
FRONT COVER:

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Foreword

Self-confidence starts within you.

Your assessment of your self-worth is what determines your self-confidence. Somehow, there is gap between what you are now in your life and what you want to become in the future.

The larger the gap between your self-image and your ideal self, the lesser is the level of your self-confidence. Get all the info you need here.

The Confidence

Confidant – Your Trusted Guide To Building Confidence And
Succeeding In Anything

Chapter 1:

Introduction

Synopsis

When you have high self-confidence, you are able to take risks and face new challenges with an open mind that you can achieve what your personal goals are.

You believe in yourself that you will succeed and that you can make things happen. This allows you to do things that will direct you reaching your dreams and being the person you want to become.



The Advantages

On the other hand, when you have low self-confidence, you are afraid of taking risks and this disables you to grab opportunities that will help you achieve things in your life. You are doubtful with your skills and capabilities and your mind is filled with negative thoughts.

Hence, even if you desire to be a better person in the future with a lot of achievements, you cannot take a step to reach that stage in your life. You are getting coward of realizing your visions.

Being highly confident and over confident are two different things you must know for you to be guided. High-confidence enables you do things right for your success. It will enhance your performance in whatever tasks you encounter. However, being too much confident will lead you to frustrations. Why? Because when you are too much confident, you neglect the simple things to prepare in pursuit of your success. You are thinking you can do everything, and when you are not able to do it, you will find yourself grieving too much for your loss.

Perhaps there are aspects in your life that contribute to your current level of self-confidence. Well, self-confidence is really founded in your belief in yourself. However, the people around you can also affect your upbringing as a person.

One of the most influential people in young people's lives is their parents. Yes, parents know best for their children. Definitely they should be the first persons who will help youth to build confidence within them and seek to achieve things for their future.

Yet, we have to admit, not all parents are applying what they know is best for their children. It is sad to note that parents are abusing their children, battered them, shout at them often and give them a sense of unimportance. Hence, youth with this kind of family would feel they are not needed, that they don't belong and that they do not have worth at all.

Other people who greatly affect young people's level confidence are their peers. Young as they are, they would want to belong in group of friends whom they can share their thoughts and problems. They seek to be with their peers whom they can be who and what they really are. If the youngsters do not belong in any peer group and stays on their own, they will feel that nobody like them. They will feel that they are unwanted and that they have no people to get along with. As a result, their self-confidence rockets down and becomes low.

How about you? What level are you in? Awareness of your strengths and weakness as well as you're your ability to achieve things will help you to understand what you are now as a person. As you further read this book, you will know how you can succeed in life with building high level of self-confidence.

Chapter 2:

Basics to Building Confidence

Synopsis

Is self-confidence, born or made?

It can be both. Some people are born naturally with confidence. Others also acquired self-confidence as they seek to learn and understand it. Hence, they are the ones who made themselves confident.



Building

You too have the hope of becoming highly confident and find for yourself a higher ground to achieve success. You just have to be open to accept new knowledge and learn it.

Basically, you must understand how important self-confidence is in your life. With no second thoughts, high level of confidence is definitely very important because it defines how much you can be able to achieve in your life. Also, it contributes to your happiness as it impacts the ideal “you” you are eager to become. When you have knowledge of this importance, you will develop to have self-confidence that will drive you to be a successful person in whatever endeavor you have.

Self-confidence develops your ability to influence other people around you. The fact is that you cannot take a hold of any leadership role unless you have confidence in yourself. A leader has the ability to influence others to follow and convince them in your ideas. Without self-confidence, you yourself will be the first one to doubt your abilities.

This will affect the way you lead your subordinates. As research has shown, people are most likely to disapprove an idea from someone who proposes the plan is nervous at the time of proposal. Moreover, they will not trust you as well since even you don't trust yourself. If

you are confident enough, you can sell your ideas effectively to them and they will have a confidence in you as their leader.

Perhaps, the best time to start building confidence is during a person's childhood. You can help children acquire confidence as they are yet much more flexible in accepting new knowledge and suggestions.

Children with low level of self-confidence are those who have poor performance in school. They do not participate in activities that much and most of the time spent a day alone in the corner of the classroom. Somehow, you can teach them how to overcome the attitude of being shy and non-participative.

Children as they are, defending themselves of things they don't want to do is yet a difficult thing for them to do. Normally in school, children are forced by their parents to join extra-curricular activities which they might not be happy joining at. Then, when they fail to perform it, a portion of their confidence is taken away by that activity.

You can make a change in the lives of these children. They are very vulnerable to low self-confidence and you can contribute to bring success in their lives. A good foundation of building self-confidence is when they are yet in their childhood phase.

Chapter 3:

How to Conquer Fear in Any Situation

Synopsis

Are your fears taking the most out of your life? You don't need to suffer from all these fears. You can overcome them.

Fear is something you cannot take away. However, you can do something to lessen the pain it will cause you. This is not about your fear of heights, snakes, darkness, water, or any like.

Only the doctors and psychiatrist can give you the solution to those fears. The focuses of this are your fears towards reaching for your goal of succeeding in your life.

Are you afraid of talking to people? Are you afraid of getting mistakes? Somehow, these are some of our fears that will hinder us from accomplishing things we want to achieve.

How To

You can conquer your fear in any situation you are in. First, you must have a clear understanding of what your fear is all about. What causes it should be known by you for you to be able to do appropriate things to overcome it. When you have full understanding of your fear, it would be easier for you to make the necessary adjustments to conquer it in time.

As soon as you have known your fear already, you must have the courage to face it. Facing your fears is the only access to overcoming it. You cannot spend the rest of your life avoiding your fear. You cannot hide from it. You cannot go away from it.

The only thing you can do is face it. By then, you will know how to surpass it ahead.

When you get to face your fears, get exposed to it. Or it can be the other way around; allow your fears to penetrate and get exposed to you. As you get exposed to your fears, you will find it easy to go through it. Have an ample dosage of it and see for yourself how you can make things happen.

While you are exposing yourself in your fear, trust that someone will deliver you from it. There is a Supreme Being that can help you along

the way. Trust in His providence. He is under control and He can give you the wisdom you need to overcome life's fears and obstacles.

Change your perspective.

Somehow, a positive outlook in life will help you get through your fear and overcome it. Whatever negative things that happen in your life, there is still a future that awaits you. Focus on the positive things and underplay the negative thoughts within you.

Finally, don't linger on the past. Instead, fix your eyes on the present and the future that is waiting ahead of you. Set your mind in the prize you want to achieve in this life, the prize of reaching the success peak.



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