

# DOWNLOAD PDF PUT THE SELF BACK IN SELF-ESTEEM : TOOLS FOR BECOMING A SELF-EMPOWERED WOMAN.

## Chapter 1 : Building Self-Confidence - Stress Management Skills from Mind Tools

*The importance of self-confidence in our lives can not be overstated. It is, after all, a lack of self-confidence that causes our lives to be tossed to and fro by the sway of culture. From the very beginning, we see the harmful affects of low self-confidence on our decision-making process while the.*

During the question period, a woman asked if we could give some practical examples of what self-empowerment for people with HIV and AIDS might look like. On the ride to the airport Chris and I continued to discuss the whole concept of PWA self-empowerment. This article is a direct result of that conversation. At that conference PWAs from around the United States caucused and developed the historic now famous "Denver Principles" which have become the basis of the PWA self-empowerment movement. Self-empowerment in its simplest form means taking charge of your own life, illness and care. Another way of putting it is to say that self-empowered individuals do not give away their power or allow others to infantilize them. Once this attitude develops, the PWA will need to be quite vocal about what his or her needs are. The concept of being the expert about your own life is one that many people have some difficulty adjusting to initially. Thus, traditionally an expert has been someone else whom we were taught to defer to and trust unconditionally. Questioning the opinions of these experts was not encouraged. The blind acceptance of authority has been a fundamental component of the existing power structures in this society and in most others as well. The AIDS crisis has revolutionized how many of us interact with health care professionals. This change in attitude from passive patients to active consumers of health care has often been an uncomfortable transition for some physicians, many of whom are accustomed to being the person in charge, and having all the answers about medical care. If you have a computer and access to the internet there are many sites full of up to the date AIDS treatment information online. Obviously no amount of reading will replace your need for a knowledgeable physician, but the reading will shape how you engage your doctor and work with him or her. Once you become committed to learning about various treatment options, both traditional and nontraditional, FDA-approved and those not yet approved, you will need to establish a relationship with a doctor who will encourage you to explore what is available and then come back to discuss it. Some further examples of behaving in a self empowered way are as follows. On the other hand if your CD-4 cells are at a level that your doctor feels there is no reason to begin antiretroviral therapy, you may decide that you want to be very aggressive in early intervention and tell your MD that you wish to begin this form of treatment. The point of this is not that you develop an adversarial relationship with your physician, but that he or she is someone who respects you for taking an active and participatory role in your health care. I know several people who after a diagnosis of full blown AIDS, applied to and completed graduate programs, changing their careers. Others have begun new friendships or major love affairs. But even if a person is at the final stage of his or her illness, it is possible and important to remain self-empowered. One example of self-empowerment can be deciding to stop all treatments, knowing that doing so will hasten your death. Another example may be preparing to die at home or in the hospital, depending on what you feel will be the most comfortable for you as well as those who are caring for you. Some people feel that ending their own life at the time they determine there is not sufficient quality in their life to justify continuing to struggle is the final example of self-empowerment. For others, it is struggling to stay alive despite enormous physical and mental deterioration in the hope that there may be a medical breakthrough from which they can benefit. It is in these rooms that large numbers of individuals find the tools, faith, hope and fellowship to face the daily challenges, indignities and ultimate crises that AIDS have brought them. Channeling anger at government inaction through lobbying and other more direct political action like that engaged in by ACT-UP, are wonderful examples of transforming powerlessness into self-empowerment. When women, members of sexual, racial or ethnic minorities demand equal opportunities and refuse to compromise, they are behaving in self-empowered ways. As Eldridge Cleaver once remarked, "If you are not part of the solution, then you are part of the problem."

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### Chapter 2 : Raising a Powerful Girl. Body Image & Identity. Raising Girls. Parenting | PBS Parents

*If you become addicted to drugs, any self-esteem you do have will eventually crumble. You will feel depressed at having succumbed to them and you may feel hopeless at the odds of beating the addiction.*

We tend to acknowledge this point in regard to stick skills, tactics, film, exercise, nutrition, sometimes sleep and occasionally relaxation. The strength of each member is the team. Here are 5 ways to help your athletes empower themselves for enhanced team development: Managing Ones Energy Not Her Time Energy is defined in physics as the capacity to work and comes from the four main wellsprings of body, emotion, mind and spirit. In each of these areas energy can be depleted, expanded and renewed through goal setting, developing habits and establishing rituals. To recharge themselves, athletes need to recognize the cost of energy depleting behaviors and then take responsibility for changing them, regardless of the circumstances they are facing. Mindfulness is defined as present moment awareness, without judgement. This means more than sitting in meditation counting breath, although that can be an awesome part. Mindfulness means being aware of what is, not what one wishes was. In other words, in this moment I am incredibly happy, I will continue to do more of this. Or in this moment I am angry and have the choice to respond or acknowledge my anger, use mindfulness tools to release the anger and come back to the situation when I am more balanced. In the heat of the moment being aware of what we feel and choosing our response can be incredibly difficult. Each conversation we have is either moving us towards or away from our personal or team goals. Transparent communication thus requires speaking, listening and most of all understanding of self and teammate. Build self-trust by communicating with oneself the same way one would with a teammate Know the difference between on and off field communication Practice the Platinum Rule Finding the Fun Sports are a playground to learn life lessons. No matter what level one plays at, she is simply still a powerful young woman with a stick in her hand chasing a ball. She alone is responsible to build her confidence up. She alone is responsible for breaking her confidence down. She cannot control how anyone else around her acts, she can only control her response. In her response lies the opportunity for growth. This is a positive risk to take when one knows her internal strengths, establishes achievable goals and through positive trust and communication with self and team is willing to take action. However, one might still fall short of a goal or lose a critical game. All is not lost, if one is then willing to reassess the mistake, make changes and try again. This is failing magnificently. T goals Know the difference between a healthy versus an impulsive risk Developing resilience as the ability to fluidly define personal success For more information on how to help your athletes develop balance in all these areas and consistently perform with empowered self-leadership visit [www.Brighde.com](http://www.Brighde.com) is now the founder and coach for FLOW Self Empowerment through which she uses movement, adventure and sport to foster individual self-confidence and self-leadership for enhanced team performance.

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### Chapter 3 : Five Ways to Develop Self- Empowered Athletes “ BEHIND THE WHISTLE

*Tools For Self-Growth The Tools For Self Growth page is aimed at helping women see with a new perspective and to take control of their lives. Currently includes the works of Byron Katie and Carolyn Myss.*

Live like a Queen: All you must do is put it on. You would think it would be easier! Unfortunately, most of us come to this self-realization about how powerful we really are much later in life. I guess I never understood that. Nor have I accepted that as a fact of life. I will never accept that. All people deserve to be told they are loved. All people deserve the right to be empowered. You should always carry yourself as if you wearing an invisible crown. Not because you are better than anyone else, but because you are worthy! Your crown has been brought and paid for. You have been a queen long before you were born. You come from a long line of royalty contrary to popular belief. Never the less she is a good role model, but she even understood when selecting her name that she was from this long line. Additionally, she has evolved her style and skills, and is now a Covergirl! Who would have ever thought? It all started with someone implanting the idea in her mind that she was worthy. Boy, how wrong are they? Our crowns are buried deep inside of our souls, wrapped in our spirits, tucked away in our hair follicles, and engulfed in our hearts. The world is not an easy place. It can truly make you feel unworthy. Experiences can lock away that crown. Bad relationships, low self-esteem, unstable home lives, absent or estranged parents, lack of education, media images, and the list continues of the ways our crowns are constantly tested in society. If I crumbled it up, you would still take it. If I stumped on it and through it around, you would still want it. Because it still has the same value! The same is true for us. No matter how much comes our way we still have value. It will always be there. We are the ones who have to find it buried in there. Consequently, all it takes is one experience to bring your crown back out! I know it took me one experience that left me lost, unconfident and unsure that led me on my journey to find my crown. I will never ever look back from this point on. I do my best work. I attract the best friendships and relationships. I eat the best foods. I make the best moves. I live my best life because I refuse to settle for less. I know who I am and whose I am. It is this place that I hope to inspire, educate, and empower others to be in. It is imperative that young women of color and women everywhere realize that they have been living in a kingdom their entire lives. Here are 5 ways to help you find your inner queen! Educate yourself follow blogs such as: Esteem Yourself and read books that empower ie: By Amy Dubois Barnett Tap into your feminine paint your nails, cook dinner, do your hair, wear more dresses and skirts, visualize your future man. You will be surprised how this one automatically puts you into a queen mindset Express Yourself Begin a journey towards self-discovery and healing from negative attitudes and experiences“seek counseling, write in a journal, dance, paint, sing“ anyway you know how to release stress, pain, anger, and old attitudes about yourself that disregard your worth! Ask them to mentor you Visualize Yourself Write out a description of the type of woman you want to be, and the type of man you want in your life. You can only attract who and what you are. Go get all that is yours in the world! It is regal realness at its best. The life you truly want will never begin until you find your crown, put it on and wear it“confidently! What is the biggest thing holding you back from becoming the queen you are meant to be?

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### Chapter 4 : Live like a Queen: How to Get Your Confidence Up in 5 Easy Steps!

*Having self-esteem means accepting and appreciating yourself for who you are. People with high self-esteem feel good about themselves and appreciate their own worth. At the same time, they acknowledge their weaknesses but they don't allow those weaknesses to play an irrationally large role in their lives.*

People with high self-esteem feel good about themselves and appreciate their own worth. People with high self-esteem are happier than those with low self-worth. It is not in your environment, it is not in luck or chance, or the help of others; it is in yourself alone. You are what you make yourself be. Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement. It is there all the time. You have to have confidence in your ability, and then be tough enough to follow through. Most are born geniuses and just get de-geniused rapidly. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It is not just in some of us; it is in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others. Loving ourselves works miracles in our lives. Just make a commitment to any easy discipline. Then another one and another one. You are worthy because you say it is so. If you depend on others for your value it is other-worth. Their joy is being who they are, not in being better than someone else. The reputation you have with yourself “ your self-esteem “ is the single most important factor for a fulfilling life. Look the world straight in the eye. There is no one alive who is youer than you. They sparkle and shine when the sun is out, but when the darkness sets in their true beauty is revealed only if there is light from within. Begin applying the wisdom contained in the quotes above, today.

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### Chapter 5 : What Is Self-Empowerment? - Living Well With HIV - [blog.quintoapp.com](http://blog.quintoapp.com)

*What is the biggest thing holding you back from becoming the queen you are meant to be? Filed Under: BLOG, Femininity & Womanhood, Self-Esteem & Confidence Tagged With: confidence, Crown, James Baldwin, king, Oprah, queen, Queen Latifah, self-esteem, women of color, Your Crown Has Been Paid For.*

Perhaps you feel dominated by your colleagues, or overwhelmed by the demands of your job. This sense of powerlessness can be immensely frustrating. But, no matter what personal challenges you face, you can always make choices that give you back control. Understanding this is the essence of self-empowerment. In this article, we examine personal empowerment in more detail, and explore the tools and techniques that you can use to achieve it. What Is Personal Empowerment? Personal empowerment is about taking control of your own life, and making positive decisions based on what you want. Personal empowerment means giving yourself permission to succeed. Bear in mind that "empowerment" is not the same as "entitlement. We all experience self-empowerment in different ways, depending on our personalities and our circumstances. Nancy and Geraint work in a store as sales clerks. Do they feel empowered? However, she feels confident enough to apply again later if things change. Geraint, on the other hand, is frustrated. You desperately want to feel stronger, and to make a bigger impact, but how do you do it? Consider this four-step process for self-empowerment: Know Yourself When you feel that you lack power, your confidence and self-esteem can take a knock, too. Developing your self-awareness can help you to understand why you feel this way, and to take charge of your emotions and actions. Start by considering your locus of control – the extent to which you believe that you are the master of your own destiny, or that your outcomes are determined by external forces, people or events. Understanding this distinction can enable you to take responsibility for your own empowerment, and to adopt a mindset Then, analyze your strengths and weaknesses. Building on those strengths, and knowing how to deal with your limitations, can give you an even bigger boost. Understanding yourself better is a core aspect of emotional intelligence EI , a key skill in the workplace. Developing your EI allows you to see how your emotions and behavior affect the people around you. This will likely make it easier for you to get others "on board" to help you to achieve your goals. Seeking help from a coach.

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### Chapter 6 : 50 Self-Esteem Quotes to Give Your Confidence a Boost - Daring to Live Fully

*It's also vitally important for boosting your self-esteem after drug rehab that you celebrate all of your accomplishments. Big or small, it doesn't matter, as long as you take the time to acknowledge what you have achieved according to your recovery plan.*

**Raising a Powerful Girl** How do you raise a powerful girl and what does that mean? Powerful girls grow up feeling secure in themselves. They learn to take action, making positive choices about their own lives and doing positive things for others. They think critically about the world around them. They express their feelings and acknowledge the feelings and thoughts of others in caring ways. Powerful girls will grow up to lead full, valuable lives. Encourage your daughter to pursue a passion. Let her choose her own clothes, within appropriate limits. Give her a voice in what after-school activities she participates in and how many she wants to do as long as it works for the rest of the family, too. What are the moments in your daily life when you can model the values you want your daughter to learn? Ask your daughter to consider three strategies she might use to deal with a situation, and then ask her about the possible outcomes. Let her decide what she wants to do within reason. Encourage her to take physical risks. Allow her to disagree with you and get angry. Lyn Mikel Brown, Ed. Help girls to make considered choices about how to express their feelings, and to whom. Make regular time to listen to your girl. Let her use you as a sounding board to sort out what she is going through, without solving problems for her. Listen more than you talk. But when we listen to them, they have to think about what they are saying, and they tend to reflect more. Help her process the messages in the media. Talk with her about the differences between sex in the movies and loving relationships in real life. You can talk about how sex is frequently portrayed without love, intimacy or emotion, or as part of caring relationships. When your daughter is old enough, you can begin to discuss what a mature, healthy, loving relationship is all about. But we also need to put it into perspective, to stay calm and listen to what they are experiencing without projecting our own experiences onto theirs. Find activities you both enjoy and do them regularly together.

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## Chapter 7 : Self Empowerment Quotes ( quotes)

*Low self-esteem can negatively affect virtually every facet of your life, including your relationships, your job and your health. But you can boost your self-esteem by taking cues from types of mental health counseling.*

From the quietly confident doctor whose advice we rely on, to the charismatic confidence of an inspiring speaker, self-confident people have qualities that everyone admires. Self-confidence is extremely important in almost every aspect of our lives, yet so many people struggle to find it. Sadly, this can be a vicious circle: On the other hand, you might be persuaded by someone who speaks clearly, who holds his or her head high, who answers questions assuredly, and who readily admits when he or she does not know something. Confident people inspire confidence in others: And gaining the confidence of others is one of the key ways in which a self-confident person finds success. The good news is that self-confidence really can be learned and built on. Your level of self-confidence can show in many ways: Look at the following comparisons of common confident behavior with behavior associated with low self-confidence. Which thoughts or actions do you recognize in yourself and people around you?

Confident Behavior	Behavior Associated With low Self-Confidence
Doing what you believe to be right, even if others mock or criticize you for it.	Governing your behavior based on what other people think.
Being willing to take risks and go the extra mile to achieve better things.	Staying in your comfort zone, fearing failure, and so avoid taking risks.
Admitting your mistakes, and learning from them.	Working hard to cover up mistakes and hoping that you can fix the problem before anyone notices.
Waiting for others to congratulate you on your accomplishments.	Extolling your own virtues as often as possible to as many people as possible.

Confident people are generally more positive – they believe in themselves and their abilities, and they also believe in living life to the full. Two main things contribute to self-confidence: We gain a sense of self-efficacy when we see ourselves and others similar to ourselves mastering skills and achieving goals that matter in those skill areas. Finding This Article Useful? Partly, this comes from a feeling that the people around us approve of us, which we may or may not be able to control. Some people believe that self-confidence can be built with affirmations and positive thinking. Building Self-Confidence So how do you build this sense of balanced self-confidence, founded on a firm appreciation of reality? The good news is that becoming more confident is readily achievable, just as long as you have the focus and determination to carry things through. No-one can take this away from you! Preparing for Your Journey The first step involves getting yourself ready for your journey to self-confidence. You need to take stock of where you are, think about where you want to go, get yourself in the right mindset for your journey, and commit yourself to starting it and staying with it. In preparing for your journey, do these five things: Put these into a smartly formatted document, which you can look at often. Looking at your Achievement Log, and reflecting on your recent life, think about what your friends would consider to be your strengths and weaknesses. From these, think about the opportunities and threats you face. Make sure that you enjoy a few minutes reflecting on your strengths! Setting and achieving goals is a key part of this, and real confidence comes from this. Goal setting is the process you use to set yourself targets, and measure your successful hitting of those targets. See our article on goal setting to find out how to use this important technique, or use our Life Plan Workbook to think through your own goals in detail see the "Tip" below. Set goals that exploit your strengths, minimize your weaknesses, realize your opportunities, and control the threats you face. And having set the major goals in your life, identify the first step in each. Start Managing Your Mind At this stage, you need to start managing your mind. Learn to pick up and defeat the negative self-talk which can destroy your confidence. See our article on rational positive thinking to find out how to do this. And Then Commit Yourself to Success! The final part of preparing for the journey is to make a clear and unequivocal promise to yourself that you are absolutely committed to your journey, and that you will do all in your power to achieve it. However if they are based on genuine risks, make sure you set additional goals to manage these appropriately. For help with evaluating and managing the risks you face, read our Risk Analysis

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and Management Either way, make that promise! Self-confidence is about balance. At one extreme, we have people with low self-confidence. At the other end, we have people who may be over-confident. Getting this right is a matter of having the right amount of confidence, founded in reality and on your true ability. With the right amount of self-confidence, you will take informed risks, stretch yourself but not beyond your abilities and try hard. So how self confident are you? Take our short quiz to find out how self-confident you are already, and start looking at specific strategies to improve your confidence level. Setting Out This is where you start, ever so slowly, moving towards your goal. And then look at how you can acquire these skills confidently and well. Set Small Goals, and Achieve Them Starting with the very small goals you identified in step 1, get in the habit of setting them, achieving them, and celebrating that achievement. And, little by little, start piling up the successes! Keep Managing Your Mind Stay on top of that positive thinking, keep celebrating and enjoying success, and keep those mental images strong. You can also use a technique like Treasure Mapping to make your visualizations even stronger! And on the other side, learn to handle failure. In fact, if you get into the habit of treating mistakes as learning experiences, you can almost start to see them in a positive light. This is the time to start stretching yourself. Make the goals a bit bigger, and the challenges a bit tougher. Increase the size of your commitment. Keep yourself grounded – this is where people tend to get over-confident and over-stretch themselves. Goal setting is arguably the most important skill you can learn to improve your self-confidence. Key Points Self-confidence is extremely important in almost every aspect of our lives, and people who lack it can find it difficult to become successful. You can develop it with these three steps: Prepare for your journey. Set out on your journey. Goal setting is probably the most important activity that you can learn in order to improve your self-confidence. Subscribe to our free newsletter , or join the Mind Tools Club and really supercharge your career!

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### Chapter 8 : Self Concept Essays: Examples, Topics, Titles, & Outlines | Page 2

*The ideal self motivate a client to make changes toward becoming the ideal is the person the client would like to be, such as a good, moral, and well-respected person.*

If you want a more in-depth explanation of how this cycle works, and why approaching it from both sides is important, please go back and read Part 1! When I asked my readers to submit their tips and practices for cultivating a strong and positive self-image, I was shocked by what came up. This is a problem, because according to important and official science, having low self-esteem sucks. Honestly, I could write a book about this stuff. Maybe someday I will. I believe this is the most important work that a person can do, and it is the dedicated work of a lifetime. Moving your body is a massively powerful resource for healing, processing, evolving, and cultivating a new identity. Choose a movement practice that makes you feel better at the end physically, mentally, and emotionally, than you did at the beginning, and make it a consistent, regular part of your life. Expand your comfort zone. Lifting weights teaches you how to get comfortable being uncomfortable, and so does every single time you step out of your comfort zone, try something new, or push past fear to take action. Consistently practice the skill of courage, and see how much bigger and juicier your life gets. Coloring, crafting, cooking, building something with your hands, designing a room or an outfit; all of these help you express externally what feels true to you internally. Carefully choose your friends. Around those people, you feel dazzling, funny, smart, and beautiful. Learn to say no. Lean into your gifts. What are you really effing good at? What are your unique gifts and strengths? Share that shit with the world, as often as possible!! Seeing yourself that way, even if you see everyone that way, causes inaction and apathy, which creates a self-fulfilling negative cycle. Action has a way of snowballing. Stop comparing yourself to others. I wrote a whole post about how to do this here. Spend less time with mainstream media. Like food, everything you consume affects you. Watching the news reinforces the idea that people are inherently bad and the world is a terrible and terrifying place. Replace judgement with curiosity. This is a huge part of my personal practice. This breeds negativity, jealousy, anxiety, bitterness, and fear. Anytime you catch yourself thinking or saying something judgemental, try to reframe it with compassion, curiosity, and childlike wonder. The victim place, where we seek to blame and justify. Or, the curious place where we seek to grow and learn so as not to repeat this again. The curious place requires a lot of surrender. You can use your creativity and imagination to re-program what you see when you look at yourself; view yourself through the eyes of someone real or imaginary who finds you perfect. I do this practice with photos and social media as well. I role play my ultimate fantasy lover to myself. He loves me absolutely unconditionally. Fake it till you make it. Create a confident alter ego if need to: What would you say or do if you knew people were going to respond to your confidence with respect and admiration, like they might for a man in a position of confidence and power? Try accepting compliments with grace, speaking openly about your accomplishments, and making it clear that you respect yourself. Check out my TEDx talk below, on the topic to hear more about radical vanity! Keep track of your achievements. Identify what about YOU made those achievements possible. The root of our self-esteem is not our achievements per se but those internally generated practices that make it possible for us to achieve. Focus on the process. But the word choices we use may be just as important, because they signal to ourselves and to those around us how we want to be treated! Moving away from an identity that is based on how you look, even in tiny ways, can be terrifying and liberating. This is not real love. Same goes for emotional and energetic states. Learning to love yourself and your life means finding value and meaning, even in the experiences or circumstances that might not feel as good. In fact, quite the opposite. Learn to listen to your intuitive wisdom. There is nothing quite so empowering as knowing you already have all the answers to whatever it is you are seeking. Learn to listen to your body; it will always tell you what it needs. Learn to listen to your heart, it will guide you, and help you understand and express your true desires and feelings. Your intuition plays into all these types of wisdom and more. I am passionate about helping women learn to

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## Chapter 9 : A Thoughtful Guide to Gaining Self-Confidence

*Or in this moment I am angry and have the choice to respond or acknowledge my anger, use mindfulness tools to release the anger and come back to the situation when I am more balanced. In the heat of the moment being aware of what we feel and choosing our response can be incredibly difficult.*

Getty Images Self-confident people are admired by others and inspire confidence in others. They face their fears head-on and tend to be risk takers. They know that no matter what obstacles come their way, they have the ability to get past them. Self-confidence can be learned, practiced, and mastered--just like any other skill. Once you master it, everything in your life will change for the better. Try some of the tips listed below. Really begin to practice them daily, beginning today. With some time and practice this is not an overnight phenomenon, you too can be a self-confident person, both inside and out, whom others admire and say "Yes! Stay away from negativity and bring on the positivity This is the time to really evaluate your inner circle, including friends and family. Even a temporary break from Debbie Downer can make a huge difference and help you make strides toward more self-confidence. Put some positive enthusiasm into your interactions with others and hit the ground running, excited to begin your next project. Stop focusing on the problems in your life and instead begin to focus on solutions and making positive changes. Change your body language and image This is where posture, smiling, eye contact, and speech slowly come into play. Just the simple act of pulling your shoulders back gives others the impression that you are a confident person. Smiling will not only make you feel better, but will make others feel more comfortable around you. Look at the person you are speaking to, not at your shoes--keeping eye contact shows confidence. Research has proved that those who take the time to speak slowly and clearly feel more self-confidence and appear more self-confident to others. The added bonus is they will actually be able to understand what you are saying. Go the extra mile and style your hair, give yourself a clean shave, and dress nicely. Not only will this make you feel better about yourself, but others are more likely to perceive you as successful and self-confident as well. When you purchase a new outfit, practice wearing it at home first to get past any wardrobe malfunctions before heading out. There is a solution to everything, so why would you want to throw in the towel? Make this your new mantra. Succeeding through great adversity is a huge confidence booster. Low self-confidence is often caused by the negative thoughts running through our minds on an endless track. The next time you hear that negativity in your head, switch it immediately to a positive affirmation and keep it up until it hits the caliber of a self-confidence boost. Be prepared Learn everything there is to know about your field, job, presentation--whatever is next on your "to conquer" list. If you are prepared, and have the knowledge to back it up, your self-confidence will soar. For tough times, when all else fails: Sit down right now and make a list of all the things in your life that you are thankful for, and another list of all the things you are proud of accomplishing. Once your lists are complete, post them on your refrigerator door, on the wall by your desk, on your bathroom mirror--somewhere where you can easily be reminded of what an amazing life you have and what an amazing person you really are. If you feel your self-confidence dwindling, take a look at those lists and let yourself feel and be inspired all over again by you. Oct 14, More from Inc.