



HOW TO BUILD SELF CONFIDENCE

Whether you have just started your own business or work in a large corporation, knowing how to build self-confidence and maintain it at a healthy level is important.

This is especially true if you do not regularly receive feedback about your work or activities. There are jobs, for example, a freelance journalist, where feedback is rare unless the work is sub-standard. And, then I guess it is warranted.

Clients too are slow to praise and even though they may pay your bill some feedback would be most appreciated. It is quite acceptable to ask for feedback; your reason could be it is part of your continuous improvement program.

In a large organisation your peers may not consider feedback important because you are doing a good job and things are ticking along nicely.

This means you are in control of building your own confidence and keeping your self-esteem at peak performance.

This is a quote from David J Schwartz book *The Magic of Thinking Big*:

"Believe big. The size of your success is determined by the size of your belief. Think little goals and expect little achievements. Think big goals and win big success. Remember this, too! Big ideas and big plans are often easier – certainly no more difficult – than small ideas and small plans."

You might like this quote from Paul Hanna's book *Believe and Achieve!*

"Believe and Achieve! is about first knowing that you deserve to be successful, and then learning the tools and techniques to attract success to yourself, easily and effortlessly."

Self-confidence is a by-product of success, which means different things to different people. Technically, it means a happy result or outcome, good fortune, achievement, victory. But it's much more than that: it's the knowledge that you have the inner strength that won't let you be defeated. And, if things do get tough and you falter, you have the courage to pick yourself up, brush yourself off, and start again.

Success is not a destination. In Jeffrey J. Mayer's book *Success is a Journey*, he says ...

"For years I have been fascinated with the subject of success. How do you define it? What does it mean? Is it temporary? Is it permanent? As I've pondered these questions in my mind and watched the performance of others, I have come to the realisation that success is not an end result. It is an ongoing process. It's a journey."

Building your self-confidence may rely on what you perceive as success and the journey you are taking to make it happen.

About the Author:

Barb has been a successful business writer/editor/communicator since 1989. She writes in plain language and believes material for print and the web should be clear, concise and user-friendly. Please visit her website at www.barbclews.com to find out more.