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Discover the Meaning of Your Life by Building Your Self Confidence

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Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit

~E.E. Cummings

Self confidence is the faith in one's own abilities and judgements, crucial for taking positive risks and pursuing goals. Self-confidence is a crucial skill that influences every aspect of our lives, especially in areas like decision-making, building meaningful relationships and achieving personal and professional success. It's the foundation of self-assurance, enabling us to face life's many challenges and not shy away from new opportunities. It also helps us learn to grow as individuals. If you're wondering how to build self-confidence and foster a stronger sense of self-worth, this guide is here to help. Self-confidence is the belief in your ability to succeed at different tasks or situations. If you're asking yourself how to be more confident, it comes from experience, past successes or how generally capable you feel in particular areas. While self-confidence can boost your overall motivation and encourage you to take action, it's important to remember that it can be influenced by feedback from others, meaning how confident you feel can depend on your performance.

According to Dr. Joe Rubino, approximately 85% of people worldwide have issues with self-esteem. Unfortunately, issues of low self-esteem are linked to a number of significant problems with mental health. Low self-esteem is a thinking disorder that has been linked to school dropout rates, violent behavior, suicide, teenage pregnancy, and low academic achievement. According to experts, the problem of low self-esteem leads to a negative view that permeates our thoughts and leads to consistently self-defeating behaviors. A study conducted by the Body Shop on the self-esteem of 22,000 people across 21 counties offered an insight into self-worth and self-love. This report, named the "Self-Love Index" researched how people rated their self-worth, wellbeing and happiness. According to the report, the average score on the "self-love" index was only 53 out of 100, meaning 1 in 2 people worldwide felt more self-doubt than self-love. The report also revealed around 60% of people wished they had more respect for themselves.

Self-Worth: Self-worth is the deep-seated belief in your value as a person and is not connected to external factors such as achievements or others' opinions. Learning how to build self-worth involves self-acceptance, recognizing that you deserve love, respect and kindness, simply because you exist. When you have strong self-worth, you don't tie your value to external circumstances. This can help you to be resilient and stay grounded even when facing challenges.

Self-Esteem: A third concept, self-esteem, is closely related to self-worth. It's based on how you view yourself. It can fluctuate if you compare yourself to others. Activities to improve your sense of self-worth can also improve your self-esteem.

This is likely the most used term for these related concepts outside of psychological research, but there is still some confusion about what exactly self-confidence is.

One of the most cited sources about self-confidence refers to it as simply believing in oneself (Bénabou & Tirole, 2002). Another popular article defines self-confidence as an individual's expectations of performance and self-evaluations of abilities and prior performance (Lenney, 1977).

Finally, Psychology Dictionary Online defines self-confidence as an individual's trust in his or her own abilities, capacities, and judgments, or belief that he or she can successfully face day to day challenges and demands (Psychology Dictionary Online).

Self-confidence also brings about more happiness. Typically, when you are confident in your abilities, you are happier due to your successes. When you are feeling better about your capabilities, the more energized and motivated you are to take action and achieve your goals. Self-confidence, then, is similar to self-efficacy in that it tends to focus on the individual's future performance; however, it seems to be based on prior performance, and so in a sense, it also focuses on the past.

Many psychologists tend to refer to self-efficacy when considering an individual's beliefs about their abilities concerning a specific task or set of tasks, while self-confidence is more often referred to as a broader and more stable trait concerning an individual's perceptions of overall capability. A broad review of the correlates of self-esteem found that high self-esteem is associated with better health, better social lives, protection against mental disorders and social problems, healthy coping, and mental well-being (Mann, Hosman, Schaalma, & de Vries, 2004).

Children with high self-confidence perform better at school and, later in life, have higher job satisfaction in middle age. Self-esteem is also strongly linked to happiness, with higher levels of self-esteem predicting higher levels of happiness. High self-confidence has even been found to increase the chances of survival after a serious surgical procedure (Mann et al., 2004).

As noted earlier, there have been thousands of papers published on self-confidence or self-esteem, and many of these papers connect self-confidence with success in life.

Some studies show a strong relationship between self-confidence and positive mental health (Atherton et al., 2016; Clark & Gakuru, 2014; Gloppen, David-Ferdon, & Bates, 2010; Skenderis, 2015; Stankov, 2013; Stankov & Lee, 2014). The success of individuals with high self-esteem lies in these six attributes:

1. A greater sense of self-worth

2. Greater enjoyment in life and in activities
3. Freedom from self-doubt
4. Freedom from fear and anxiety, freedom from social anxiety, and less stress
5. More energy and motivation to act
6. More enjoyable time interacting with other people at social gatherings. When you are relaxed and confident others will feel at ease around you.

Key Strategies for building self-confidence

Becoming a more confident person doesn't happen overnight. Cultivating self-confidence is a step-by-step process. If you're looking for tips on how to gain confidence, here are some strategies to help you know your worth:

1. **Celebrate Small Wins:** Acknowledge and celebrate your achievements, no matter how small they seem. Each success adds to your belief in your abilities and motivates you.
2. **Practice Positive Self-Talk:** Do you ever wonder how you can boost confidence in tough moments? Replace negative thoughts with affirming ones. Instead of focusing on what you can't do, remind yourself of what you can achieve. For example, swap "I'll never get this right," with "I'm learning and improving every day."
3. **Build Competence through Practice:** Confidence grows with competence. Dedicate time to developing your skills in areas that matter to you. If you're working on how to buil confidence in yourself, consistency is key. Consistent practice not only improves your abilities but also boosts your self-assurance.
4. **Step out of your comfort zone:** Growth happens when you step outside your comfort zone. Take on challenges that push your boundaries, whether it's speaking in public, learning a new skill or initiating a conversation with someone new.
5. **Set realistic goals:** Break down large goals into smaller, more manageable steps. Achieving these smaller milestones gives you a sense of accomplishment and builds momentum to help you reach the main goal**.**
6. **Surround yourself with supportive people:** Spend time with individuals who uplift and inspire you. Their encouragement can help you stay motivated and confident in your

abilities. Being with people who drag you down can make you feel like you're not worthy or even make you consider giving up altogether.

7. **Learn from mistakes:** View mistakes as learning opportunities and not as failures. Think about what you can do differently next time, and use the experiences to grow stronger.
8. **Practice good self-care:** Taking care of your physical and mental well-being and practicing good self-care can have a huge impact on your confidence. Regular exercise, a balanced diet, plenty of rest and good, regular sleep contribute to a positive self-image.
9. **Visualize success:** Visualization is a powerful tool. Picture yourself succeeding in your endeavors, big or small. This mental rehearsal can boost your confidence when it's time to perform.
10. **Seek constructive feedback:** Constructive, honest feedback from people you trust can help you identify areas for improvement and build your confidence. Make a plan to make needed changes and use the feedback to grow.
11. **Build a support network:** Surround yourself with positive people who make you feel good about yourself.