

Building Your Self-Confidence:

One will have a significantly more difficult time in life without a certain level of self-confidence. Self-confidence can be understood in terms of trust, our abilities to trust ourselves in terms of our characteristics and character, abilities, and judgment. Of course, we all falter at times on these areas, but this is not relevant to having self-confidence. Being able to know ourselves, trust ourselves, and believe in ourselves are the essential cornerstones of having a stable self-confidence. Self-confidence is not an inherent quality we all have, but the good news is that it can be created within ourselves, and maintained, through genuine ways.

An essential element in self-confidence is to better know ourselves. One could consider this preparation or the building blocks of self-confidence. Whether we are acknowledging the positive, or planning on wrestling with the negative, a better self-knowledge is key to getting off to the right start. This is achieved by paying closer attention to our thoughts (without judgment, of course), journaling our thoughts, feelings, desires, etc., and asking the question “why.” “Why” leads us to understand our belief systems better, and from there we have the ability to change. We can also separate the fact from the fiction within ourselves.

Self-confidence also exists within the way that we treat ourselves, both internally and externally. There is a massive benefit to investing in our health and appearance. When we feel we look good, we tend to feel good, and this is an emotion one would want when building the self up. This also extends to our health. Exercise, dieting, proper nutrition, among other actions of wellness are very important. There is positive correlation between having a healthier life, and feeling better about ourselves. Our abilities toward self-compassion also play an important part here. When we treat ourselves kindly in our thoughts, this begins to help us feel better about ourselves, and begin an assault on our negative perceptions of self. Negative thoughts are enemy number one of self-confidence, and should be treated as such.

In the same way that we treat ourselves with kindness, so we should treat others. Again, there is positive correlation between being kind to others, being of service to others, and feeling good about ourselves. Consider the conflict between thinking negatively about ourselves, and living a life of kindness and genuineness to others. One can't help but to think of themselves in a somewhat more positive light when they engage in the actions of a good person.

Speaking of action, to build our confidence we have to act in a positive and courageous manner. It's not enough to think positively. We have to act positively. This involves not allowing ourselves (and our negative thoughts, resistance) to hold us back from making improvements, taking risks, and trying new things. Regardless of outcome, it builds confidence in ourselves to act in our environment, to participate actively, rather than passively. This is the time for going after dreams, doing the things we have always wanted to do, and actively taking control of our responsibilities. Now is the time to be prepared, learn and grow, and develop the strengths we know live within us.

Clearly, self-confidence is key to having a fulfilling and effective life. It's also key to creating happiness. The hope comes in knowing that this can be built up, from the lowest points of confidence, to a stable sense of self. It's only through deliberate action that we learn to trust ourselves, that we come to know ourselves. Putting together the aforementioned actions are a great start, but the ultimate self-confidence builder is engaging with courage and positivity in life.

Summary

Self-Confidence is paramount to having a happy, successful, and fulfilling life. It comes from the way we think of ourselves, others, and the world. Our core beliefs dictate how we feel about ourselves, and there are several ways to get to know ourselves better. Self-confidence also breeds from the way we treat ourselves, both in our hearts and in action. This naturally extends to the way we treat others, and carry the actions of someone who feels good about life. Taking risks, being courageous, and being vulnerable enough to fail (but feel good we tried) are also essential elements of building up ourselves.