

The Confidence Connection

Tips for enhancing “belief in self”

From Goldin Leadership Group

<i>Confidence Considerations</i>	<i>Action Ideas</i>
<p>1. Recognize, identify control you inner fears: Lack of confidence often stems from fear. Take a look at what makes you fearful or uncomfortable. Determine if it is rational and take action to face the fear.</p>	
<p>2. Realize that you are not alone: Everyone has feelings of uncertainty from time to time. A good deal of low self confidence is directly related to irrational beliefs we have that others around us are somehow immortal and do not suffer from the same uncertainties we do. Begin with the understanding that we all experience lapses in our self confidence.</p>	
<p>3. Celebrate your successes: Self Confidence is cumulative. It comes from and builds on achievements. Recognize you successes and pat yourself on the back. Accept & acknowledge praise from others.</p>	
<p>4. Connect with a friend or colleague – Think of someone who respects you and values you. Give them a call and offer to lend them a hand. It will be a win-win situation, they will get your help and in turn their respect and need for you will feed your ego.</p>	
<p>5. Silence your Inner Critic - Negative self-talk propagates fear and inhibits action. When you hear that inner voice trying to sabotage your success, stop it dead in its tracks. Awareness is the first step.</p>	
<p>6. Visualize yourself with confidence – Run through positive scenarios in your mind just before or during periods where your self esteem is challenged. When your visualizations are positive and strong, you can make significant improvement in your overall self confidence.</p>	
<p>7. Dress for success - When you look good, you feel good and when you feel good, you are more self-confident. If necessary , go buy yourself one great outfit that makes you feel like a million bucks. It will be worth it in the long run.</p>	
<p>8. Take exceptional care of yourself - Being healthy , passionate and energetic are all symptoms of high self confidence. Take vitamins, eat healthy, exercise and BREATHE! When you feel good you feel more confident.</p>	
<p>9. Don't sweat the small stuff – Keep the big picture in mind. What is your real purpose in life. It's easy to get swept up in the emotional turmoil of trying to be successful at everything. Remember that there a huge lessons to be learned in the throws of adversity. Embrace the learning.</p>	
<p>10. Start a Success Journal – A Success Journal is a great way to track the positive actions you have taken and the successes you have achieved. Whenever you feel you confidence slipping or start to wane, break out your journal to remind you of who you are and the talents you possess.</p>	

For more information contact : anita@goldinleadership.com * 949-387-3436 * www.goldinleadership.com

