
Tips on Improving Your Confidence

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Friday, 06 April 2007

An excerpt from Dr. Sabongui's "Pre-Delivery Inspection" eBook for Men

Building confidence means recognizing your self-worth, respecting yourself, and communicating it. It means that you believe that you are competent to deal with life's challenges and are worthy of happiness.

- Take out any certificates for achievements you have received (you know, the ones that are lying around at the bottom of your drawers), have them framed and put them up on your walls.
- Challenge yourself to take on higher-level tasks or projects.
- Do something that you are afraid of or something you have never done before at least once a month (for example, go white water rafting, rock climbing, or join an adventure club).
- Get into the habit of saying "Yes" rather than "I don't know. Maybe, but it sounds scary...".
- Make statements rather than always asking questions (for example, say "I'd like to have some Chinese food tonight. Would you like to join me?" Do not say, "Would you like to eat? What would you like to eat?").
- Avoid using qualifiers and disclaimers (for example, do not say "Don't expect too much, it's my first time, I hope you won't be disappointed"). Instead, say nothing: just do it. Or say something like, "Great! A new experience coming up!".
- Make a list of all your past accomplishments for which you are most proud and read them over daily using positive affirmations.
- Use the power of "YET" to create challenges for yourself. For example, "I haven't tried that...yet, but I would really like to. Or, "I don't know how to do that, but I am willing to try". Realistically ask for and accept guidance, if it is appropriate, or if someone offers.