What is Confidence and Why is it Important?

Having self-confidence is being able to trust your abilities, qualities and judgements as worthy. This reflects on your self-esteem – how you feel about yourself. Self-confidence can show in many ways through your behavior, body language, how you speak and what you say. Having positive self-confidence can help reduce fear and anxiety, improve motivation, develop resiliency, improve relationships with others and create a strong sense of your authentic self (psychologytoday.com).

How to Build Confidence

- **Keep a Diary**
  - Become aware of your thoughts; Negative thoughts can arise when we fear the future, put ourselves down, criticize our mistakes, question our abilities and anticipate failure. In order to change negative thoughts we need to become aware of them.

- **Analysis Thoughts**
  - Challenge your thoughts (Rational Thinking); Think about and analysis the thoughts and beliefs you have become aware of. Ask yourself, is it reasonable when you consider all the facts.

- **Positive Thinking**
  - Create positive thinking; Use rational positive thoughts and affirmations to counter unreasonable thoughts and beliefs. Focus on and praise yourself for your accomplishments. Seek new opportunities to affirm positive thinking by setting achievable goals and tasks.

Focus on your abilities and positive qualities; make a list of your accomplishments, surround yourself with people who make you feel good, set goals, provide yourself with new exciting opportunities, help those around you, eat healthy, accept and allow mistakes to be ok!!