with positive influences, the more positive you become. When you are optimistic, you become more confident. Read and listen to positive material and you are likely to believe in yourself more.

***'Optimism is the faith that leads to achievement. We can do nothing without hope and confidence.'* Helen Keller.**

Find a confident role model.

Self-confidence is contagious. When you surround yourself with people who are self-aware and confident, you become more confident. It is almost like their confidence rubs off on you as you interact with them. Find people you can learn confidence from in your sphere of influence.

Self-confidence is key if you want to achieve your goals. Be certain about your abilities so that others will be certain to choose you. You have what it takes to make it through anything that you encounter. You just need to believe in yourself more!

When Confidence Turns Into Overconfidence

We cannot deny the fact that confidence is one of the greatest assets a human being can ever possess. Confidence is a feeling of self-assurance resulting from recognizing one's value as a human being as well as belief in one's abilities. It gives us power over internal and external forces that could affect our self-image. Without self-confidence, one would find it hard to reach their full potential.

On the other hand, overconfidence is defined as the state of overestimating one's abilities and more often causes a person to disregard others and their efforts. It does not mean an improved version of a confident person. Instead of making the person stronger and better, it has the potential to weaken and mislead them. Often, overconfident people become arrogant, disrespectful, and believe that they know-it-all. They thrive through belittling others or being among people who think less of themselves.

How does one move from being confident to being overconfident? There is a fine line between confidence and overconfidence and in most cases, overconfident people do not realize that they have gone overboard with their confidence. They believe that they know enough and deserve to be listened to. While others start at the extreme side of confidence, others make a gradual shift from being confident to being overconfident after having enjoyed the benefits of the former. They then believe they are on the right path and know better.

Although we cannot control other people's perceptions as to whether we are confident or overconfident, we can try to maintain a safe level of confidence. To avoid getting to the extreme

side of confidence, one needs to know the difference between confidence and arrogance and keep themselves in check.

Below is how some people become overconfident and some of the signs that one has moved from being confident to being overconfident;

Being bossy – overconfident people tend to be controlling. They do not have time to reason with others and they just give orders. They often believe that only their method of doing things is best and should not be questioned or challenged. Confident people, on the other hand, give others a chance to express themselves and do not feel threatened by having their ideas challenged. In cases where one becomes bossy, he or she has become so confident in his or her abilities in a way that they do not trust others to do well when left to do things any other way besides the one he or she can prescribe.

Believing that they know it all – one of the most common signs of overconfidence is being a know-it-all kind of person. You are the one who always has things to say to others to help them and you never take advice from others or ask for it. An overconfident person would rather struggle to complete a task until they find a solution rather than ask for assistance. The know-it-all mindset makes them the hardest people to reason or discuss with because they never admit that they are wrong or misunderstood a concept. Contrary to that, confident people are always willing to learn. They understand that as much as they might have good ideas and experience, there will always be brilliant ideas that can come even from the most underestimated people which can help them grow. Thus in this regard, one becomes overconfident when they start believing that they have nothing else to learn from others which can be of value.

Egocentrism – the person makes everything about themselves and their conversations are characterized by excessive use of 'I'. They always have an itch to prove that they are the best in the house and know enough if not more than enough. More often, they do not acknowledge the input of others, and even where they are working with a team, people must know any contribution from them that made a difference. They prefer working alone to working with others.

Underestimating others – people who underestimate others have gone from believing they are as valuable as everyone else to believing that they are more valuable than others be it in terms of knowledge, possessions or looks, and more. When they look at and interact with others, they are interested more in uncovering weaknesses rather than trying to understand and share knowledge with them.

Inappreciative – most overconfident people are ungrateful. To them, having others work together with them to reach a goal or just help is not worth 'writing a book about. It is either people are just doing what they are paid to do or the task is insignificant and he or she would have still completed it without help. They also have a sense of entitlement. Unlike overconfident people, those who are confident understand the value of other people's efforts which includes

using their time to help out when they could have used it to further their own goals. They understand the interdependence nature of human beings.

To the confident you!

With ease, joy, and gratitude,

Melody Bass

Energy Alchemist

Transformational Life Coach

www.AboveAllHealing.com

Email: Melody@AboveAllHealing.com.au

