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## HOW TO GAIN BETTER SELF CONFIDENCE

The harbinger of success, strength, and dignity is what self confidence seeks, and not only does it helps you accomplish your career goals but can also hold true for relationships, work and commitments.

Gaining better self confidence of course does not come overnight, but taming your mind to fight back and do better can be cultivated each day. Here are some guidelines that can assure you a better self confidence development.

Ten tips to gain

What you can levy on your life for gaining better self confidence incurs the following.

- 1- Do what you feel right- Do not be cautious about the world and for pleasing them flox up what you do best. Think, talk and act the way you are, and in anyway you cannot change the way how people think. Some positive and some skeptical which in reality is that people think more of themselves.
- 2- Stop being skeptical- Your thought process lays its grounds on your beliefs. So cultivate belief in yourself and there is no harm being judged. If you are then think that people actually have time to talk about you because you standout.
- 3- Finding better self confidence- Best is, if you write what you want to accomplish on paper. Set your time chart that could be anything; gym, cooking, yoga classes or whatever and follow it. Confidence builds up when you follow your self made routine and not quit.
- 4- Failure should not take a toll on you.
- 5- Do not procrastinate, work when you have to. That will generate a sense of time and when you see your work is done, you tend to generate a sense of fulfilling a responsibility which makes you confident.
- 6- Take your time- Essentially required to carry out these tips on building better self confidence and marking a patient attitude towards life.
- 7- Determination is the word- If you do not succeed in something apparently your hope should not go down to the water. Keep it intact.
- 8- Read self help books- If at all you think you want to fix a frame for your lifestyle and self confidence then read good books on gaining self confidence. There, you can see workout charts which wont be monotonous.
- 9- Finding your own self confidence is what your telos will be. Do not negate anything criticizing that comes your way.
- 10- Don't follow blindly what people say- Their comments however positive or negative may be can make you or break you. Your process is to make yourself a confident person, don't let these come in between.

Self confidence tips would only benefit if you try being liberal first, and be susceptible to whatever comes your way.

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