



TOP TEN WAYS TO HAVE BETTER SELF CONFIDENCE

Top Way #1

Knowledge. Update yourself about the things around you and more importantly, about the stuff you're involved in or with. Ignorance is NOT bliss! With an expansive knowledge base, undoubtedly your confidence will also increase!

Top Way #2

Esteem. Always hold yourself in high esteem regardless of what anyone tells you. If you lose your self esteem, you're gone. Never commit the blunder of losing your self esteem.

Top Way #3

Exercise. This is one factor than not only strengthens your body but is helpful for strengthening your self confidence as well. Exercise flushes out the negative energy out of your system and that includes your mind. Haven't you felt fresh after a good round of exercising? That is one indicator that makes you feel confident from inside!

Top Way #4

Winner. A winner always is confident about his abilities. The winner never doubts his capabilities and never questions them. Instead he does everything to convert the weak link into a strong point in his character. Therefore think like a winner does.

Top Way #5

Aggression. Aggression is much needed when you need to build your confidence levels – the aggression being talked about here is 'controlled aggression'. That helps you rise above others and not pull others down – that is actual aggression. The best example where you can see actual aggression in play is in the athletes (sportspersons). They have zeal and enthusiasm for winning that supersedes everything.

Top Way #6

Communication. Poor self confidence often results in you unable to communicate properly. Interestingly, these two are inter-dependent. If you can communicate your thoughts and beliefs well enough, you're bound to have great self confidence. Communication is therefore often an important part of our syllabi and personality development!

Top Way #7

Opportunist. Become an opportunist NOW! Situations thrown at you are actually opportunities for you to grab. If you have a rational bent of mind, you'll see through them and try to grab them the earliest! Needless to say, that will be the biggest ever factor to boost your self confidence.

Top Way #8

Optimist. Pessimists do not have a way. Optimists have very high self – confidence levels. That goes without saying that always see the good part in everything. Think rationally. Become an optimist today!

Top Way #9

Family. Family ties and bonds instill immense confidence in an individual. There's no doubt about the fact that a family support means a lot – that itself is a great self confidence booster!

Top Way #10

Love. Love and be loved. This might sound philosophical but that is the ultimate truth. How does it feel not to be loved by people around you? Dents your confidence, right? So to expect love, you must learn to love first. Prioritize loving and you will find your world change. You'll be happy too and gain immense self confidence!