

Self-confidence

According to the Cambridge Dictionary definition, self-confidence is the belief that you can do things well and that other people respect you.

According to the University of South Florida website, self-confidence is an attitude about your skills and abilities. It means you accept and trust yourself and have a sense of controlling your life. You know your strengths and weakness well, and have a positive view of yourself. You set realistic expectations and goals, communicate assertively, and can handle criticism.

Hell is other people!

Jean-Paul Sartre

If you have to interact every day with people near or far who share their anxieties and fears with you, it is bound to undermine your self-confidence and self-esteem. In turn, this prevents you from acting to realise your dreams or simply your potential. Which confirms Jean-Paul Sartre's message.

What can you do in a world where you are constantly interacting with others? Here are some tips:

Our advices

- "Me time": make time for yourself, to think for yourself, without ulterior motives, and take a mental break from time to time, once a day, or at least a few hours a week
- Meditate, do yoga, go for a walk, take time to stay physically, mentally and spiritually healthy by and for yourself
- Work on the way you express yourself (the tone of your voice, positive internal discourse and impactful external dialogue, paying attention to the words you use)
- Always be armed with positive energy no matter what difficulties you are going through
- Keep learning more to master the topics you are discussing, which builds your confidence and self-assurance
- Be aware of your body language (your positive or negative state of mind influences your body language)

Here are some activities and exercises to help build your self-confidence

- Speak positively about yourself, practice self-love
- Stay alert and ask yourself: "Why am I being hard on myself?"
- Work to reduce or eliminate your limiting beliefs
- Look in the mirror and find things you like about yourself
- Find strong, positive role models to inspire you
- Get out of your comfort zone and try new things
- Dress smartly to "impress" your contacts
- Have the right posture and keep eye contact
- Surround yourself with the right people
- Keep learning
- Practice gratitude, give thanks for everything
- Stay physically, mentally and spiritually healthy
- Find music that relaxes you and takes away the stress before an important meeting
- Above all, get to know yourself better
- Focus on your talents, skills, and your
- Identify and accept your weaknesses
- Listen to your intuition



see our
advice
sheets