

SIMPLISTIC CONFIDENCE

“BUILDING A BETTER AND STRONGER YOU.”

By: Aurthur Musendame.

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A Nuclear Power Invigorated guide to Super Confidence.

The way to boost your confidence

*This book is dedicated to all those people in the world who want to achieve their dreams, and develop 4 any level confidence – **the kind that lets you go anywhere, anytime, get to meet anyone and do absolutely anything***

Most of all, this book is dedicated to my wife, Pedesta Ushe, who believed in me long before I believed in myself. Thank you.

For my little sisters, Mantile and Samantha, who are still coming up? Use your adversities to strengthen your confidence and your abilities to help those in need. Always remember to rely on God for your path.

For our father. I still miss you.

To my family I want to say thank you for making me who I am today. Lots of love.

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Introduction

There are many definitions of the word confidence. Here are a few definitions that I carefully selected for you.

1. *The ability to take effective action in any situation – self-assuredness.*
2. *The belief of having faith in something.*
3. *A state of being certain that you are capable doing something.*

Are you not tired of everyone pulling your strings every time? It's time to get up and kick ass.

Confidence enables you to face and handle any situation with ease, minus the feeling of fear, worry, and doubt. Building confidence will give you a life full of endless possibilities that will drive you through various life challenging situations and bring you limitless success. Is this not the type of life you want? Having confidence is having the power and potential to succeed, living the life of your dreams.

Having an attitude that holds a positive realistic view of self gives you a peace of mind which enables you to face and handle any situation without difficulty – the power of a peaceful mind. It doesn't matter how others may see the situation, because you have a positive self-image, a rock solid, and unshakeable confidence, you will be in the rightful position to tackle any situation is without panicking.

I call this the power of a positive self-mage.

Real and true confidence:

- *Is from within, it can neither be broadcast nor be voiced.*
- *Is not defensive, it is proactive.*
- *Is a dream fulfiller.*
- *Reclaims your dreams that have been lost or postponed.*

Gaining confidence gives you a strong and positive mental attitude, the feeling that all is well, regardless of not knowing the answers, solutions, and the 'How to ...' of the problem that you are facing.

If you have wasted precious time in your life because of the worry actor, fear, and doubt, doing something away from your dreams, it's time to revisit your past and redaim you passions

Why building a positive self-image?

Skill, knowledge, expertise, and experience is important but will not mean much or be of much value in meeting most life successes without the desired confidence. You may have the skill and knowledge but when you go to an interview, when you are meeting with someone who matters, when you need to be a leader, confidence is this one factor that they are looking for.

Do you need to build stronger and happy relationships that last, build and grow successful businesses, live a happy and flourishing life full of spasms of joy?

Building a **4 any** level type of **confidence** is the key. This type of confidence allows you to meet **anyone, anywhere, anytime**, and do absolutely **anything**.

Start building your confidence, start building a positive self-image today, boost your confidence, and attain super rock-solid confidence. A way to living your dreams.

Building self-confidence will give all the resources you need and build you the impact you desire to getting you promoted at work or to getting an appraisal.

Self-confidence will enable you to welly answer the question *'am I worth the job or am I worth ...,'* it assesses your own sense of self-worth.

When you look at yourself, what is it that you really see in you, what is this thing that drives your heart, what is it you really want and need? The real question is, what is holding

you back to doing it, what is holding you back to achieving your dreams, what is it that is making you not to follow your dreams? The lack of confidence to meeting your goal setting is the answer to all these questions. Now, do you realise how important it is to build this 4 any level type of confidence?

Self-confidence allows you and gives you the heart to follow your dreams, to take necessary risks, to face the challenge, to feel the fear and do it any way, all because you believe and have faith in yourself that you are capable. Confidence instils the courage that even if things don't go well and turn unexpected turns they can always be put back in track.

Confidence brings about self-acceptance and self-appreciation, the understanding of who you really are, enabling you to feel great about yourself, helping you to make better life choices, and decisions that really matter. Building a 4 any level type of self-confidence is the foundation of all.

Like a child, everyone is born confident, but it diminishes with time due to a variety of life changing induced factors and influences that include bad parenting, friends, our surroundings and schooling. There is need to rebuild that confidence because it will bring you to your happiness through following and attaining your dreams. Without confidence we cannot enjoy life. Confidence holds the power to change anything. A lot of people with great, big dreams did not manage to fulfil them because they were not confident enough to stand the gap. If you are very confident, you are filled with passion, conviction and the strength you need to pursue your dreams because you know who you are,

you understand your core values, you know that you are purposed to live your life and not exist, you know how to nature your unique talents and gifts.

How does it feel like to want something, long for something, yet not having the zeal to go for it? Do you want this kind of life, a life full of blame? It's time to kick ass and build the confidence that you desire, succeed in your career, and be visible to the whole world.

With confidence you fast adapt to changing environments and situations without the feeling of discomfort. No matter how negatives may build up in your way, your confidence will keep you strong, positive and always above your weaknesses.

If you are confident, you will feel secure, in your relationships, at work, and in anything that you do. With self-confidence you better overcome trials, insecurities, difficulty without feeling depressed. You will handle any matter and any situation with ease and with a peace of mind.

Confident people are easily attracted to each other. Most confident and positive minded people are successful people. This will enhance your career prospects bringing you closer to meeting the best opportunities and more chances of achieving your goals.

People love to follow those who are confident, believing in them, placing their trust in them, therefore building self-confidence will make you a role model for many.

Because confident people are full of understanding and are fully aware of who they really are, this makes them stable,

balanced, and not to get easily affected by the social and or economic status. They always feel adequate, stress free and have nothing to worry about.

It is easy for confident people to weigh rough situations and take risks. They are high risk takers. This allows them to prosper and be successful in what they do. No matter how people may criticise them, it doesn't affect them, they know how to handle criticism, it does not lower their spirits otherwise they find criticism to be a dream booster because it enables them to identify areas in need of improvement.

Confident people are characterised by high level access – the ability to network properly, win friends, influence people and have high chances of meeting people who matter.

Confident people are successful people because they have boundaries, and rules that direct and govern their day to day goings, doings and involvements.

Dangers of low confidence levels

A strong lack of self-confidence poses a negative effect on your social relations, networking, career, moods, achievements, and life as a whole. People with low self-confidence are easily depressed with life situations that surround them due to inability to cope with meeting life challenges and the inability to adapt to changing environments.

Those who lack confidence are less likely to develop healthy flourishing successful lives because they lack the stamina to stand and face whatever lies ahead of them.

Without confidence you will feel isolated, alone, hated, and unlovable because you have a hard time building relationships and maintaining friendships. When you lack confidence you cannot put trust in yourself, you doubt your abilities, you have a hard time handling situations and this builds anxiety. People love to criticise, and if you are less confident you will feel bad when they begin to criticise you. Less confident people do not know how to deal with criticism.

Less confident people are jealous, they envy others too much. This is because less confident people love to compare themselves to other people. This builds jealousy in their hearts. If you don't have confidence in yourself, you lack self-love and without the love of self how will you be in a position to love others and cope around them?

Less confident people are low risk takers, they are afraid of taking risks, they feel like nothing is meant to work for them, they feel like they are losers and highly incapable. This negative attitude deprives potential making them remain where they are, without substantial growth and expansion. They cannot move out of their comfort zone, they have a feeling that something will always go wrong along the way. Therefore, in most cases, they end up getting controlled by others because they can't stand on their own, they always have to be pulled along.

They lack the zeal, the driving force to execute their minds towards meeting their goal setting and pursuing their desires. They are controlled and therefore they tend to follow their emotions and feelings. No matter how much you may want to achieve something in life, it will be never easy without confidence. Less confident people live lives that are unhappy, unhealthy, and full of hatred, with stress and boredom.

Without the desired level of confidence it is hard to face life challenging problems and situations. You will end up wasting a lot of money through hiring someone who will do the job for you, something that you could have done yourself. You don't have the freedom that allows you to stretch outside your comfort zone. You will be stuck at one point or another. Less confident people are concerned with what others are doing, they cannot concentrate on their own piece of work, and they are not capable of minding their own business.

Negativity floods the minds of those who lack self-confidence. They have a negative mental attitude, they are

full of self-doubt, are afraid of failure because they expect the negative to always befall them. There are a lot of highly educated people yet they are not where they wanted to be, they lost the job interview and had their job taken away by someone who is less educated than them because they could not be confident enough to adequately express themselves. Less confident people lack the freedom of self-expression, they do not know or understand who they are.

Less confident people cannot stand the face of the crowd, they have the fear of public speaking, and in the back of their minds they think someone is always watching their step. They cannot meet with new people, they have a hard time bonding with new relationships, and they cannot be leaders.

Less confident people are less likely to be in a position to say **NO** to others, they cannot decide for themselves as to what they really want, and they are easily influenced therefore, they do not always get what they want or desire out of life.

And because they allow limitations and weaknesses to override their desires, they often panic and worry that things will take wrong turns. This holds them from pursuing their dreams.

The circle around confidence

The ability to purpose your life, add value to it and redefine your destiny is all embedded in the level of your self-confidence. People who have confidence in themselves present with the following 15 quality pieces that make and represent the circle around confidence :

Ambition

What do you want out of life? Do you want to live your life you the fullest, or do you want to exist? Confident people are driven by their vision of success, they are highly ambitious when it comes to what they want. Maximise on working towards your dreams. You should know what you really want and program yourself to work towards that goal setting.

Forget about the negative, they are always there, work on how to handle them when you meet them. Focus on the positive aspects and this will get you closer to what you want to achieve. Define your goals, let them be clear to you, and strive to achieve them no matter what.

Self-Love

Confident people do not undermine themselves, they have high levels of self-respect and self-love. They are very kind and affectionate. They do not mix themselves with psychopaths and idiots.

They are sociable and can easily adapt to various environments because they are not afraid of changing environments, economic situations and meeting new people.

They love themselves wholeheartedly, they are satisfied by who they are and that is their strength and security, trusting in themselves and in their abilities. They have a strong sense of belonging. They put value in themselves because they know that greatness lies inside them. They are happy, smiling, kind and wholesome.

Competitiveness

Competitiveness flows in the blood of confident people, it is their nature, and they love competition. No matter how hard the situation may be, they always push on, keep on keeping on, testing themselves against the best, because they believe in themselves.

They are not afraid of being wrong, they are aware that they are not always right, they are eager to find out what's right. If they are wrong, they easily admit, they are not defensive.

They never draw back from competition, theirs is to push forward, to press on and take risks.

Risk taking

Confident people are not afraid of taking necessary risks. Risk taking is an everyday meal, it's a life style. They are not afraid of being wrong or to take chances because they know that opportunities are met in taking risks.

Confident people are good at assessing and weighing both sides of a situation (positive or negative), they know that in

all ups and downs there is always a shining star – opportunities.

Hard working

Confident people don't spend their day wasting any precious time they have just sitting on their asses or loitering, they are not lazy, they are hard working. They put effort in everything they do no matter how exhaustive it may be.

Confident people are not settled when there are no results, they always want to produce something, they are result driven and goal oriented. They believe in themselves, they know that they can make things happen.

Awareness

Confident people are aware of their capabilities, and they know their strengths. They use their strengths to produce results and always improve on them for self-growth and betterment.

Like everyone, they also have limitations but what differs is, that non-confident people allow their limitations to overrule them. Confident people step above their limitations.

Confident people work on improving on their strengths, strengthening their weaknesses because they know that they are capable of continuous improvement. Practice makes perfect – make this your guide and a rule that you will always follow.

Acceptance

Do you know who you are? Confident people know who they are, accept themselves and everyone for who they are,

regardless of their background, ethnicity, and or level of education. They are not ignorant. They know that everyone is unique, with each person having their own qualities and talents. We are not all equal. They recognise their own shortcomings, weaknesses and how they developed on them, so they believe the best for others.

Determination

Confident people are result oriented, driven for outcome in everything they touch, and they do not settle for less, for zero result. Confident people always stand out, they do not allow situations to overrule them, the word impossible does not exist in their vocabulary, and everything is worth a try or risking. Confident people do not give in easily, they dominate and subdue.

Positive

Their strength lies in their positivity. They are always positive in all they do, they always expect the best to come. Confident people are not negative minded, they do not allow circumstances to lead their way, they are their own bosses always fighting for the best.

Confident people have courage, they know how to overcome doubt, fear and a negative inner voice. They know to stand the gap.

Focus

When you ask a confident person about what they want, they can clearly state it to you. They know what they want in life. They know how they want their things to be run. They

are focused, they take full control of their journey towards success.

They believe and have faith in their work towards reaching and obtaining their goals. They have rules that govern their doings. They don't allow fear, limitations, emotions, feelings, and failures to control or put boundaries to them.

Attraction

Confident people are very attractive and therefore they are easily drawn unto each other. This opens various doors for more opportunities.

The universal law of attraction: demonstrates how we create the things, events, and people that come in to our lives. Our thoughts, feelings, words, and actions produce energies which, in turn, attract like energies. Negative energies attract negative energies and positive energies attract positive energies.

Confident people are like shining stars, shining in their spirits and this allows them to attract same energies into their lives.

Leadership

Leaders are very confident, they are made, and not born. This makes confident people the best leaders for our societies and nations at large.

They are not afraid of shifts or situation changes, they are risk takers, and goal oriented personnel.

Access

Confident people know that access has no limitation, access is for all. Confident people are good network builders, they

believe that everyone gains access to whatever they want or need through networks of friends – universal access.

Confident people know how to build strong relationships, hence through these good networks, they create endless possibilities and opportunities for themselves. They do not wait for promotion at work, they create their own access points that allows them to expand and grow towards their goal setting.

In their minds they pose significant goal driven questions that vibrate their energies into motion, shaking them to take action. They always ask – “why not me?” because they know that access is universal.

Free

Confident people are free and open. They are not afraid to seek knowledge in areas they have no expertise. They ask where they do not know. Many people see asking as a sign of weakness, but it is not. Through seeking knowledge you build a stronger base that will enhance your confidence and career path.

Confident people ask freely, they acknowledge their weaknesses, strive to work and improve on them. They give an open ear to others when they speak, an ear to listen attentively – active listening. They listen more than they speak because they always want to hear more.

They have all the freedom they need around others. They have nothing to worry about or to be afraid of.

Open mind

Confident people see opportunity in everything, in ups or downs. Regardless of how many times they might have failed, it is always the best and perfect time to start over, it's a new start and now in a more intelligent way. Failure allows them to do things more intelligently with awareness.

They weigh situations for the best, they stand to make things work towards the positive, towards success. They are not limited by weaknesses, they have total control over their weaknesses. Their thinking is not narrow, but wide enough to see opportunity in dry seasons.

The confidence language

Language (the way we speak) holds the ultimate power to change our lives. The words that we use daily when we converse with others must show that we are in total control, they must also show wiliness, power and impact. Our vocabulary must show that we have confidence in ourselves. Language that shows lack of self-confidence deprive us from meeting our goal setting. In an interview or when you meet someone new with whom you are trying to build a bond, your vocabulary will tell them if you are confident or not. Good language will enhance your life journey bringing you closer to meeting your goal setting.

Using the correct language conveys a dramatic and positive change towards greatness and success in life. By simply listening to other people talk, you can be in a position to tell whether their life will waste away, remain the same or flourish. This ability comes through selecting or pin pointing particular words they use and the way they use then in conversations.

Incorrect use of negative word in our daily conversations without being aware of their negative impact affects the character of our subconscious mind in a great way. No matter how small these words may seem, they carry a tremendous effect that controls our character, feelings, reactions, emotions and the way we present ourselves to others.

It is of paramount importance that we learn and practice careful selection of perfect language vocabulary which will show self-confidence and enhance our lives.

Choosing your words

Try

This word shows unwillingness and carries a high level of self-doubt. Most people who use the 'try' word don't trust themselves of being capable of successfully implementing and accomplishing necessary tasks.

This word shows that you are not doing things wholeheartedly and you may not do the tasks at all, you are not willing.

How often do you use this word in sentences like 'I'll try to ...' Why not say – 'I'll do' instead of 'I'll try doing...', 'I will come' instead of 'I'll try...'

Cant

This word destroys your self-image. Why do you tell yourself that you are not capable? This word is a confidence killer.

Why don't you trust yourself, your abilities? This word damages and corrupts the level of your self-esteem. Without self-esteem and a positive self-image, you can hardly accomplish anything in life.

If you know that you are not in a position to ..., why not say 'I choose not to ..,' this sentence gives you full control over the situation, you are the boss.

Just

The word just is used by those people who do things for the sake of doing. Doing without proper reasoning. It shows that whatever you do or have done carries no meaning, importance or value to you.

Just doing things shows that you are not determined, you are not a careful planner, and you do not care. You do not put your mind to focus on the things you do. You don't have a goal setting.

Feel

'I feel I have to ...'

Why do you let your feelings and emotions take control over your life? Learn to take responsibility and full control over your own life, over the things you do. Why do you undermine yourself by letting your feelings control you?

If you let your feelings control you, it means you will not be in a position to take important and valuable decisions in life. There are times when you will need to sit down and think in order to execute positive ideas and be in a position to resolve issues and conflicts but if your feelings take control over you, then you will not be in a position to proceed or succeed in anything.

The word kills your self- esteem and later you will begin to blame yourself that you are not capable simply because you let your emotions and feeling override your brains.

As for guys, why do you let your small head take lead and full control over your big head?

I think

Why are you doubting? Evelyn asks “Polite, where is Lesede?” Polite answers “I think she went to the store.” Polite is not decisive, she is not sure, and she is saying things without full analysis of what she really wants to say. She doesn’t know and that is why she is saying ‘I think’. If she knew, she could have said ‘she went to the store’ or ‘I don’t know, Lesede did not say anything when she left’. This could have been a clever answer.

‘I think I want to go to work,’ really? It’s better to say ‘I am going to work’ or ‘I am not going to work today’. Be decisive.

Likely

Imagine you receive a letter from a friend telling you about how the weather will be in the next coming 2 days which may affect your trip to Victoria Falls. He mentions that ‘It’s likely going to be windy.’ This information shows that your friend doesn’t know, it’s an assumption.

The word likely is used when someone doesn’t have full facts about something, when someone assumes something. It shows lack of knowledge and it undermines your credibility.

Need

This word when it becomes overused, it portrays a negative self-image. Imagine you are the boss at your work place and you always say - I need you to ..., I need you here before ..., I need The word makes you to look needy. Avoid using too much of this word and try expressing yourself in other ways possible.

Usually

Its better you do not say anything at all if you are so sure that you do not possess all the facts required. This word is mostly used by those who do not have all the facts required about the subject at hand.

Might

'I might go to school,' 'I might do ...' this shows that you are not sure if you really will The word shows that you have no commitment at all, you are full of doubt and you lack the ability. It is much better to say 'I will go to school' or 'I will do'

Hope

This word is not for confident people. People hope that their situations will turnaround whilst they sit on their ass without taking any necessary action. Turn your situation to suit your desires and don't hope that it will turn itself, you have to make it happen.

Eliminate the word in your vocabulary and take full control of the things you do. Having hope is not a bad thing but avoid wrongly using the word.

But

The word cancels everything in a sentence that lies behind it. 'I am supposed to attend a meeting but I have to watch a football match.' But negates the need to go to a meeting, it shows that you are no longer going to the meeting.

Be aware of how you use this word in your sentences.

Could

Are you afraid of something? If not, then what's stopping you?

The notion shows fear, unwillingness, and lack of confidence that you can accomplish a task. Instead of using could, use 'will.'

Others words that are confidence killers

Would	won't
Worried	Confused
Wish	Usually
Attempt	Suspect
Quandary	I Believe
Should	Impossible

Consider replacing those notions that degrade your confidence and colour your vocabulary with some of the following words:

Definitely	Surely
Expect	Convinced
I Will	Of course

I Choose	Obviously
Assuredly	Confidently
Absolutely	Convicted

These words if correctly used, show and demonstrate power, authority, total control, boosting the level of your self-image.

Positive communication through confident vocabulary helps build a stronger 4 any level type of confidence, which is the foundation of great achievements.

A weak and a negative language imposes a negative impact on your career, image and reputation. Do not sabotage yourself with the use of weak and negative vocabulary. Learn to choose the best words and continuously improve your vocabulary.

Task

Write down all negative words you have been using in your day to day life and list their alternative power words that you will use to replace them. Practice the use of these powerful vocabulary energising words.

Building Super Confidence

Confident people understand the need and importance of trusting and believing in themselves. It is this drive that draws them closer to best opportunities for success.

When people realise their full and true potential and have a strong sense of self-confidence in their abilities, they are capable of creating a better world.

If you feel terrified to start something in life, that negativity limits your potential, minimises your abilities, and places a negative (false) drive of incapability, and inability in every area of your life. This drives away opportunities and success.

Learning to build a 4 any level type of confidence is important and essential to living a nourishing and healthy life surrounded by fulfilled dreams and desires.

Building self-confidence enables you to pursue what you want, above all it will earn you the respect you deserve from yourself and others.

Planning and preparing for the unknown

Think about your journey. Take your time to remember who you really are, what you want out of life, and where you truly want to be.

Answer these few questions to help you remember who you really are:

1. *What is my name?*
2. *Who am I?*

3. *What do I want out of this life?*
4. *What do I want to achieve a year from now?*
5. *What do I want to achieve 10 years from now?*
6. *What are my goals?*
7. *What is my goal setting?*
8. *How am I going to achieve these goals?*
9. *Am I important enough, lovable and unique?*
10. *Am I an achiever or an underachiever?*
11. *What is this journey that I'm walking?*

You can add questions of your own and answer them too. These questions are meant to help you remember who you are and help you program yourself for success.

Program your mind for the journey. A positive mental attitude will help you face and distract any negatives along your path.

Commitment is important, it is the root that will prepare you for the unknown.

Learn to write down your successes. This will help you acknowledge your own strengths and handle your weaknesses better.

Know your weaknesses. Pin point those important things about yourself that will drive you towards grabbing your success – keep your focus, and always on your journey.

The mind is always filled with various forms of negativity (negative self-talk and a negative mental attitude). You will need to learn various ways to defeat or overcome negativity replacing it with positivity. Negative self-talk destroys your

self-esteem which in turn destroys the level of your confidence. Do not allow it to set and take your mind hostage.

Again *commitment, commitment, and commitment* like I said, is of importance, without it you will never go far and you will not build your confidence. Tell yourself that you will be committed to the journey of progress (continuous progress) to the journey.

Be committed to the unknown – risk taking. There are many things in the journey that you do not have any knowledge about. Some of the unknowns are challenges and difficulties that will take only the committed to overcome.

Everyone is talented. Identify your talents. Discover the things you excel the most at and focus on them. Improve on those strengths and work on your weaknesses.

Thirst for the things that you want and learn to adopt a no quitting habit. Always be on the positive, expecting success. Confidence is built through looking and assessing the progress of your own successes and achievements. You know your achievements, trust your capabilities and put yourself in a position to face whatever the hell comes your way. No one knows everything, the key is the willingness to press on. You can and always will learn from others.

Knowledge is power

Are you afraid of learning something new? Do you want to train in a certain field or area of expertise? Learning and taking researches will improve your abilities to handle situations with ease. Learning something new enables you to

build your knowledge on anything you are seek knowledge of.

You cannot easily take leading roles and execute important target directed tasks without the required skills and sufficient knowledge. Gaining vast knowledge, understanding, and experience builds confidence in your abilities, in your work place and in your relationship.

Building the required knowledge will prepare you to handle situation changes and the more you learn, the more you know and understand the best methods to tackle situations better and in a more intelligent way.

Are you afraid of studying? Research about the various study skills in order to improve the quality of your studies. Build the knowledge that you require for your success desires to come true. Look into your journey, look alongside your goals and desires, identify and acquire the knowledge and skills to achieve them.

Remember the mustard seed, everything starts and begins small. Choose that area that you are so sure to excel, direct your focus and work on it. Your successes will surely boost your confidence. Start with something that you know you can accomplish easily. Every task that you manage to complete will vibrate your energy and motivate you to do more. This will help build a rock solid, 4 any level type of confidence.

Use your spare time to read and seek knowledge on things that interest you the most. Make up some savings, it may be \$20 a month, build your equity, after a few months use the cash to invest in yourself knowledge and take some few short

courses. The internet is full of short courses and some of them are free. Visit sites like www.universityofthepeople.org, www.alison.com, www.udacity.com, www.udemy.com, www.open2study.com, etc.

Get practical, exercise your knowledge and gain experience. This allows you to overcome doubt in your abilities and thus boost your confidence.

Learn to be always honest with yourself. Do not cheat yourself. Make it a habit to set goals for the day, and work on achieving them. Remember to keep your mind on track. Wash or erase all those negative energies. Celebrate your achievements and replace those negative thoughts with a positive and success driven mental attitude.

Play mind games to challenge your brain to think big and outside the box.

Imagine the best, push away and erase those negative emotions and past negative experiences. When things go out of track rely on the will power, to succeed. This will keep your confidence. Thinking positive will bring you happiness and erase all misery and keep you focused.

Building momentum

Be the master of your own life – be your own boss. Increase the level of your commitment. Extend your knowledge base and skills. Keep on keeping on, celebrating your successes. Align yourself and set boundaries for your journey. Work along and do not cross your boundaries. Your journey is the key – your focal point.

Lay your rules and regulations. No one is better than you, so don't waste your valuable and precious time comparing yourself to others – it destroys your confidence. Remember that you are still building it up, laying one brick after another.

Talk about your insecurities with your friends, family, loved ones and they will help you work on them. They will help you maximise on your weaknesses or failures. Keep focused, always round up your tasks before moving on to the next.

Always finish one task before starting another. Letting your tasks pile up will hinder your success. You will not be able to finish them and you will begin to question your abilities and think that you are a failure, this kills and destroys confidence. It will build negative energies which you are working on overcoming.

Learn to accept yourself for who you really are. The power of self-acceptance out rules and overrides doubts, blame etc. This will boosting your confidence.

A little bit more...

Look at yourself in the mirror and smile. This will make you *happier [the facial feedback theory]*.

Who is your role model? Adopt that characteristic, and begin to walk like them, talk like them, dress like them, and this will help you boost your confidence.

Always make it a habit to read self-help books. This very book that you are reading right now is a self-help book and guide that I specifically designed to improve the level of your self-confidence.

Take risks and when you succeed in them you will always want to take more of them without the fear of failure or circumstance. You will feel invincible. This will build your confidence.

Take compliments with an open heart and mind when people give them to you because confidence is instilled through positive recognition and reinforcements.

Practice makes perfect. Through practice you get better and better. Introduce yourself to new people, make new friends, build new networks and have a habit of listening when people speak. Practice active listening techniques. Emulate what confident people would do when a certain situation comes their way. With time you will build the confidence that you desire. Practice makes perfect.

Trust yourself in everything you do. No one will be in a position to trust you better than yourself. You are your own mantle when it comes to the issue of trust. Confident people trust themselves and that is the reason why they succeed in what they do.

Dress for success. Proper dressing will make you feel good and great about yourself. It makes you feel presentable and being part of those who are successful.

Stay away from people who make you feel bad about yourself. Detach yourself from them. Make friendship with people who are result oriented, successful and this will fast improve your confidence. Making friendship with those people who are goal driven will fast make you imitate and want to be like them and this will fast bring you to grow to

their level. This will quicken your steps towards building your confidence.

Get rid of all sources of negativity. Negate them. Focus on staying positive in everything you do.

Learn to make eye contact when you speak to anyone. It builds self-confidence. People don't see confidence in someone who looks away whilst they are talking to them. Make it a habit to look in the eye.

Don't over work yourself otherwise you will have a hard time seeking motivation if your mind is tired. Restlessness builds stress and results in memory loss. Cleanse your path and take mental breaks. Avoid activities that build tension and stress

GETTING INTO DETAIL

Motivation

Even if you are aware of your own abilities, there are times when you will need to be driven to build you into the level of confidence which will usher you into achieving your goal setting. This drive is what I call motivation.

You can either motivate yourself or be motivated by someone when they speak with you or by looking at their successes or by just something you see.

Motivation can be enhanced in a number of ways

Think positive

Put your mind in the correct gear by training yourself to always talk and think positive. Do not allow negative thoughts to fill your mind. Clear all those negative energy drainers before they completely weaken and reduce your capabilities and strengths.

Build strong networks

Build your relationships and networks with the people who matter, those people you value the most in your life, always be around them, imitate them and share your positive energies. Being surrounded by people who are colourful is a strong motivation that will build your zeal to be like them and meet their standards.

Learn and adopt a habit of taking action

Action brings result. Learn to take every situation to your advantage by learning about all its weak and strong points

and use them as opportunities to start doing something. Do not wait for an opportunity to strike or present itself but create them for yourself. No one will ever create the best opportunity for you. If there could be anyone capable of presenting the best opportunity to you, that person is you and only you can do it.

Act like it

Sometimes the best way of getting motivated when you feel like the whole world is on top of you, is to act like it. Within a few minutes of you acting like it you will begin to feel motivated. Action builds positive energy that will colour your feelings and emotions and you will begin to feel motivated. So fake it until you make it.

Avoid blaming yourself of your past mistakes

Everyone have their own shortcomings, no one is always perfect. Always speak positive about yourself. Tell yourself that you are so special.

Ease your day

You can easily ease your day when you start it by tackling the toughest tasks first. This will ease your work in the day, and you will work with more confidence and strength.

Do not compare yourself to others

This will kill and numb your motivation. Focus on yourself, on your own successes, learn to mind your own business. Focus on how to overcome your limitations and how to successfully and continually improve on them. Look back on your successes and achievements, look at your progress step by

step. Your own successes will motivate you better because they reflect your own potential and abilities.

Failure is not final

Failure is a success booster, it gives you the ability to tackle situations in a more intelligent way having been exposed to how things operate upon being differently handled. So do not fear to fail for without failure you will hardly succeed. Most lessons are learnt through trials and error, through your own failures. Failure enables you to perfect your ways to be much more better than before. So if you don't want to fail, then who do you want to fail for you in order to perfect your own ways? Fail yourself, learn the lesson, and the next time you face similar situations you will be in a position to handle them in a better and in a more intelligent way.

Knowledge is power

Research more information on how to improve your abilities and achieve your goals. If you have the required knowledge you will handle challenges and problems better. There are a lot of resources to learn from, the internet, friends, and books etc. Building knowledge will boost the level of your confidence.

Write it down

Write down in a journal or diary all your tasks, goals and the reasons why you are pursuing them, this will make you to remember why you began in the first place and build your motivation, and improve your self-confidence.

I recommend you get yourself a partner who will stand with you and motivate you when situations go astray.

Read

Read books, quotes and get new ideas and be in action. This will build your motivation.

Be a strategic problem solver

Learn how to break a problem into smaller parts. Tackling these smaller parts or problems may be the key or a smarter way to handling and dissolving the bigger problem. Write your problems and their solutions down always for cross referencing.

Less is more

Do something small for a few minutes every day and by week ending or month ending you will find yourself working on your tasks for a few hours. Your motivation will build with time until you are in a position to do more. Align yourself with the rule of doing one thing at a time. Manage your to do list no matter how big your list is. Always tackle one goal at a time, finishing a goal before starting to work on another will motivate you to move forward.

Create your fun

Play a game, do an exercise, you will notice that when you return to your tasks, you will be free, motivated, not exhausted and you will always stay excited.

Start anywhere

If you are not sure about where to start when you feel like doing something, the golden rule is to start anywhere as long as it is possible. Starting something is better than never. If the size of your task is big then break it down into simple parts that are easily to start and finish. Read books and seek

knowledge about problem solving and you will gain extensive knowhow on various ways to break your problems into smaller problems that are easy to tackle.

Dress for success

Know your colour code. Choose colours that affect or go along with your mood.

Think

Act on your thoughts before letting them out. Do not say something that you will regret later. Chew your thoughts first before you present them to anyone. Take full responsibility of your actions and be in a position to clean your messes.

Self-Talk – your inner voice

This is a subconscious level type of talking. It is an ongoing internal conversation which is not being monitored.

Whatever you think or say affects the way you feel about yourself. What are those situations that you are interpreting and how are you interpreting them? What is your inner voice saying? Our self-talk can either be negative (*destructive*) or positive (*constructive*).

Negative self-talk is defeating, focused on your failures, problems and discouraging us to take a leap into life changing opportunities.

Are you constantly telling yourself that you are a failure, you are nothing, your buss will be involved in an accident, you will never make money, you can't be happy, everything surrounding you is terrible and you are ugly?

What are you thinking about? Learn to control your thoughts. Take full control over your inner voice. A negative inner voice will destruct your self-confidence. A negative self-talk will make you doubt your abilities, and strengths and begin to question yourself with questions that will further destruct your confidence.

Empower yourself with a positive self-talk. Program your inner voice to say what you want and that you shall become. A positive inner voice is self-encouraging, giving you the zeal and will that will enhance your potential.

Your inner voice is an automatic, subconsciously constant and habituated inner voice that affects our inner dialogue either in a negative or positive way both mirrored in our feeling and emotions we produce.

If you feel positive about yourself, success is yours. Those who feel negative about who they are, they remain at ground level and will never fly to greater heights.

A thought can be changed, so replace negative thoughts with positive thoughts and use goal oriented thinking.

Empowering yourself with a positive inner voice

Elevate your standards

Are you used to speaking negative of yourself? Learn and make it a habit to speak encouraging and positive words about yourself. Express positive thoughts about yourself and your own abilities. Constantly remind yourself with a positive inner voice that: 'I am a conqueror; I am able; I will succeed, I'm beautiful, I'm loved.' Look for positive things about yourself, acknowledge them, and build on them.

Be thankful

Gratitude is the medicine to obtaining a continuous and positive self-talk. There are people who give you something, for example food, money, shelter, a job etc. Be thankful for the little things you receive and above all be thankful for who you are.

Self-Appreciation

Self-acceptance – Appreciate and accept yourself for who you are. Do not compare yourself with someone else other than you because you will begin to question your true abilities against theirs for incompetence. Acknowledge yourself. Remember God created you purposed therefore always know that you have something big awaiting you. Speak to yourself and say: ‘I am good, all is well, everything will align to my plans, etc.’

Focus on your day

Do not allow past memories to replay themselves in your head. Live in the present. The world needs you today, so be in the best mood to colour your day always. Your presence today is a gift to all. Focus on your day.

Love yourself

Unconditional self-love. Everyone is unique in their own way. Celebrate your uniqueness. Do not long to be someone, just be yourself and love your real personality.

Write a list of all positive things about yourself

Recognise these things and accept them because they define who you are, your originality. You can ask someone to write down what they think is positive about you. This will help you see and accept what other good things people see in you.

Adopting a positive self-talk as a habit will help you boost your confidence till it reaches a **4 any** level type of **confidence** that you desire, the type of confidence that will take you to your successes and to living a fulfilled life. Positive self-talk makes you feel better about your life. One

characteristic of successful people is that in their minds they constantly and continuously think that they are successful. They envision themselves at greater heights and so they become.

Positive mentality - A winning attitude

Do you know what you really want in life? Things in your path will begin to change and align themselves once you begin to know yourself much better and deeper. Who are you really? A positive mental attitude is focused on the positive side that produces results. A positive mental attitude is a winning attitude, it is focused, result and goal oriented. Without this kind of attitude you will hardly gain confidence in all you do.

Self-confidence is cultivated through adopting a positive and winning mental attitude. Positive thinking brings birth to happiness and success. A positive mental attitude creates happy feelings, moods and positive behaviour.

Without a positive and a winning mental attitude you will hardly cope with the affairs of life. A winning attitude is optimistic and carries not a single burden about life worries. A winning attitude is expectant, enthusiastic, enabling you to handle matters of life without difficulty. *As a man thinketh* – your character depends on your thoughts.

Cultivating a positive mentality

It's a matter of choice

You have to choose positively as in eliminating negative thoughts, substituting them with positive, constructive, and creative thoughts that brings about the attractive energy to accomplish goals. You can choose to pull your focus on what

works best for you, choose to look for or create opportunities for yourself.

Ignore and smile

People always have something negative to say, saying things that will destruct your focus. Find it in your heart to ignore these negative energies that are directed towards limiting your potential. Within them find the suitable reasons to smile. Smiling will change your energy which will in turn affect your moods.

Change the language you speak

Use a more positive vocabulary. A positive language is attractive. A language of confidence. Sentences that shows that you know what you are saying. A conversation that demonstrates total control.

Control your reactions

The world is filled with positive and negative energies that come in various forms. Negatives are there, so whenever an unexpected turn surfaces your way accept it, as this will help you take full control over the situation. Control your feelings and avoid hanging on your negative emotions because following your negative feelings and emotions will drain your positive energy.

Invest in yourself

The web is full of tutorials and short courses. You can make up a few savings and advance yourself. This will fill your mind with positive, creative, and goal directed energy that will boost your personal image, your self-confidence.

Be your own boss

Why let other people manipulate you to being something that you did not initially dream to become? Focus on what you want. Focus on your actions, thoughts and personal behaviour. You are responsible for your own life, shape it to your own needs. You are your own steward.

Love yourself

Look deep into your life and what you have already achieved. Be totally cool with who you are and with what you already have. Learn to always be yourself. Tell yourself that you are worthy to be loved, to be happy. Always positively complement yourself. This will boost your confidence.

Positive thinking

Fill your whole mind with positive thoughts, telling your inner self that your existence is important, you were not created to be a laughing subject or topic by others. Believe that you are more than enough.

Associate yourself with happy people

Staying and spending some valuable time around creative goal oriented people will boost your positive energy and change your thinking to be aligned with theirs.

Read

Read self-help books, inspirational quotes in order to stay inspired. Positive inspiration brings birth to life in your creativity and builds a strong mental attitude that lasts.

With a positive mental attitude, you can achieve success and overcome any obstades that come your way. You cannot build self-confidence without building a positive mental

attitude. You have to build a winning attitude to attain a rock solid 4 any level type of confidence.

Knowing what you really want

What is it that you really want?

You will never achieve a 4 any level confidence as long as you do not know what you want. So do you know what you want?

You will never know what you really want because you have a lot of things that you want right now. Some of these things are important whilst some are nuisance.

As people we probably have a lot of things that we want in life:

1. I want a good friend.
2. I want to wear fancy clothes.
3. I want to drive the latest Lexus.
4. I want to buy ...
5. I want to go visit ...

The list is endless

The secret when it comes to what you want in life is not listening to people telling you what you want. There is a point you need to reach to knowing what you really want, a time you have to learn to follow what your heart says to you. It's wise to write down a list of all the things you want to achieve, then you can easily eliminate those few things that are less important to you. This will make you have an idea of what exactly do you really want.

It is also wise to realise that what we want does not always come to pass, we at most usually obtain what we need.

That's the difference between needs and wants. Wants are pleasures whilst needs are those things that we cannot live without.

Live in the present. Not knowing what you want destroys your self-image.

Discover and unleash your passions

“Passion has the power to transform your life, when you discover your deepest passions, you connect with the essence of who you are. Living life aligned with your passions, your personal destiny unfolds naturally and effortlessly” – unknown

You passions are connected with your inner being, bringing you happiness and fulfilment. Passions are very powerful and we can unleash these passions by doing simple things that we love. Passion is what fuels our intentions, giving us a clear view of what we want to bring into life.

Passions give you the inspiration you need to succeed and will keep you focused on achieving your dreams and living a fulfilled life. Your passions involves your gifts, talents and those things that you love doing.

A lot of people have missed on their opportunities because they did not tap into their passions. Following your passions allows you to step into and live a more complete life that is full of joy and bliss. Reconnect with your passions and rediscover how your life should have been like.

Follow your passions by doing what you love.

Questions to help you unleash your passions

- What makes you feel great about who you really are?
- Who or what makes you feel alive?

- What or who inspires you the most?
- What are you good at?
- What do most people commonly ask help for?
- What do you think of, something that makes you feel energised and alive?
- What do you do effortlessly but leaving a great impression and laying a great impact on people?
- What are your natural strengths?

As you answer these above questions, they will help you to rediscover and unleash that which fuels your intensions, reconnecting you with the true essence of who you really are, your true self. Your passions are a true reflection of who you really are. Following you passions will naturally unfold your self-confidence.

Dynamic Conversation Confidence

Gaining true confidence in the way you handle your daily conversations will enable you to appear as a powerful communicator and thus will enhance your networking abilities and gain you respect and trust.

When you are filled with fear you cannot start a conversation. You are filled with the fear of saying the wrong thing, the fear of not being listened to. Building great conversation skills will help you build strong relationships, bonds and lasting partnerships.

The fear to start a rock solid conversations often results from past negative experiences that have made you feel 'worthless and unimportant'. These feelings have built up over the years through childhood experiences and friendships usually due to loss, failure and the challenges that you came across.

Giving voice to dominate our fears is the secret to breaking those bondages that hold us captive without achieving our aims, dreams, goals and desires.

Paving your way into a fearless conversation

Plan ahead

Plan ahead and prepare by rehearsing your thoughts, thinking about what you are going to say. Take your time and you can even write down your points arranging them in the order that you want your conversation to go.

No matter to whom you are talking to, act like it's your friend. Be relaxed and keep more eye contact.

Show interest in the other person

The use of cognitive and strong body language (we will talk about this subject later) and a few follow up words is needed to show your interest.

Give ear. Intensive listening

Whilst you are listening, avoid planning your next statement otherwise this will destruct your focus.

Smile

Avoid looking nervous, relax and smile, be sociable. People love those who smile and they easily bond with them. Smiles make people feel free and comfortable around you. Do not grin.

Ask open ended questions

Questions show interest and you can easily start by asking them about themselves. Questions make an open conversation stretch longer, they keep the conversation going.

Practice self-expression

Practice expressing yourself in words by painting clear images about the subject in the minds of your audience. Practice makes perfect. Communicate your opinions, feelings and emotions in words.

Tell a story

Know and always be packed with some stories that will help you kick start your conversation. Funny stories from past

experiences, past vocational holiday, fiction and fairy tales. Do not divert your focus off topic, use stories that help and go along, hand in hand with the conversation.

Maintain eye contact

A lack of eye contact shows lack of interest. In every conversation it's so essential and very important to keep eye contact, keeping focus on whom you are conversing with. Eye contact indicates acknowledgement and acceptance of the subject.

Show your feelings

Your body language (*non-verbal communication*), what is it saying. Body language is important in keeping conversations going. Action speaks louder than words.

You can also show your feelings verbally for example: in a happy mood, you can say – wow; something bad – oh no! In sympathy – sorry; in death – my condolences.

Avoid waffling

Be clear and direct on what you are saying. Do not keep on repeating the same thing over and over again otherwise the other person will lose interest or will end up getting confused. Get straight to the point.

Be interesting

Keep up to date with current affairs and any time in a conversation spice it up.

Use humour

Conversations without humour builds tension. You can avoid tension by kidding a little. Do you have something funny to say, say it. Be natural, filled with jokes and quotes.

Pace your conversations

Some people talk fast whilst others prefer slow conversations that allows words to flow through naturally and thoughtfully. Avoid saying what comes first into your head. Take your time to self-edit your thoughts before you lay them out to someone.

Acquiring good conversation skills are an essential tool of building rock solid confidence.

Confidence in body language

Are you capable of making your body convey positive messages about yourself? What energies are you producing through your posture and body movements? What messages are you communicating when you walk? How do you look?

Practicing killer body language will help you boost yourself confidence making you feel great about who you are. When you convey a positive and strong body language you will unlock closed doors that will bring you to your successes.

Imagine that you are stepping into an interview room, the interviewer begins to gather information about what your body is saying way before they even ask you the first question. Your poses and posture conveys a language which people are capable of reading.

Your body language reflects your level of confidence, your mood for the day.

Building strong body language

Eye contact

Maintain a positive eye contact at social interactions. Eye contact indicates comfort, acceptance, willingness and interest. Look in the other person's eye 60% of the time. In your mind pretend to be studying his or her eyes e.g. for eye colour.

Chin up

Keep your eyes forward. Whenever you are walking avoid looking down at your steps, always look forward. Not looking

forward conveys a negative message that you do not want to interact with others. Avoid the habit of always looking down. Walk with your head up.

Smile

Smiles indicate trustworthiness and approachability. When you smile at someone, there are high chances that they will smile back. Confident people are seen through the way they smile, they have nothing to worry about.

Avoid pockets

Keep your hands off your pockets. Keeping your hands inside your pockets is a sign of being uncomfortable. Put your hands on your hips. Shoving your hands on your pockets makes you look nervous and less confident.

Wide stance

Taking wider steps reduce anxiety. Wide steps show authority. Standing with your feet closer together makes you seem hesitant and unsure. Get used to large steps that are solid and relaxed.

Power poses

Power poses relieve stress, they convey messages of dominance and power for example wide stance, standing with hands wide open.

Lean forward

During conversations leaning forward shows great interest and attention (*how attentive you are*).

Hand movements

Avoid neck and facial hand movements during conversations. This makes you look anxious, afraid, nervous and unsure of what you are saying. Action speaks louder than words. Use open gestures (show persuasiveness) that will bring clarity to whatever you are saying. Avoid too much or overuse of hand movements.

Don't fidget

Fidgeting is done by those without confidence in themselves. Confident people do not fidget. Confident people keep their minds still because they are not worried of anything. Always keep steady. Fidgeting shows anxiety, worry, lack of confidence and nervousness. Fidgeting reduce your audience's focus and destroys their attentiveness.

Handshakes

Weak handshakes shows lack of confidence. Practice strong. Perfect, powerful, firm handshakes that will increase your credibility.

Grooming

Bath yourself well, dress for success, shave, make a nice haircut and always look perfect.

Lower your voice

People with higher pitched voices are less empathetic, less powerful and more nervous.

Building a solid and a positive body language boosts your confidence of meeting anyone anywhere anytime increasing your chances of getting opportunities – the key to success.

Kick out shyness

Shyness is a barrier, the one thing that holds you back from meeting your destiny, goals, people and opportunities. Shy people have a very poor level of self-confidence which keeps them from moving forward.

Shyness will make you look negative upon yourself, it makes you pay attention to the wrong things you do around others. Shy people are afraid to talk, meet to new people and make friendships. Shy people cannot speak publicly, they often worry that other people are often thinking about them. They have high fear of incapability and doubt their abilities around others, always comparing themselves to others. They judge themselves negatively.

Shy people are hesitant and non-talkative in social situations, they feel like someone is watching their moves and monitoring what they are saying. They are oversensitive to rejections.

Overcoming shyness

Understand your shyness. Do you focus too much on yourself? Do people tell you that you are shy? Is it because of a negative inner-voice? What triggers your shyness? Is it around strangers?

Learn a way on how to handle your insecure thoughts. Look at a section on how to overcome a negative inner voice and how to cultivate a winning mental attitude.

Explore yourself more especially on those very situations that make you shy until you get used to them. Learn to be effective in those situations.

Develop better social skills. This will help you handle conversations and social relations with ease.

Stop labelling yourself negatively. Talk positive about yourself and stop comparing yourself to others.

Accept rejection and learn not to take it personally. Learn effective ways on how to handle rejections.

When you are in social meetings with others, stop focusing on yourself, turn your attention and focus on what others are saying. Be eager to learn and understand them.

Exercise to release anxiety. This will get you a refreshed state of mind.

Why do you need to do what someone else is doing? Find that which is comfortable for you. Find and do those things that bring the best out of you.

Practice strong body language. Adopting a good posture makes you feel confident.

Set goals for yourself and strive to accomplish them.

Learn to introduce yourself to someone new frequently.

Create a success log where you will look and trace your achievements. Looking at your progress is a great way to motivate yourself. This will keep you strengthened and moving forward.

The power of creative imagination

Creative imagination is the doorway to living a life that is full of infinite possibilities, exciting potential in the unseen realms of creation. Everyone is creative and creativity has to be like a field to produce beautiful crops, cultivated and natured.

We hold the power to visualise various ideas in our precious minds and bring them to life. The opportunity to living an improved life is through the level of our creative imagination.

Discovering our creative imagination increase our true potential and opens doors to new innovations that allow us to access the deeper secrets of nature. Creativity is limited by the barriers we impose on ourselves being buried beneath our boring tasks and responsibilities.

Those of us who do not find the true freedom in their minds will never find the freedom in their abilities to be creative, hence they are less creative and thus less confident.

Creative imaginations builds the confidence people need in order to face life situations in a better way by proving vast ideas that help tackle problems having found the true freedom to explore all available options with the complex integration to overcome obstades and barriers at hand.

Awaken your creativity

Be very observant. Art examination and reading various book, studying and research helps build great ideas that builds your confidence.

Approach situations with an open mind. Whenever a certain path fails, try new pathways. Failure is not final. Try different alternatives.

Always surround yourself and interact with creative people. Through working together, discussions and sharing of knowhow, you will build your ideas towards their level.

Be creative, for example think of a person who can fly, a card box that can talk.

Develop your interest through learning more, through improvising and expanding on what you already know. Try, try, and try.

Pay attention to detail, different ideas and perspectives. Someday your ideas and perspectives will come to use.

Put more effort. Action speaks. Don't sit on your ass waiting for inspiration to come. Discipline yourself to do one thing a day and commit yourself to trying something new, to something you have never seen or done before.

Put yourself in a child's shoes and ask yourself the question 'why not me'. A child in his or her mind is always asking.

Try separating yourself from any sources of entertainment or noise and just be in a quiet place and alone. Sit down and play with your thoughts for a good 45 minutes. After this, jot down any ideas that came into your mind and make sometime for creativity.

Teach yourself to help those in need. People get stuck trying to create something. Hop in and exercise your imagination. This will help boost your creativity.

Look for inspiration, take a walk, and tour your surroundings. Attend concerts and build your imagination through the process.

Learn what others are doing and strive to improve on their ideas.

Building a mind that is creative builds the level of your self-confidence. Building a creative mind increases your abilities, it brings you closer to your destiny.

Workplace confidence

Do you suffer from a bad relationship with your boss? Do your colleagues undermine you? Do you want to be noticed? Building confidence in the workplace is a step towards greater success. Confidence in the work place is vital because it enables us to handle changing situations and conflicts. Develop this confidence today and be in the right position to handle all situations that come your way with ease and without panicking.

Confidence will enable you to work outside your comfort zone, enabling you to manage competitions effectively. Confidence makes you stand out from the crowd and become true leaders that people will stand with. People look out to follow the confident one, they need a true leader to guide them.

Pave your way towards success by building your work place confidence today.

Building work place confidence

Build strong communication skills

Effective communications bond colleagues together building stronger and better relationships that last. Good communication allows and makes people achieve their goals.

Be positive

Work on building your strengths, focus on your skills and abilities and improve them.

Never undermine yourself

Everyone is capable of accomplishing something great and so are you. Therefore do not give room to those negative thoughts that make you undermine yourself. You are unique.

Focus on yourself

Build a strong positive attitude. Work on finishing all your tasks in time regardless of the negatives that fall your way. Stay focused.

Monitor your achievements

Learn to keep a diary of your successes. Accept your accomplishments and take pride in your achievements. This is a strong confidence booster.

Practicing a positive self-talk

Be the master of what transpires in your own mind. Learn the use of a positive inner voice. Eliminate all negative inner voices.

Investing in yourself

Invest in personal development activities and programs. Learn something new, study, research to improve you skills and knowledge and this will enhance your abilities.

Handling criticism

Handle criticism in the best way possible. Do not allow people to put a hindrance on your way due to their negative impacts. Look at criticism as opportunities of improvement.

Smile

Smiles make us feel better about who we are, they make us approachable.

Understand your ground

Knowing your surrounding or work place environment or organisation will build your confidence.

Believe in yourself

Believe that your presence in that place is important, otherwise why are you there in the first place. Your capabilities and contributions are unique. There is an important reason why you are there.

Monitor your reactions

Monitor your reactions towards and from your boss and colleagues. Learn and understand their behaviour.

Enjoy your job

Be optimistic, cheerful, and forthcoming. Hating your job will destroy your self-confidence.

Change your view point

Start to focus on how your presence adds value and impact others than being obsessed on how others have impact on you. Focus on what you do, not on what others do to you.

Build self-awareness

Knowing what you need and what your true expectations are. Know your weaknesses and challenges, your strengths and opportunities. Work on those areas that need boosting.

Prioritise your life

Begin to set goals and focus on achieving them. Time yourself to finishing your to do list. This will boost yourself confidence especially when you look at your continuous progress.

Overcoming limiting false beliefs

Limiting beliefs are collect through the journey of life as people fail to accomplish their goal setting. Limiting beliefs are the reason why most people live far below their standards and potential because they have said many negative things about themselves.

Limiting beliefs negate and disempower your ability to do something. Limiting beliefs are also as a result of being brainwashed by your colleagues and friends etc. These false beliefs hold you back from pursuing your desires in life because you hold to myths for example having been once told that no one gets everything in life.

False beliefs are embedded deep inside our minds which enables them to control our thoughts and actions. The limiting belief that failure is a bad thing will limit you not to take necessary risks in life. Through failure and risk taking, we attain new skills, knowledge and meet various opportunities for success.

The mind has over the years developed questionable meanings of past events disempower you from taking necessary steps towards your success. In order to overcome these limiting beliefs, you need to be aware that they operate in the subconscious mind.

Limiting beliefs destroy your self-image. You will not be in a position to stand the gap and to hold on to the journey of success. Limiting beliefs are destroyers and killers of self-confidence.

You need to build your confidence by overcoming these false and limiting beliefs. Think of all things that hold you back, and those are your limiting beliefs. You can list them down. All those beliefs are negative. Replace each negative limiting belief with a positive empowering belief that will awaken your potential and vibrate your energy.

Limiting beliefs

- That's the way things are.
- Learning something new is for childhood
- Marriages are full of conflict and end up boring
- I don't deserve a good job
- Good things are hard to come by
- I have too many responsibilities
- I don't have time
- I am too young

A new belief

Challenge your beliefs

People are afraid to do something because it didn't work for someone. So people begin to assume that it won't work for them, they begin to think that they are by no means better. People begin to adopt a mentality that they are not capable. Now is the perfect time to stand and challenge that limiting belief factor. Its disempowering.

If you thought that you cannot learn something new because you are ... it's time to challenge yourself and begin to do it. Take action and challenge those limiting beliefs.

Learn to try things yourself

If something does not work for someone it does not mean that it won't work for you too. Give it a try and see how it will go for you.

Reprogramming

Reprogram those negative beliefs and replace them with positive beliefs. Try meditation. For example instead of believing that you are too old or busy to learn, tell yourself that learning is a continuous process for anyone anytime and is not limited to age etc.

Build healthy strong relationships that last

Developing a stronger sense of self-confidence helps improve weak and dying relationships into healthy, stronger, stress free relationships that last. In order to develop a rock solid self-confidence in relationships you need not to focus on how you have been previously hurt in previous relationships. Do not let past hurts lower your self-esteem but rather learn from your previous experiences and know how to handle rejections etc.

A solid sense of self-confidence will help you to sustain relationships you already have and will also help attract new loving relationships. Have you previously went past up an opportunity to meet new somebody you like, telling yourself that 'next time'. Building confidence will make you avoid and overcome such stupid excuses in meeting new people and it will also remove you from a state of discomfort.

You will be ready anytime and anywhere to go say something, start a lovely conversation that builds friendship leading to starting of healthy and successful relationships. Self-confidences opens you to better chances of meeting people who matter in your life, those very people that will enhance your life and help bring your desires true.

Confidence builds better networking qualities and interactions. When your self-confidence level rises, the way

you walk, stand, talk and make eye contact will be super attractive.

Confidence brings to a deeper level of connection with anyone, anywhere, anytime and do anything *[the 4 any way]*. With a high level confidence you don't settle for less, you will have more options to choose from, you will have the capability and freedom to choose whom you want to interact with *(something those without self-confidence don't have)*. Confidence enables you to build high standard relationships.

Importance of confidence in relationships

You won't be self-centred:

Being in a relationship with someone does not mean that you are tied up to them 24/7. Your partner may need to go visit an old friend, meet up with an ex whilst you are in a date, at some days they may need to be alone in a place that you do not even know about. Such scenarios will not make you wonder at all, you will be self-assured that all is well and that they are ok, you won't be jealous, you won't be controlling, you won't wonder what they were doing when they were away and what they are up to when you are not together whatever the time.

You will draw boundaries:

Setting up boundaries will prevent the incident of engaging in inappropriate behaviour in your relationship. Boundaries sets rules that favour both sides avoiding the risk or dominance, the risk of being controlled. Without boundaries it will be hard to achieve total happiness in your relationship. Without happiness relationships tend to grow weak ending up breaking apart.

You will handle arguments well:

All relationships have arguments that arise from time to time. Being in a position to admit that you are wrong when you happen to screw up will help you cool down arguments before they reach boiling point. Everyone makes mistakes, be in a position to admit that you are wrong and people will appreciate you for owning your own actions. People love those who go with the truth. The willingness to admit when you go wrong in a relationship helps you strengthen your relationship because it builds trust.

You will be emotionally open:

A lot of people cannot open up emotionally because they fear to be vulnerable. With a strong sense of self-confidence you will be more than willing to be vulnerable at all instances. Confident people easily open up emotionally, they are willing to be honest, to show who they really are at all times whether in good or bad situations. Those who are open are not afraid of rejection, they know how to handle them and eventually find comfort in themselves.

Confident people are so open such that they do not worry about being judged.

The How part

- How to feel more confident about your relationship?
- How to improve self-confidence in relationships?
- How to build confidence in relationship?
- How to have self-confidence in a relationship?

Overcome your negative inner voice that affects your ability to be resilient to life stressors, your ability to create and hold on to better opportunities for success.

Previous rejections, lack of acceptance tend to affect the way you bond especially if you do not get rid of negative cycles of bad messages that replay in your mind. Challenge that voice and replace it with positive affirmations.

Believe in yourself by building a strong sense of self-worth. Work on improving your body language, adopt a killer posture, take good care of your looks and dress for success.

Be who you are. Do not try to imitate someone whom you are not, it will destroy your sense of self. Most people will most likely accept you for who you really are, not the fake you. Share your secrets with them as this helps build intimacy that will result in an increased sense of security.

Direct your focus towards the best, towards the positive qualities of your partner and help them build up on their strengths, help them manage and improve on their weaknesses. Do not criticize them, give them valid compliments and assure them that no matter how idle and unbalanced the situation may look, the best always awaits.

Research about those things that help build stronger relationships. Learn to treat your partner with respect and always give them a true smile often.

Have time to work on your personal interests, create separate time frame where you are going to be alone, focusing on doing what you want. Relationships are not

meant to tie people together 24/7. Get some space for yourself. Save sometime for yourself. Do work things together and apart also.

Be committed to create a life that will excite you, be in a state where you have the capacity to love and be loved. Learn to exchange your energies. If you transmit a positive energy towards your partner, they will at most transmit a positive energy back to you too. The universal law of attraction.

Be truthful. What is your integrity? Have a strong sense of who you are, your beliefs, your values, and the standard for the things you want. Focus on your positive integrity, nature and understand yourself and your needs. Your self-love will satisfy your own needs. Who told you that you are not good enough to get what you want?

How much do you love yourself? Love yourself inside out. Express positivity about who you are. Learn to like yourself. Align your heart, mind and soul towards a positive attitude and the way you look will handle itself. Once your mind has been correctly programed and put on the right track, you will change the way you dress.

Smiles are contagious. When someone smiles, we tend to smile as well. Smiles bring a feeling of happiness and friendliness.

Taking action

Confidence is incomplete without taking the necessary action. Things cannot get done without taking action. In order to take action, you need to break out of the habit of sitting on your hands, of being lazy and start doing something.

Adopt a positive behaviour, a business of doing something, taking action that will bring birth to results. Get into habit of putting ideas into action, this is an essential element of getting the job done. New possibilities are emerged through the action habit. Action leads to the build-up of new ideas and strategies that avoid and limit your decay enhancing your innovative grow.

Explanations to those questions that you are asking yourself, for example: why things happen in a certain way, are obtained through taking action. Action focuses on reality, it is not concerned on the building of motionless opinions.

When you learn a lot of theories and possibilities about life, you begin to think that you know everything, and it is only through action that prove you wrong, it is through action that lets you know where you stand and the gap that still needs to be covered.

It's through action that imaginations and reality are brought to coexist in one unique and beautiful world of result and outcome. There is no perfect plan as long as it is not acted upon, otherwise the whole information would be helpless unless it is ignited.

Action is not about asking whether this will work out or not, it's all about finding out, making imaginations and possibilities come true.

Let's get you started

Here are a few ways that will jump start you to take action now.

Start small

Instead of beginning with a task that is a bit difficult, it is always best to start with something that does not seem so hard to bring to completion. Kick yourself into the mode of taking action, you can start by clearing the mess on your room, table or office, this will get you started. Do not send someone to do the work for you, get into a habit of doing things yourself.

Love to fail

Lengthen the time that you spend in active failure and increase your chances of success through learning something new out of your failures. Make it a system, a habit. Give credit to yourself for following this habit even if you don't get results.

Building a business and eating well are systems that with time develop into a habit. Achieving financial independence, losing and gaining weight are goals - a specific outcome or result.

Make failure your love partner. Do not be demotivated when failure comes your way, learn from it, build up and acquire more skills through the lessons you get from it. Develop a

system that is aimed at success and follow it, goals will present themselves.

A good and perfect system gives birth to fantastic, high quality and high standard results.

Don't wait for the perfect condition

Why wait for the perfect conditions to set. Most people who wait for conditions to be favourable will most probably never get started. In life there is always something that is out of place.

Learn to deal with your problems in the course of getting things done. Every action has an equally opposite force trying to stop motion. Learn ways that will build you momentum over rough surfaces.

Know that now is always and will ever always be the best time to start.

Time your actions

Set yourself schedules and stick to them. Time is precious.

Be accountable

Set your own standards and how you need your things done. Build and follow your principles and avoid the likelihood of cheating yourself. Tell someone that you are about to do something and because you will need to keep your promise and avoid disappointing your fellow friends and colleagues, this will get you started to take action.

Finish what you started. Set your own limits and be accountable both to yourself and others.

Exercise your thinking

Instead of just sitting there, thinking about whatever you are thinking about, it is best to practice doing things. It is said that, *'the longer your idea sits on your head, the more rotten and weak it becomes, and sooner you will completely forget about it.'*

You can sit down, think or brainstorm but remember that ideas without action are useless and will never bring you results. Ideas evaporate if they are not acted on no matter how valuable and brilliant they are.

Idea – action = failure and no growth

Idea + action = success.

Stay in the present

What is it that you can do right now? Direct your focus into the present moments, into those things that you are doing in this moment that you are right now. Do not worry much about the future, as of tomorrow, God will take good care of it. It is good to look into the future, but do not get consumed into it. Focus in the now, focus in the present.

Information deprivation

Get started into information deprivation as way to boost action and output. This is now the time to place the information that you researched into use, exercising your knowledge and getting practical with it.

No reading books, blogs, newspapers, watching TV, and listening to radio. Do the work, be in action and do something. Through action it is when you begin to build more

practical knowhow and skill, you will learn how to handle difficult and challenging situations. Learning to take action will highly boost your confidence in carrying out tasks.

Be someone who is more productive, get down to business. If you want to successfully build your confidence, learn to take action. Confident people take action and that is the reason they succeeded in life and learnt most of their life lessons they know, and it is action that keeps them going.

Handling criticism

Whatever you ought to do in life, someone will always judge you for it. You need to respond to criticism in an open, non-defensive and clear way without being harsh and without shutting others out.

You need to know when to ask questions and when to set limits. Criticism can be hurting and demoralising sometimes yet to some degree holds an element of truth and honesty that when seriously considered it can sharpen us to do better.

Positively handling criticism develops noticeable self-improvements whilst handling criticism in a negative way lowers your self-confidence, builds aggression, stress and anger.

Identify the positive side of criticism, take the opportunity, use it to your advantage, and build a stronger you.

Handling criticism in a negative way destroys self-confidence leading to the build-up of continuous cycles of unnecessary hardships and suffering. Criticism can also provide a positive feedback that is so valuable towards accelerating the rate of your successes.

Effective ways to handle criticism

Listen

Take your time to listen carefully to what the other person is trying to say. Avoid interrupting them and jumping into

conclusions. Practice active listen skills and be a proactive listener.

Understand the intention of the speaker. Is it constructive or destructive criticism? If the criticism is constructive then it is meant to help you build up and improve on your weaknesses but if it is destructive, it is intended to cause hurt, pain and destruction. It's very important to understand the intentions of the speaker.

Ask questions

Asking questions will help you understand the other person better. Questions help avoid misunderstandings along a smooth flowing conversation.

Use open ended questions which are not limited to specific behaviours, attitude and reactions. Understand their feedback about your performance, asking suggestions on how you can improve, on how you can be different. Listen to their side.

Stay calm and rational

Avoid unnecessary reactions that will make you regret later.it is much better to delay by a minute, by an hour, by a day than rushing towards destruction.

Give thought to the speaker's inputs, get past the emotion and wait until you get calm. Gather yourself enough positive energy, it is this energy that will build you a positive attitude which will help you stay positive.

Don't take it personally

Smile through and it will help you relax.

Avoid getting defensive

Being defensive will not allow the other person to have enough time to lay down their true perspective, it will not give them a chance to express their thoughts.

Give them a fair chance to express themselves and you might get surprised to find them reasonable.

Accept that you are not perfect

Everybody has flaws and no one is perfect. If you think that you are perfect then you will not be a position to listen to others when they speak, you will not have a clear chance to hear them out.

Constructive criticism helps open new perspectives giving you the opportunity to improve, and learn various ways of finding and choosing peace over conflict. Learning to deal with criticism the right way increases the level of your self-confidence and develop a stronger you. Confident people are not worried about being judged or criticised because they know how to effectively handle it.

Overcoming fear

Face your fear, gain unstoppable confidence and keep moving forward. Overcoming fear, anxiety and doubt is the way to finding your true freedom.

Fearful feelings build up through various circumstances we encounter in our day to day lives and these can be:

- Lack of fulfilment
- Going on a date
- Loss of something
- Unexpected tragedy
- Uncertainty
- Impeding danger, etc.

All these bad feelings that bring about fear comes with a sense of insecurity. Everyone desires to feel safe and secure. Any threat imposed on that sense of security generates insecurity. Insecurity gives birth to fear.

Fear is an obstacle that will keep you stuck in the least part of your life without advancing. In order to step into the world of unlimited possibility and satisfaction you have to learn to distract and overcome your fears, anxiety and doubt.

You can never be confident enough to face anything as long as you do not have the stamina to face whatever that lies ahead of you. Building a stronger you involves the ability to distract and overcome your fears.

Believe in yourself. Nobody will believe in you until you begin to truly believe in yourself.

Techniques to overcoming your fears.

Maintain a positive mental attitude

A positive mental attitude builds confidence and through this confidence your successes will boom. Replacing negative mental attitude that asks 'what if ...' with curiosity. Curiosity is good, it is result driven. With curiosity, you will be able to embrace life challenges with the ability to unfold naturally without the fear of outcome.

Control your imaginations

Imagine the positive about the things you want and be in the rightful position to know that negative situations will come along the way. This will reduce your fears when the negatives pop because you knew you might face them. This way you will be able to face the challenge and be in a position to deal with it better.

Breathing techniques

take deep breaths and breathe out longer than you breathe in, this will help keep your energy vibrating, this technique will quickly calm you down, help you relax, reduce anxiety and fear.

Focus in the present

Avoid dwelling on past failures. Replaying all those negative and past failures inserts a stumbling block in your road of success. It will get you scared to try new possibilities, face life challenges and adapt to changing environments.

Replaying past failures destroys self-confidence. Without confidence you are nothing. Focus on your successes. This will give you the courage to move forward and past your fears.

Fake it till you make it

Action leads to the real thing. Act confidently till you become confident. Use killer posture.

Don't fight it

Accept and acknowledge it. Own your feelings and gain control over them. You can keep a journal where you write down your fears. This will help you track your progress as you day by day work on overcoming them.

Writing down your fears is a great way to begin working through them. Face every fear that comes your way and chart your progress.

Read books and inspirations

Reading helps get past your fears, open new doors that will help you to dissolve your fears.

Believe in yourself

Believe that you can do it. Believe in the power of the knowledge you possess. Ask yourself empowering questions that will challenge your fears:

- Do I have the courage to move forward, and past through all that may come?
- Do I accept that fear becomes my boss only if I let it?

Self-love

No self-love, no true self-confidence, no growth and improvements, no success. You deserve your own love and personal affection. The feeling of worthiness and being able to be loved all begins with you being in a position to truly love your authentic self.

Without self-love you will hardly find yourself maintaining healthy and satisfying relationships, you will never enjoy life to the full.

Love and respect yourself and always be proud of the unique you. It is never too late to begin to love yourself. It is not about your age or how long you have not taken good care of yourself. It is all about your willingness and devotion to love yourself unconditionally.

Treat yourself with kindness.

Practising self-love

Self-care

Love your body and take good care of it. Taking good care of your body will boost your energy. Be aware of what you put and input to your body not only for the sake of looking good but for you to feel good. Make sure you always feel good about yourself.

Self-care is important. Do not do things for the sake of impressing someone. Do something that will bring you inner peace and joy. Exercising, eating healthy, bathing, and good

dressing all play an important role to your personal happiness.

Take good care of your emotions through listening to music. Nature yourself spiritually by meditation, listening to spiritual music and reading books. Nature yourself mentally through reading inspirational quotes and books that will brighten your mood.

Speak and say kind and loving words to yourself. Positively compliment yourself.

Accept yourself for who you are

Everyone is unique and notice that you are special in your own way. You can neither be good nor be bad all the time. Everyone have bad days and moments. You are very perfect just the way you are so stop comparing yourself to someone, we all have different talents and we are not equal in one way or another.

Comparing yourself to others will only make you feel bad and not enough. This lowers your self-confidence. Focus on your own strengths and celebrate your successes. Give gratitude to the things you have. Avoid pretending to be someone and be the real you. Love yourself for who you really are.

Forgive yourself

All people make mistakes. Do not waste your time punishing and beating yourself up for something you have done in the past. Every mistake or failure is a lesson to learn from and experience is the best teacher. Speak forgiveness to yourself. No one can forgive you better than you.

Stop speaking negative to yourself

Appreciate your own efforts even if things did not turn the way you expected them to. Focus on your goals and develop a positive inner voice and a positive mental attitude. Practice speaking using good super building and motivating words to yourself and believe in your own efforts.

No matter how you fail always believe that you will succeed. Believing is very important.

Say no to requests

Learn to say no to other people's requests. Put boundaries to your life. Requests that divert you from doing good, learn to say no even if it's your best friend. Not everyone is your responsibility. You cannot please everyone. Take full responsibility for what you engage yourself on. When you feel like not doing something, say no.

Love yourself through others

Love others by giving them the respect that they deserve. Love is contagious, bringing happiness and joy into someone's life and it is most likely that they will do the same.

Learn the power of a true smile. Be kind and thankful. Control your emotions and reactions. Learn to react in a healthy way.

Self-acceptance

The true loving and total accepting of yourself for who you really are, with the ability to accept our shortcomings and accomplishments.

Life consists of ups and downs, but you really need to be able to balance both your positives and negatives, fully accepting yourself despite your deficiencies. Self-acceptance brings joy and happiness into oneself.

Without self-acceptance you will never be confident enough to face life challenges. In order to build confidence in the things you do, you need to first accept yourself for who you really are and stop comparing yourself to someone.

Cultivating self-acceptance

Celebrate your strengths

A lot of people tend to focus more on their shortcomings, forgetting their successes and strengths. Directing your focus on your failures will build in you a negative attitude towards your own abilities. Learn to celebrate your strengths and achievements. Looking at your own positive side will help boost your self-confidence and self-love.

Forgive yourself

Making mistakes and failures allows you eliminate false possibilities and ideas that don't work drawing you closer to your goal through finding out what really works better. Past regrets and shortcomings prevent people from the practice of self-acceptance. You can never move on in life without

forgiving yourself. Accept the past the way it is, learn from it and improve from those weaknesses and build your strength from the ground up.

Smile often

Smiles will help you build a positive attitude and probably make you stay calm. Smiles build feelings of happiness and will also boost your confidence.

Surround yourself with people with the right attitude

Why do you surround yourself with people who are negative minded, with people whose intentions are to continuously hurt your feelings. Distance yourself from those who hurt you.

Compare yourself to yourself

Avoid comparing yourself to others. Comparing yourself to yourself and yourself alone will help you to keep your power (*do not personalise negative comments and insults that hurt you and give them power*) and build a wise and stronger you.

Focus on yourself, on improving yourself and realise that you are different. Love yourself, self-care, eat healthy, bath well, dress well and develop a better you.

Raising confident children

Boosting your child's confidence will help them become more competent in this world. You are building the roots of your child's future. As they grow, they will develop a stronger sense of self-worth, pride and self-respect.

Lay and build a strong foundation for your child, this will usher him or her into a successful and a happy life full of endless possibilities.

Helping your child build self-confidence

Be a role model

Children are very good imitators of adult behaviour whether it is good or bad. Children simply learn through copying. Children will mirror your behaviour, if you are abusive they will be abusive, if you are kind and helping they will also be kind and helping.

Love

Accept your children for who they really are regardless of their strengths, shortcomings and differences in abilities. Tell your children that you love them, kiss them and cuddle with them.

When you correct their mistakes, carefully select your words and show them affection. Love gives the child a feeling of self-worth, security, and that they are lovable.

Give them the whole you

Spare some quality time for you and your child. Talk with your children asking them about their day, friends and experiences etc.

Focus on your child, know what they want. Give them undivided attention. Practice active listening. When you talk with them always make it a point to make eye contact.

Set rules

Give your children reasonable rules that are easy to understand and follow. Let the consequences of not following the rules be clear to your child.

Make sure the rules are not too harsh. Explain the rules to them that they understand why things are done the way they are.

Let them take healthy risks

Allow and encourage your child to explore new things. Teaching them something new, making new friends etc. Set programs at freewill giving them options to choose from, let them volunteer on their own.

When your child fails, speak positive things that will encourage them to explore different options, allow them to experiment without your involvement, set back and watch. Do not intervene, let them learn through their own mistakes, let them keep trying and eventually they will learn.

Failure is not final. Provide help if your child needs it. Allow your child to take chances, make their own independent choices and teach them to take responsibility for whatever

they do. This will make them to be creative and more confident in handling matters on their own.

Encourage and complement them

Compliments will help your child acknowledge their feelings. It encourages the child to do best and choose well next time.

Talk positive and reward their choices with sweet words. Tell them how proud they make you. Compliments acknowledges progress in the child, it allows them to believe in themselves.

When children get support they want to keep on keeping on, they want to keep doing it.

Avoid and discourage comparisons

Do not compare your child to anyone. Do not allow your children to compare themselves with other children. Encourage them on their strengths.

Tell your child that they are special and unique in their own way. Give them specific examples using their strengths so that they get to understand better. Being bad in one area does not mean that they are bad in every area.

Comparisons builds up negativity and self-doubt. You don't want that for your child. Helping your child see positive things about who they are will make them know that we all have different weaknesses and strengths.

Let them help

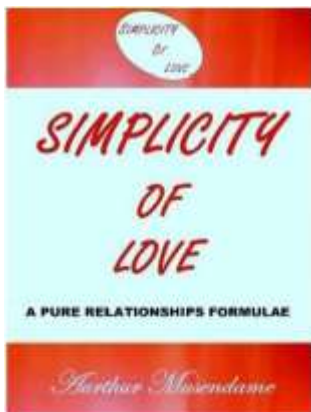
Teach your child to help with the little things you do at home, these may include activities like gardening, cleaning and make them decide and have choices too.

ABOUT THE AUTHOR



Aurthur Musendame is a man who has worked with a lot of people from various disciplines. He loves helping those in need especially in areas of advice, peace and finding happiness. He has been through a lot in life and it is through personal experience over the years and continuous research that has brought him to where he is today – A mentor.

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