



How to Build Confidence in Yourself

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Confidence can be a tough thing to build up. Person has put together some handy tips to help you out. If you're still having a hard time even after trying these self-help ideas, don't worry! We've also listed the ways you can find extra support and work on boosting your confidence with the help of others.



Who is a confident person?

Not everyone is born with an inbuilt sense of self-confidence. Sometimes it can be hard to develop confidence, either because personal experiences have caused you to lose confidence or because you suffer from low self-esteem.

A confident person:

- does what they believe is right, even if it's unpopular
- is willing to take risks
- admits their mistakes and learns from them
- is able to accept a compliment
- is optimistic.

Tips for building self-confidence

There are a number of things you can do to build your confidence. Some of them are just small changes to your frame of mind; others you'll have to work on for a bit longer to make them familiar habits.

1. Look at what you've already achieved: It's easy to lose confidence if you believe you haven't achieved anything. Make a list of all the things you're proud of in your life, whether it's getting a good mark on an exam or learning to surf. Keep the list close by and add to it whenever you do something you're proud of. When you're low in confidence, pull out the list and use it to remind yourself of all the awesome stuff you've done.

2. Think of things you're good at: Everyone has strengths and talents. What are yours? Recognising what you're good at, and trying to build on those things, will help you to build confidence in your own abilities.

3. Set some goals: Set some goals and set out the steps you need to take to achieve them. They don't have to be big goals; they can even be things like baking a cake or planning a night out with friends. Just aim for some small achievements that you can tick off a list to help you gain confidence in your ability to get stuff done.

4. Talk yourself up: You're never going to feel confident if you have negative commentary running through your mind telling you that you're no good. Think about your self-talk and

how that might be affecting your self-confidence. Treat yourself like you would your best friend and cheer yourself on.

5. Get a hobby: Try to find something that you're really passionate about. It could be photography, sport, knitting or anything else! When you've worked out your passion, commit yourself to giving it a go. Chances are, if you're interested or passionate about a certain activity, you're more likely to be motivated and you'll build skills more quickly.

How to Appear More Confident to Others:

Picture anyone you know that you think of as highly confident – what characteristics do they have that make you think this? It's most likely one or more of these things:

- the way they speak (tone, how they project their voice, words),
- their energy and enthusiasm,
- how expert or knowledgeable they are about something.

You can show self-confidence in your behavior, your body language, and in what you say and how you say it.

Projecting a positive image to others can help you to improve your self-confidence. It's not simply a matter of "faking it" – if you project with confidence, others are more likely to respond well, and this positive feedback will help you to believe in yourself.

Conclusion

Think of how people like newscasters or politicians move through the world; they need to know how to show confidence every single day so they appear knowledgeable and trustworthy. Do they wake up every day feeling completely amazing? Chances are, they have their off days. The key to confidence is making yourself *look* confident. Even if you don't feel your best, using the above techniques will help you to project a calm, self-assured image.

You can exude confidence even if you're feeling anything but comfortable in the situation. Watch your body language, speak with conviction and put a smile on your face and you'll show others you're someone to be reckoned with.

