

How to Increase Confidence

Confidence is an important aspect of our lives which we don't very often pay attention to unless it needs a boost or pick me up but what about increasing your confidence? How to increase your confidence and keep on track with your goals by ensuring you are building up and developing the level of confidence you have. You may have areas of confidence which need an increase possibly leadership or further goals depend on you becoming more comfortable with yourself and others. Confidence is like any other skill it needs development, time and love to grow and excel. Start by making a list of all the special and unusual talents you may have. From great to small this list will show all the things that you have or can offer as a talent or skill. If you have trouble with this you may like to get the help of a friend, try and get as many as you possibly can. This is no time to be shy or modest. Just be honest with yourself, think right back to your childhood and remember the things you were good at then. Whether you can balance a spoon on your nose or dive for buried treasure all of your skills and atlantes are unique to you and have been developed and learned in a way which is comparative to no-one. It helps to keep this list somewhere handy so you can add to it and watch it grow. Whether your passion lies in flowers or beehives, it is important to know and spend time focusing on your passions and things which you enjoy. Confidence comes from how you feel so if you are spending a small amount of time looking after yourself every week by doing something which ignites passion within you, it is amazing how much different your confidence levels will be. When you are true to yourself you are a more relaxed and happy person. Finding a balanced lifestyle where you are not only meeting the needs of others but yourself as well will increase your confidence and maybe even re-spark your smile so make sure you make the time to find your passion. Role Models are a great way to track progress and maintain confidence boosting goals. It is important to of course be realistic about a role model and sincere as to why they inspire you. Make sure that you choose someone whom you admire and can relate to. It doesn't necessarily have to be a celebrity or someone of authority. Though it is necessary to find someone with skills and talents which you aspire to, and preferably someone who you can track your progress against, it may even help to combine your passion with your role model and incorporate the two for maximum potential and results. One of the hardest things for a person with low self esteem of confidence to do is take a compliment, though if you can master learning to accept compliments then you are well on your way to increased confidence and maybe you will even believe the compliments. By simply acknowledging a compliment with a thank you, you are allowing the positive energy behind that compliment to surround you. You may not believe it now but this skill will not take long to develop and you will see results in how you feel about yourself. By brushing off a compliment you will never believe it yourself, but by allowing someone else to pay you a compliment you are doing a service to both them and you.

About the Author

Peter Murphy is a peak performance expert. He recently produced a very popular free report: 10 Simple Steps to Developing Communication Confidence. Apply now because it is available only at: <http://www.conversationtalk.com/report.htm>

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