

Confidence building techniques

No one can make you feel inferior without your consent
Eleanor Roosevelt



Ivan Bessmertny

Confidence or the lack of confidence



9 techniques to build confidence



CONFIDENCE

A 3D rendered word "CONFIDENCE" in a bold, sans-serif font. The letters are a vibrant red color with a highly reflective, cracked glass texture. The word is positioned centrally on a light gray, slightly reflective surface, casting a soft shadow beneath it. The background is a plain, light gray gradient.

1. Stop Comparing Yourself to Others



One of the most effective *self-confidence building techniques* that will immediately *improve your confidence* is to stop comparing yourself to others. This is trouble and in reality, you only see a small slice of how that person really is. Everyone, thinks, feels, learns and sees things differently. You are the only person on this planet with your abilities and possibilities, which are endless and different from others.

When you compare yourself to other people you tend to compare yourself to the one person who you believe has it best in life. This is definitely not a good way to assess yourself. Instead worry about what it takes to be someone that you like yourself. You would be shocked at how much happier people who like themselves are than people who do not.

2. Always Make Eye Contact



By making eye contact you tell yourself that you are worthy, unafraid, and confident. You also send the same message to the other person/people that you are talking to.

At first many people have to force themselves to make eye contact for quite some time before it becomes a habit. However, you will find that once you get into a habit of making good eye contact you will naturally feel more confident in all situations and scenarios.

3. Exercise & Healthy Eating



Appearance is the number one cause for low self-esteem around the world. Improving your physical appearance can do wonders for your confidence. Exercising often is the best way to make yourself both feel better and look better.

Exercise of any kind will release endorphins which are chemicals released by the brain during exercise that enhances that feel good mood and sends a pleasurable feeling through your body. Exercising on a regular basis will improve anyone's physical appearance and subsequently their self-confidence. You feel good, you smile more. You smile more you feel more confident, there's a pattern here isn't there?

Do know, that 70% of weight loss starts with your dieting, so find a diet that works for you and implement an exercise routine that you are happy with. Just make sure it is a routine you enjoy otherwise your fitness regime will be short lived and you will see little to no improvement.

4. Dress Sharp



Have you ever heard the saying “when you look good, you feel good”? There is a lot of truth to that old saying. When you dress sharp it has a positive physiological effect resulting in improved interactions with other people. You will also feel changes in the way that you carry yourself, which enhances your level of comfort in every day situations.

Dressing sharp is an easy and immediate way to increase your confidence. This has been studied and proven to be very effective in immediately increasing confidence levels.

5. Compliment Others Often



Get in the mindset of thinking positive. This will allow you to see the good in people and compliment them on their strong points. So how is this going to help boost your self-esteem? Well, when you compliment others you are ten times more likely to get a sincere compliment in return. This will reinforce your strong points and push your positive characteristics in front of you.

6. Help Those Less Fortunate



Tony Robbins said it best – “The secret of living is giving.”

While this may seem counter productive to your happiness, helping those less fortunate is one of the most empowering feelings in the world. Those who do community service often have incredibly high self esteems, self confidence, and a great outlook on life.

The empowering feeling of helping others builds self confidence in yourself and helps you to realise that you are able to make an impact in this world.

7. Face Your Fears & Don't Fear Failure



This a huge reason for low level of confidence in millions of people. Our fears have incredible control over us and affect the way we feel about ourselves. When we fear something we feel weak which is the same as not feeling confident. In order to overcome this you have to face your fears in life. Do not avoid the things that you are incredibly afraid of. The better way to go about it is to face your fears and get to understand what you fear instead of running from it.

Learn to never fear failure. Everyone in life fails numerous times. A couple of failures will not define your life. The way you respond to these failures is what defines you.

8. Carry 'Confidence' With You



There are a number of ways that you can exude confidence physically and here are a handful I have to share with you:

- Speak clearly and with a reasonable volume
- Be conscious of your posture
- Don't cross your arms as this shows insecurity
- Use your hands to explain things, this helps to draw your crowd a vivid picture of your explanations

9. Fake It, Til You Make It



If you find yourself in a situation where you feel vulnerable and not very confident, this is the time to switch on your fake to make it.

Use the characteristics of confident people and apply them to your immediate situation. Look for a role model in the moment, someone you look at as a confident and charismatic person, whether it be a character, a movie star or someone that you have felt comfortable around before.

**Those were small tips,
which will make you feel confident**

Thanks you

For the great speech!

Video Episode