

BELIEVE IN YOURSELF

Success is in your hands!



“Confidence comes naturally with success, but success comes only to those, who are confident.” – Musely, *20 Self-Confidence Quotes that will change you*

What is Self-Confidence?

According to an article, “[Building Self-Confidence](#)”, self-confidence is understanding that you trust your own judgment and abilities, and that you value yourself and feel worthy, regardless of any imperfections or of what others may believe about you.”

Benefits of Self-Confidence

1. Being able to work under pressure.
2. Creating impact to others.
3. Being able to lead people
4. Brings out a more positive atmosphere.
5. Feel of self-worth.
6. Opens more opportunities.

Here are some hacks to stimulate your self-confidence:

1. Know yourself
You can start to gain self-confidence by knowing yourself. When you know yourself and love yourself, you will be able to know your self-worth, as discussed in [The Importance of Self-Discovery](#).
2. Stop comparing yourself to what you see on social media.
“For we dare not make ourselves of the number, or compare ourselves with some that commend themselves: but they measuring themselves by themselves, and comparing themselves among themselves, are not wise.” – 2 Corinthians 10:12
3. Surround yourself around positivity.
Why not highlight the good instead of the frustration of not able to achieve things. Do you want to have a more positive outlook on life? So why not associate yourself with people who have positive outlook in life. Surround yourself with people who share the right principles in life, who can influence you and who can lead you to success.

One way to surround yourself around positivity is by working with a life coach! Here are some of the significant benefits for [why you should work with a life coach](#).

- Your coach supports you
 - Your coach can help you with strategies
 - Your coach can facilitate a non-judgmental environment
4. Write down good things each day.
Make a diary or journal wherein you can write down good things that happened or things for which you are thankful.
5. Childlike attitude
Having a childlike attitude can contribute in stimulating self-confidence. Like an ordinary child, they may not have some limiting beliefs yet, or even recognize trendy styles. They are not scared to fail but they learn from their mistakes. They forgive without bitterness. These are some of the attitudes we need to carry as we grow wiser and can help us bring out the best of us.

Reference:

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