



## Self-Confidence

**In a nutshell:** *Self-confidence is a belief in one's ability and integral in successful self-management of behaviour. Having healthy amount of self-confidence leads to healthier emotions, thought patterns and importantly choices and behaviour.*

Poor self-belief not only lowers the likelihood of success, it lowers the likelihood of an attempt to succeed. Research has found that self-confidence improves the effects of daily stressors on mental health.

Highlighting what you do well is a good starting point. It could be as simple as realizing that you are a kind person that cares about other people. When you are in this process with yourself, try to observe in your experiences and relationships what gives you a sense of confidence about yourself.

A good way to get a grasp on this quality is by asking your friends – what do they imagine you should be confident about? This may give you a better understanding on qualities that you did not notice about yourself, but others did. Interestingly, saying “no” is a good indicator of self-confidence. People who are self-confident protect their time for what really matters in their lives and thus are confident to say “no”. People with low levels of confidence tend to say “yes” a lot and often compromise what really matters.

A final important step is to start challenging yourself and putting yourself in areas of discomfort. This way you start to build confidence on a daily basis, so you don't have to be always stuck in your comfort zones, since there is no room to build confidence there. Thus, challenging yourself daily, ultimately teaches you that you can figure it out no matter the circumstances.

**Put into practice:** *Give yourself a challenge. We all feel nervous or afraid to do things at times, it's natural. Try not to let this stop you from trying new things. Set yourself a goal – join an exercise class or a social occasion. Stepping out of comfort zones is a great way to build self-confidence.*

**LINK: HBR – How to Build Confidence**

<https://hbr.org/2011/04/how-to-build-confidence>

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- By Allison Heiliczer, *Rethink The Couch*.