

## Boost Your Confidence

Here are seven things you can do to boost or maintain your confidence.



1. **Practice correct posture.** This might not sound like its

obviously related to confidence, but how you sit and how you stand sends a message out to those around you. If that message radiates confidence out from you, you will get positive vibes back which will bolster your confidence. So, learn to stand like you have confidence and sit like you have confidence.

2. **Surround yourself with confident and positive people.** It may seem self-evident, but if you are consistently mixing with people of low self-esteem, this is going to rub off on you. Conversely, if the people around you are upbeat and assured, this will tend to create a positive atmosphere that you will benefit from.

3. **Remember a time when you felt confident.** Confidence is a feeling, and if you've felt it once, you can feel it again. Remembering back to a time when you felt confident and in control will enable you to re-experience that feeling and help to put you in a confident frame of mind.

4. **Practice.** Whatever it is you want to feel confident about, practice it as

often as you can. When you work on something until you could do it in your sleep, you can't fail to be confident in your ability to perform when it matters.

**5. Think about all of the things you like about yourself and all of the things you know you do well.** If you have any trouble doing this, think about the compliments you get from people - what are they telling that you do well? It's a good idea to write these things down so that you can refer to them when your confidence is flagging and you need some inspiration.



**6. Don't give yourself a hard time.** Don't

be your own worst critic, be your own best friend. After all, if a friend of yours was going through a tough time, you wouldn't get on their case, would you? Positive self-talk can be one of your best weapons for confidence-boosting, so make sure you cultivate the habit.

**7. Don't be afraid to take risks.** If you become a regular risk-taker you'll find that it's inevitable that you'll grow in confidence as a result. There really is nothing like forcing yourself out of your comfort zone to increase your confidence. And don't worry about failing. It may seem counterintuitive, but trying and failing really is better than not trying at all. When you try something and fail, you accumulate more knowledge about the challenge you are facing - which gives you a much higher chance of success next time.



Remember, you do have talents and abilities. Make sure you give yourself due credit for these on a regular basis and this will prove to be the very best springboard for building unstoppable confidence.

### Inspiration

"Your chances of success in any undertaking can always be measured by your belief in yourself."

- *Robert Colier*

"One important key to success is self-confidence. An important key to self-confidence is preparation"

- *Arthur Robert Ashe*

"An individual's self-concept is the core of his personality. It affects every aspect of human behavior: the ability to learn, the capacity to grow and change. A strong, positive self-image is the best possible preparation for success in life."

- *Dr Joyce Brothers*

"Nobody can make you feel inferior without your consent"

- *Eleanor Roosevelt*



## Building Confidence from the Inside Out - Meditation

Interest in meditation is on the rise and for good reason, it goes well beyond the typical noteworthy benefits that include HAPPINESS, enhanced levels of awareness, focus, lowering of blood pressure and general well-being.

In addition to these reasons, it is a very important spiritual practice as well. It gives an increasing understanding of ourselves as Spiritual Beings and that really makes all the positive difference as far as change and growth is concerned.

It is the area of self-image and personal growth that the practical application of meditation as a tool for personal empowerment and self-esteem development is of particular interest.

One's self-image is generally an unconscious idea for most people. Unfortunately, most people carry a self-image that is not currently serving them in a way that is desirable.

The good news is that this can be changed.

Brain research is now also catching up, thanks to neuro-imaging technology. By using neuro-imaging of the brain, scientists are discovering that our nerve cells (neurons) are not fixed in their connections but are pliable.

This is known as NEUROPLASTICITY.



By examining how the brain works through meditation, neuro-imaging has opened a new door into the world of self-empowerment. When in the deeper states of meditation, one can begin to 're-wire' the brain by creating new images and doing so while in a 'positive' emotional state.

Creating mental images or pictures, a technique known as visualization, actually can affect the state of neurons at the level of their attachment at synaptic junctions. This is related to the level of focus and awareness that the individual has as well.

As attention is removed from old patterns of thought and placed on new images and feelings, new neuronal junctions are formed. New thoughts can begin to be inserted into brain physiology to change habitual thinking patterns.

This is only the beginning, however, as taking ACTION certainly is critical to habit formation. It is a starting point though, as the mind works in pictures (images, as in 'self-images').

Creating a new self-image begins in the mind's eye and the discovery of neuroplasticity lends support to the observation that visualization is a practical tool for seeing and creating a new future for yourself.