

## *63 Ways to Build Self-Confidence*

I found this article somewhere and changed it a bit. This is mostly someone else's work and not mine.



Confidence is a tool you can use in your everyday life to do all kinds of cool stuff; at least to stop second-guessing yourself, manage your fears and become able to do more of the things that really matter to you.

Not many people realize that their self-confidence works just like a muscle – it grows in response to the level of performance required of it. Either you use it or you lose it.

That is why I put forth 63 ways to grow your confidence so that you can become a giant.

Learning is a Good Thing, so sign up for that evening class and enjoy.

Get out of your own head by asking your partner or best friend what you can do for them today.

Hit the gym. The physiological effects will leave you feeling great.

Go to a networking event and focus on how you can be helpful to other people rather than being nervous about your own stuff.

Get clear on the things that truly matter to you. If they are not in your life, you need to bring them in.

Write a list of the things you're tolerating and putting up with in your life, then write down how you can remove, minimize or diminish each one.

Look at a great win or success you have experienced and give you credit for your part in it. Recognizing your achievements is not egotistical; it is a healthy aspect to your growth.

Next time you are at a social event, don't just stick with the people you know – go and have a conversation with someone you don't know and you never know what – or who – you'll discover.

Next time you talk yourself out of doing something (going to a party invite, a challenging project or whatever else), say 'What the Hell' and go do it anyway.

Go ahead and just do one thing each day that makes you smile (on the inside or on the outside).

Look for the patterns of thought that take you to a place where you start second-guessing or over-thinking. Try to imagine that your best friend went through exactly the same thought process then ended up holding themselves back. What would you want to say to them?

Ask out that girl or guy you fancy the pants off (only if you're single, don't want to get you into trouble).

You have to keep your mind well fed, so write a list of 20 things that keeps your mind feeling nourished and make sure you are giving them room in your life.

Stop playing different roles and squeezing yourself into boxes based on what you think people expect you to act like.

Learn to catch yourself every single time you tell yourself that you can't have, won't get or aren't good enough to get what you want.

Take yourself off autopilot. – make deliberate decisions on what really matters to you.

Next time you come up against a risk or a challenge, listen to what you tell yourself and look for a way that that inner dialog could be improved. Ask yourself, "What would make this easier?"

Scared of looking silly? You and everyone else. It's no biggie so don't let it stop you. Say it with me – "It just doesn't matter."

Do not think for a second that you can't be confident. There are already loads of things you do with natural self-confidence, you just have to notice them and get familiar with how it feels. Look for the things you do where the question of whether you are confident enough never arises.

Listen to your doubts but be ready to make deliberate decisions once you have heard them. Sometimes your doubts are there to let you know what you need to prepare for, so you can use them to your benefit as you move forwards.

Think of a time when it felt like a whole bank of switches in your head flicked to the on position and you were firing on all cylinders. What were you doing at that point and why did it feel so great?

You have a whole bunch of out-dated rules that determine what you do, don't do, should do and shouldn't do. These rules limit your thinking and limit your behavior. Tear up your rulebook and notice how free you are to make great decisions.

Do you get annoyed with yourself because you did not make the most of something or stepped back from an opportunity? Do not beat yourself up because that is just going to make you feel worse. Instead, be brutally honest and ask yourself what you gained from the situation and what you actually lost. Based on this win/lose balance, what is a different choice you can make next time?

If you have already done everything in your life you have no need to be scared. Do not ever think that being scared means you are not confident, it simply means you're going somewhere new.

If there is someone in your life who puts you down or makes you feel small, you owe it to yourself to let them know that you expect something different from now on. You deserve better.

Flirt. It is a harmless way to play around with connecting with people and having fun.

Reveal a little bit of the real you in a relationship that might feel like it is in a rut.

Acknowledge and welcome all of your experiences – the good stuff as well as the bad stuff. It is all equally valid and hiding things away because you don't like them is just creating conflict.

Always recognize that you are more than a match for any situation you might find yourself in, no matter how tough the going gets.

Do not get swept up in the drama of what is happening right now, look for a more useful way of engaging with what happens in your life.

Do not automatically give in to the instant pay-off – it often means you are selling yourself short.

When you feel like stamping your foot and yelling "I deserve better than this", take a step back and say "I can BE better than this."

Confidence sometimes means admitting you are wrong – always being ready to hold your hands up and change your mind.

Trust your instincts. They know what they are talking about.

Fear is a way of letting you know that you are about to stretch yourself and grow your confidence. That is a good thing, so use it to take yourself forwards rather than run away.

Imagine you are visited by a successful, confident, attractive and vibrant version of you from the future, a version of you who's everything you hope to be. What do they want to tell you?

Do not feel like you have to do everything yourself – sometimes the most confident thing to do is ask for help.

Take a chance on something tomorrow. Anything, big or small, just take a chance.

You need to be around people who make you feel like YOU, so spend more time with the people who support and encourage you and less with those who undermine you.

Stop struggling against the things you do not like in your life – create a congruent environment around you that flows and allows you to be you.

No man is an island, and you need to be a part of the world you around to feel confident. What can you participate in that is important to you?

Forget about the pro's and con's – do something bold in the face of your challenges and fears.

Work on developing the skills you need to win at the things that matter to you. What can you practice that would radically improve your chances of winning?

The body is a mirror for the mind, so shifting your body into a confident state can have surprising results.

Do not get disheartened or unmotivated when you get to 90% with something you are working on – push through and you will see that the last 10% is where the magic happens.

Please do keep comparing yourself to others? Stop it, do not try to validate yourself through comparison – you are just peachy as you are.

Put your head above the parapet at work and speak up if there is something you think may be improved or if you have an idea you think has legs.

If there is anything, you have been struggling to understand for a while, stop trying to understand it. Accept it just as it is, fully and wholly.

Are you shy with new people? Not a problem, there is nothing wrong with being shy and it does not mean you are not confident. Just do not over think it, start beating your self up or thinking you are less than because you're shy – the more you think like that the worse it gets.

Your environment directly affects your self-perception, so if you surround with clutter, paperwork and rubbish put a morning aside to clean up get organized.

Write yourself a list of the amazing things you would love to do in your life, and make a start by simply looking into the first one or two things that leap out at you.

Do not make your happiness or self-worth dependent on being in a relationship or validated by someone else. Find your inherent value first, and your relationships and confidence will be immeasurably better.

Try using your strengths to overcome any of your weaknesses. We all have weaknesses but they only undermine your confidence if you let them.

The longer you leave that big thing on your to do list the more it'll drain you and the bigger it'll seem – get it done and free yourself up. What golden threads, themes, patterns and passions have always been in your life? If those things are not present in your life right now, you need to shift your priorities.

Your body image does matter, because if you have a bad relationship with your body you will not be feeling confident in yourself. Get trim if you need to; just make sure you get along with your body.

Being confident is an ongoing process. It is not a goal or an end-point that you reach and then stop. Keep playing to the best of your ability and your confidence will always be there to support you.

Try a new path. The well-trodden paths of your life can easily turn from familiarity to apathy and disconnection. A new path wakes you up.

Do not say "Yes" to taking on a task simply because you don't want to rock the boat – you can politely decline requests you can't meet and don't need to create an excuse for it.

Look at the people you respect who seem confident – do not copy them, but identify what it is they do differently that conveys their confidence. Is there something you can learn from it?

Make a plan to do something, and make deliberate choices to follow through. Seeing progress gives you important self-reinforcement.

When you feel yourself focusing inwards and becoming paralyzed with doubt or fear, switch to focusing outwards at what you can engage and interact.

Are you still beating yourself up for failing or screwing up? It might not be a barrel of laughs but it is not going to help you get through it. It is much better to recognize that everything, whether it turns out or not, is how you practice living a rich life.

Peace and Love  
Wayne

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