

SELF CONFIDENCE

**for a More Satisfying
and Successful Life**



Presented By
Connie Ragen Green



Because having confidence in yourself is more important than most anything else...

Table of Contents

Self-Confidence for a More Satisfying and Successful Life	4
What is Self-Confidence?	4
Why Self-Confidence is Important to Success	6
Six Ways to Boost Self-Confidence.....	7
Why Taking Pride in Your Health Improves Self-Confidence	9
Why Perfection is a Recipe for Disaster	10
Positive Support Networks Can Improve Self-Confidence.....	11
How to Identify and Change Negative Thoughts	13

Self-Confidence for a More Satisfying and Successful Life

To achieve success the best attribute you can have is self-confidence. It is what drives you every day to get out of bed and start realizing your goals. It's what gets you to that new job or meeting with assurance that you can perform. Self-confidence is integral to every aspect of your life from getting a job, meeting a partner or accomplishing a personal life goal.

If you want to come off powerful and knowledgeable, then you need to boost your self-confidence. Don't get confused with arrogance, though. It's good to be confident in yourself but don't get overzealous and come off rude and conceited. This will only drag your success down, not up. Self-confidence will improve your success and create a satisfying life because it increases your self-esteem. It provides a sense of assurance to yourself and leads you to a more positive future.



What is Self-Confidence?

To understand what self-confidence is, you must first know what being confident means. Confidence is when you have faith or trust in someone or that you have faith a certain event will happen. Confidence is having a sense of assurance. So, if you trust your abilities or actions, you are self-confident. Another way to describe self-confidence is the belief that you can accomplish various tasks even during possible setbacks or in stressful situations.

Self-confidence can come in many levels: you might trust yourself fully at one activity but be less or not at all confident in yourself during another activity. Even if you aren't the best at one activity, you can still be self-confident because you don't dwell on the negatives or don't see that activity as important to you.

For example, say you start a new job tomorrow and don't really understand exactly how to do the job, but you are sure you can perform the job because you believe they wouldn't have hired you in the first place if they did not believe you could do it. This is a perfect example of self-confidence, because people who don't have self-confidence will worry about it and think their employers hired the wrong person for the job before they even got started. Then, when the day comes they might not show up due to feeling worthless, or if they do show up they might perform poorly.

People who lack self-confidence generally lack self-esteem, as well. You might be thinking these words are the same, but they actually work together in a way. When you have self-esteem you believe that you are worth something or have value. Do you believe you are worth being alive right now? Do you believe you deserve the job or the family that you have? If you answer yes to these questions, then odds are you have high self-esteem. If you don't believe you deserve what you have in life, then you probably lack the self-confidence to perform.



Why Self-Confidence is Important to Success

Self-confidence is a wonderful trait to have because it leads to success in plenty of areas in your life, such as having a good job, getting married or completing personal goals. Believing you can do something, no matter the circumstances, increases your abilities to accomplish certain tasks. Self-confidence can even increase your performance, positively leading you to great success.

Below are a few reasons why self-confidence is important to success:

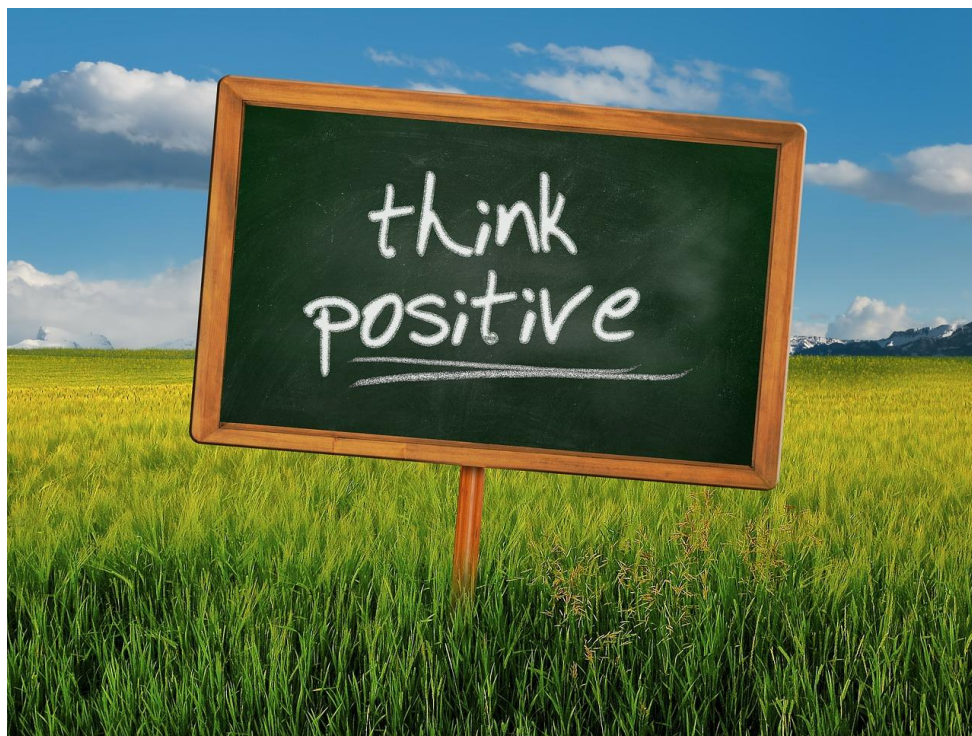
You Will Appear More Knowledgeable — When you display confidence, people will take you more seriously and see you as more knowledgeable. This can lead to job promotions or anything else that relates to your personal goals, and even increase your self-esteem. This can happen even if you don't actually know the subject too well. Displaying self-confidence is all about proper body language and how you say things. Most people with self-confidence will stand up straight and give positive affirmations when talking.

You Will Feel More Powerful — Self-confidence can give you a feeling of being powerful. It will make you believe you can take on any challenge. This is important to success because you believe that even during difficult times you can solve a problem or complete a task. You have no negative thoughts preventing you.

You Will Become Less Stressed — A lack of self-confidence can be quite stressful. People who lack self-confidence will dwell or stress over their abilities. Stressing over what you can and can't do won't lead you to success. In fact, it will make you avoid the things you need to do to accomplish it. Building up your self-confidence will reduce this stress because you won't have any more negative thoughts floating around.

Less Fear of Failing — Failing isn't always a bad thing. It can actually be a great way to learn. If you stop doing things based on of a fear of failing, you will never know whether you can actually do it or not. Self-confidence won't prevent you from failing, but it will give you the ability to push through it. Plus it will give you the knowledge that you will survive, no matter what.

Success is different for many people. Success to you might be buying your first house, losing weight or getting that job promotion. The one thing that can lead to success for everyone is having self-confidence. Self-confidence is important to success because it makes you seem more knowledgeable, makes you feel more powerful, and relieves stress and the fear of failing.



Six Ways to Boost Self-Confidence

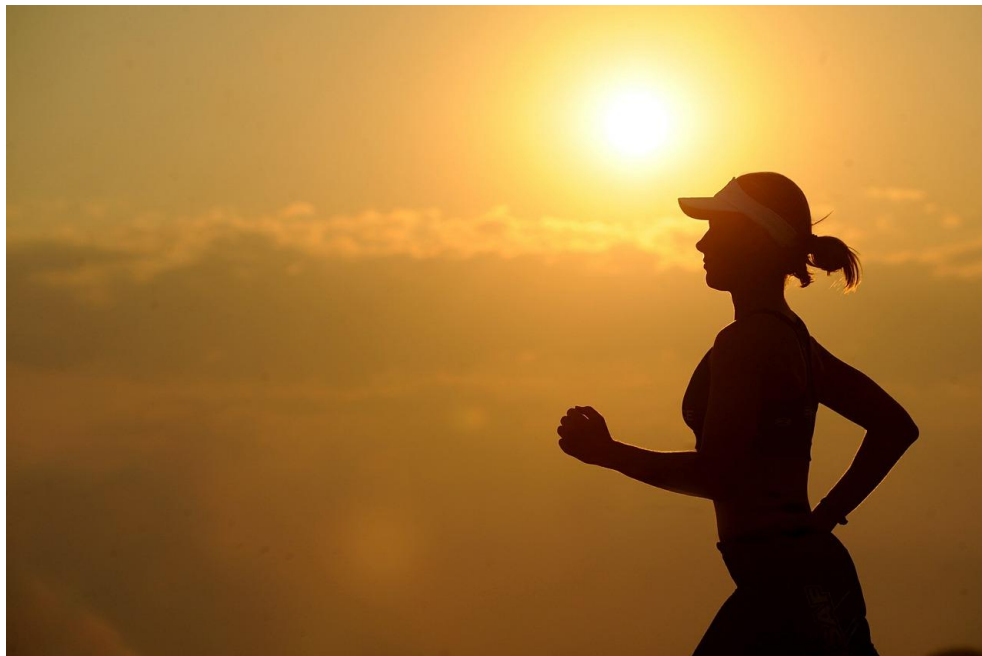
Now that you understand what self-confidence is, you are probably wondering if there is a way to gain more of it. First and foremost, if you are realizing you don't have self-confidence, don't feel bad about yourself. Everyone feels less confident about their self at some point in their lives, and that is okay. It is how you react to it that is the most important.

The good news is that there are plenty of things you can do to build more self-confidence.

1. **Always Think Positively** — Negative thoughts can diminish your sense of self-worth. If you believe you can't do something, chances are you won't be able to do it. Try to focus only on positive thoughts. Positive actions usually result in positive things because you are more willing to give it your best try. When you complete a task, instead of thinking "I didn't do that well" say "I did great" even if you don't believe it. Eventually you will and in turn will build up your self-confidence.
2. **Be Prepared** — The best way to gain self-confidence is to be prepared. If you are not prepared in what you are about to do, more than likely you will feel less confident in your ability. Read and gain the knowledge you need to gain that self-confidence and to complete that task. For example, if you need to present an idea to someone, gain all the knowledge you can about that subject so that you are sure in yourself and your ability to accurately present it.

3. **Get to Know Yourself and Project It** — If you don't have an accurate picture of who you are, you won't be able to gain self-confidence. Take a moment each day to listen to yourself. Listen to the thoughts you have and write them down. Write down your strengths and weaknesses without being harsh and negative - be realistic. Think about it this way. To win against someone in a competition, you learn about them so you know how to beat them. Essentially, you are doing the same thing so you know which areas need work to gain self-confidence.
4. **Identify Your Fears and Work through Them** — More than likely, you lack self-confidence because you fear the end results. You fear failing something. As stated earlier, failing isn't always a bad thing because it gives you the knowledge you need to be successful later. The more you work through, and overcome your fears, the more self-confidence you will gain.
5. **Identify Your Positive Traits** — Identifying your positive traits is a good way to avoid negative thoughts. It also gives you assurance that you are worthy. If you only focus on your bad attributes, you will feel hopeless and feel as though you are worthless.
6. **Identify What You Think Will Help Make You Confident** — Everyone feels confident in different ways. It might be the clothes you wear or gaining knowledge on a certain subject. Either way, it's important to identify these, which are personal to you, and make an effort to work towards them.

In the end, gaining self-confidence can be done if you do the work. Thinking positively avoids negative thoughts to keep your self-esteem high. Being prepared leads to a higher sense of self-worth because you have the knowledge you need to succeed. If you understand yourself fully, work through your fears and show off your positive traits, you are sure to gain the self-confidence you need to have a more satisfying life.



Why Taking Pride in Your Health Improves Self-Confidence

If you have ever looked in the mirror and were immediately disappointed with what you saw, then you are a victim of low self-esteem. Being disappointed by your appearance can ruin your whole day or even your whole life. It causes unnecessary stress and sadness that can easily be avoided if you work on it. This is why taking pride in your health and appearance is necessary to improving your self-confidence.

Below are a few more reasons why good health and appearance is important for self-confidence.

- **Avoids Negativity** — Working on your health and appearance will avoid those nasty thoughts you have about yourself. You could look in the mirror and be happy with what you see instead of feeling disappointment. This ultimately will take out those negative encounters and leave your day bright and positive. Negativity only diminishes self-confidence.
- **Increases Happiness** — Waking up each morning feeling great about your health is a good way to start your morning. Happiness, just like any attitude, is contagious. If you wake up happy, the probability of you ending your day happy is likely. Happiness also increases your self-esteem and gets you moving through your day.
- **Makes You Feel Accomplished** — Accomplishing any task or personal goal is a great feeling. It makes you feel proud and worthy. It increases your happiness and allows you to ignore any negative thoughts you may have. It gives you reassurance about yourself and motivates you to move on to other, harder life goals.

Waking up each morning feeling down and disappointed about how you look or feel can lead to being unmotivated and less productive. This combination makes you feel as if you are not worthy and brings desperation. This is why taking pride in your health and appearance is important. It increases your happiness, decreases negativity and makes you feel accomplished, which all leads to a heightened sense of self-confidence.



Why Perfection is a Recipe for Disaster

Perfection is the state of being flawless or lacking in any errors. Perfection is a state of mind that is completely unachievable. This is because perfection cannot be measured and is up to the interpretation by each individual. You might believe one person is perfect when they think they are the complete opposite.

Striving for perfection is a recipe for disaster and here's why:

- **It Causes Frustration**— Constantly putting yourself and other people up to high standards only leads to frustration. This is because other people don't understand what your level of perfection is, and really neither do you, as the bar keeps changing. Something will always be wrong if you strive for perfection, because again perfection is unrealistic. There will always be something that you did not plan for.
- **Develops Self-doubt**— Perfectionists tend to think that if they are not absolutely perfect, then they are not worthy. Perfectionists often ignore what they did well and only focus on what they did wrong. This leads to disappointment, depression and other common unhealthy traits that do not help self-confidence.
- **Increases Stress and Anxiety**— Believing you must be perfect and that everything you do must come out perfect creates a lot of stress and anxiety. Each day comes with some unexpected obstacles that can't be planned for. This leads to you constantly dwelling on what you could have fixed, instead of what you did right. Your anxiety will also build up because you will be constantly worried whether or not it's going to turn out okay.

Striving for the best you can do is not exactly a negative trait, it's when you become a perfectionist that it can be a problem. Perfectionism leads to disappointment, frustration, stress and anxiety. It is healthy to try to do the best you can, but don't over think or stress out about

the out-come. Let go, and believe you can do it, and you will see more happiness and success in your life.



Positive Support Networks Can Improve Self-Confidence

Having a positive support network is a great way to improve self-confidence. Most self-confidence depends on you, but it's nice to hear that you are worthy from people you care about. Friends and family who really love you will be positive and give you praise. That said, if you feel disappointed by yourself every time you get around someone, it's best to put them aside. Negative people won't help you improve your self-confidence. They will only bring you down.

Here are a couple of reasons why a positive support system can improve your self-confidence:

- **It Can Help You Identify Your Positive Traits** — Friends and family often give praise even when you don't realize it. They always see the good because they truly love you and because they actually believe it. These people are a good way to figure out what positive traits you have. It also keeps you from thinking too negatively.
- **It Can Be Encouraging** — Support networks can be highly encouraging because they want you to succeed. They are not thinking about whether or not you can do it because

they believe you can. They have confidence in you and want to show it. If you are constantly around this kind of attitude it will motivate you to do and be your best because you will want to keep them happy as well.

- **It's a Positive Environment** — A support system is just that; supportive. They surround you with positivity and make the negativity jump out the window. Find people who will give you advice and motivation when you need it.

It's great to have a support system, but make sure you are mirroring that back to the people you care about, as well. Constantly expecting things from other people won't get you very far. Building self-confidence is all about the work you put into it, not what others put into it. Support systems only provide you a positive environment, encouragement and the ability to identify your positive traits. What you do with that information is the key to gaining self-confidence.



How to Identify and Change Negative Thoughts

Negative thoughts often lead to an unsuccessful life and less confidence in you, if you are constantly worried and only thinking about what you do wrong. You think that you are not good enough; you are not going to lead a successful life. Negative thoughts are toxic and decrease your ability to perform. These thoughts might even make you avoid positive situations all together.

The best thing you can do for your health and to increase your self-confidence is to learn how to identify and change these negative thoughts.

- **Types of Negative Thoughts** — Understanding the types of negative thoughts is a good way to catch them when you are doing it yourself. Certain phrases to watch out for are: “I need to be perfect or it doesn’t matter”, “I am a failure. People wouldn’t like me if they knew the real me”, “The worst things always seem to happen to me” or “My life feels like a big disappointment”. If you find yourself spending time trying to guess what people think about you, you can only be happy if people like you. Or, if you need approval from them, then you are thinking negatively.
- **Transform Negative Thoughts** — Take your negative thoughts and turn them into a positive thought. Instead of saying “I’m not good enough” change it to “I am good enough.” This might sound silly at first and you might not even believe it right away. But the faster you can keep your mind off negative thoughts the better and more than likely you will start thinking positively over negatively.
- **Practice Positive Self-Talk** -- Each morning, look in the mirror and tell yourself “I am confident.” If you have a business meeting or something to do that day, tell yourself you are confident in your ability to perform that certain task. Chances are, you might not believe it right away, but over time you will. It will also start your day off positively, which is a great way to increase your self-confidence.
- **Think Constructively, Not Destructively** — Constructive thinking can easily be misunderstood as a negative or destructive. If you need to improve on a certain task, it’s okay to identify it. Make sure your thinking is valid, though. If you are thinking “I’m doing this wrong, there is no point”, then you are not thinking constructively. Instead say “I’m doing this wrong; I need to figure out why” and then use that constructive criticism to your advantage.
- **Focus on the Present and Forget the Past** — Often, negative thoughts are about what happened in the past and what went wrong. A great way to avoid this is by letting go. Accept the fact that this event happened and identify what you learned from it. Remember failing is a great tool for learning and it’s going to happen. There is no way to prevent it. Once you accept this fact, you will feel much happier and less negative about yourself.

It’s important to note that negative thinking isn’t always bad. It’s when you completely forget about the good things about yourself and in life that it becomes a dangerous situation. Thinking negatively is perfectly healthy as long as you know how to identify them and then take them to

benefit you in some way. Avoid dwelling on past mistakes and take pride in what you can do and you will be successful.

In the end, self-confidence is the ability to believe in your own judgment and ability to perform. When you believe good things are going to happen because you can do it, then you are confident. Having self-confidence is important to being successful and happy in your life. Self-confidence is what helps you accomplish your life goals; without it you wouldn't get anywhere.

Self-confidence reduces your stress and fear of failing. Stress is unhealthy to your body and develops many health problems. Failing is an important learning experience in life, so there is no need to fear it. Being self-confident can push you through these failures, so you can continue to try and learn. Self-confidence also makes you feel more powerful and knowledgeable. All of these traits help you complete your goals so you can feel happy and accomplished.

If you need a boost of self-confidence, don't stress, because there are plenty of ways to achieve that. You first want to fill your day with positive thoughts, gain all the knowledge you can, and get to know yourself. You can also build up your self-confidence by identifying your positive traits, recognizing your fears and working through them. Once you know what these are, find activities in your neighborhood; some that are your fears and some that you like. Working through your fears will make you proud of yourself and more secure.

Another important way to boost your confidence is to improve your health and appearance. The healthier you feel the more you will want to continue your day. You will feel happier and overall more reassured about yourself. It also keeps your day full of positivity rather than feeling down and negative. Avoid looking in the mirror and being disappointed by eating a healthy diet, exercising and finding clothes that show off your personality. A support system can easily help you feel more confidence. They provide a positive environment, help you identify your positive characteristics and even encourage you to be your best.

Negative thoughts can trigger unhappiness and disappointment in one's self. This is why it's important to learn what a negative thought may sound like and then what to do with it. Negative thoughts come in different forms and sound like: "I should have." "No one likes me, I can tell..." and last but not least "My life is always unlucky". Once you identify these negative thoughts, take them and turn them into a positive.

You can even tell yourself each morning you are confident so that you can start your day off positively. Remember, constructive thoughts are not negative. They help you identify where you need improvement, and that is okay. Lastly, forget the past and only focus on the now. There is no point in being stressed about something that has already happened. Move on and learn from it so that you can lead a more satisfying and successful life.

I sincerely hope this information has been helpful to you and that you continue on the journey to being more confident in your life.

To Your Success!

Connie Ragen Green

P.S. Find out more about my bestselling books on the topic of online entrepreneurship at <http://ConnieRagenGreenBooks.com>

The book shown below, *The Inner Game of Internet Marketing*, is one I co-authored with the late Geoff Hoff. He discusses creativity and I discuss the importance of having confidence to change your life. It's available in both paperback and on Kindle by clicking on the image.

