

A woman with long dark hair, wearing a white V-neck shirt under a black blazer, stands behind a wooden desk. Her right hand is resting on a silver laptop. On the desk, there is also a small green potted plant, a white container, and some papers. The background is a bright, out-of-focus indoor space.

# *Self-Confidence* **Mastery**

MASTERING SELF WORTH AND SELF-CONFIDENCE

A POWERFUL GUIDE TO PROMOTE SELF WORTH  
AND TO BUILD SELF-CONFIDENCE WITHIN

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# *Self-Confidence* **Mastery**

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# Introduction

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**Optimism! It all lies in our positive perception of our personality, the events occurring around us and life itself.**

So long as we believe in the goodness that we may have in life, we are bound to enjoy it the way every man should.

Unfortunately, many of us cannot grasp optimism from a life that is muddled with miseries, morbidity, and struggles. Of course, life's pleasure would not be appreciated if it were not equaled with unhappiness. Pain cannot be felt if all we know is joy.

Tears would lose its worth if we always experience happiness. Confidence would not be recognized if we do not fall flat on our face sometimes.

Life is a gratifying privilege and we can make everything we want from it. We have to start early in building our foundations so that we won't have to lose precious moments that shall never pass by us again. A moment that's gone is gone forever but your light won't even lose its value long after you have gone.

With optimism in life we would be able to recognize the fullness of our potentials. Everyone has an equal chance for recognition yet many of us fail to share with the limelight because we surrender even before the battle begun.

If you would want to share with what the world offers, you must be brave enough. Nothing should stop you from living your life, not even the miserable demons of low self-confidence.

Those who braved life are those who are confident enough of themselves. Sometimes, we just have to take risks so that we might discover what lies in our road. Taking risks though requires lots of faith in yourself. Without this, you would be like a warrior who has lost his armor.

From birth, we were equipped with all the skills that we will use in the later stages of our lives. One such skill is the ability to face challenges and to face them with faith, both in ourselves and to Him who has created all of us.

All of us had an equal chance to develop our sense of self, even when it feels like our fellow is much blessed than us.

We normally have the common notion that life is unfair when in fact, it is not. We all have our shares of blessing and our shares of challenges. It just lies in our perception of things and the manner by which we handle things.

The same thing goes with self-confidence and self-esteem. Many of us think that the man we are looking up to shared much of life's blessings because he can bear himself better, he can face the public better and he is much eloquent and more confident than most of us. Remember that before he even got there, he has to face challenges that contributed to his self-esteem and self-confidence. All of us can be that man, only if we believe in ourselves enough.

We just have to find our own enlightenment to be able to achieve the building of good foundations for our self-esteem and self-confidence. Changes must come from within before we can accept the assistance that comes from outside. Realization of how valuable you are and how beautifully you were created cannot be helped by outside

reinforcement if you, yourself do not want to accept this one simple truth.

Go on, help in the discovery of yourself and that is among the most wonderful venture you will take in life.

# Chapter 1: A Philosophy That Will Increase Your Self-Confidence

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**Everyone takes pride with all the things that we possess.**

May it be the achievements that we had, or the present living that we were able to produce, each one of us has become an achiever on our own.

Many of us may have denied this truth though. But you see, it is obvious- everybody is capable of doing anything only if we give our hearts into it and we set our minds in doing it.

No one is deprived of the capacity to enjoy life's successes. Only those who deprive themselves of these gifts are the sufferers. Are you among them?

Leave your answer hanging then whisper it to yourself. Whatever the output is, see to it that you would change things for the better.



If you can say that you are confident enough then good! But don't settle yourself with what's enough. There will always be gaps and you should cease the opportunities for improvement.

If, however, you answered no then don't tarry. Wasting your life to senseless whimpers of negativism would obviously cause you to regret everything at every moment you depart.

How painful it would be to know that you were equipped with everything you need to achieve but dared not use them.

There was once a young eagle who happened to be raised in village of chickens. He was oriented to chicken living and was raised to believe that he is one of them. For long, he has been watching the eagles hover in midair with their display of magnificence.

For each time that he stands in awe of these airborne eagles, he wishes that he was born like them. He dared not to spread his wings though yet every day, his heart cries for soaring the heights eagles soar. He failed to discover his potentials and real self and thus, he died a chicken- ever longing to become one of those to which he truly belongs.

Every one of us is an eagle. We are all capable of flying to the maximum of our potentials. Unless we spread our wings and dare to discover our real self, we will forever be bounded by our failure to transcend heights and become the real people that we were meant to become.

Now, if we would only realize the eagle that is sleeping within us then we could have all lived a life of happiness and contentment.

We were all born entitled with achievements and successes. The Universe is too good for us that she took time to secure everything that we would need to soar. Don't waste this very opportunity by putting loads in your back so you would be delimited and thus, incapable of flying.

Be like an eagle who has unearthed himself from the mud of being a chicken. Chickens are meant for slaughter. In the same way, if we choose to be chickens then we would have to accept the reality that

our purpose would be defeated. That is, to give glory to the Universe who has kept us in her arms and fed us with everything we needed.

Be like an eagle and live a life free from the damaging culture of the chickens. Be like an eagle and make yourself benefit from the confidence you can get from being a mighty creature.

## **Perfect Yourself in Building Your Self Confidence**

Everything has to start somewhere. Unless you start revamping your self-confidence, you will have to agonize endlessly with the very thing you are fearful of- low self-confidence.

Our self-confidence is the accumulation of all our reactions to the experiences that life brought us, the manner by which we were guided by the older people in our environment and how we and the society view us. Many factors are contributors to our personal understanding of confidence.

One determining factor is how well we expect ourselves and the circumstances of our lives should be. Many tend to fall into the trap of creating unrealistic expectations. In the process, their losses are becoming too painful that they eventually suffer the effects of creating lower self-confidence.

Others, on the other hand, lean more on playing safe and thus create more achievable goals that are easier to attain. And because achievements add largely to the development of self-confidence, these people benefit from knowing that they are somehow capable of doing something.

You may already have heard the phrase- "it's all in the mind". And to many psychological and emotional conditions, we can actually say that everything is all in the mind. They rooted and develop from the mind and so, the antidote might as well come from the same source.

You can always condition yourself to feel the way you want or to feel the way you don't want. You can suppress emotions and, in the process, help emotions materialize. Say you want to feel hatred of

yourself over not being good enough. If you make yourself believe in that hatred and you truly are convinced that you are not good enough, you will only get two products- one, genuine hatred and two, lower self-esteem.

The majority of us are caught unaware with our words. We sometimes fail to check ourselves of the things we are registering in our subconscious mind.

You may not have deliberately said it recently but since you are used to hearing yourself mumble- "I am a loser", or "I'm not worthy of anything", your subconscious self might as well believe that these are the facts.

Even now as we speak, many out there believe in these statements.

They are not mere words. They are for real and they will actually dig deep in your subconscious mind, which will then be integrated into your being. If you believe in these then there is no way that you won't believe in their direct opposite.

Central to building self-confidence is one's belief in himself. Whatever you set your mind to believe will all be taken as factual. Thus, you only have to manipulate the values that you would like to acquire. Otherwise, no amount of waiting can make you change.

The motivation must come from you. Suggestions may come from outward sources but in the end, it will be you and yourself that will set out to do the battle.

Changes must begin from you. You may start with talking to yourself using positive statements like "you are great" (for you truly are a great individual waiting for your talents to be tapped). Or "you are beautiful" (because believe in this or not each one of us were created beautifully to give glory to our Maker).

You can't stay long in your madness over having low self-confidence. Somehow, you have to change your perspectives and live a different life that looks forward to better things.

## Chapter 2: Where Do You Get Self-Confidence From? Within

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**How to get self-confidence is the central issue when tackling about the development of self confidence in an individual who, for long, have believed that his self-worth is deficient.**

It goes without saying that those confident individuals can bear themselves better than those who have lower sense of the "self". They are the achievers, the people of the limelight, the center of the society.

They walk straight, speak their meanings very well and influence people, both subtly and obviously. In short, they are those who care recognizable even from afar.

Sometimes, self-confident people are very much loved by the society. It is maybe due to their charisma or they are, by nature very amiable. However, there are those self-confident individuals who, just by leaving makes the room lighter.

These are two very dissimilar display of self-confidence. One, destroys a person's credibility and the other intensifies his personality. And obviously, you would not want the consequences of being too confident of yourself that the people no longer view you as effective, instead they see you as annoyance to their daily affairs.

Self-confidence comes from within. Outside stimulation may help but it would all still boil down to knowing yourself and using that knowledge to gain confidence.

To get self-confidence, you must realize that your limitations must not limit you and your attributes must not destroy you. Instead, use all these factors to develop a personality that would be productive for you and all those that surround you.

"Know thyself!", says the Oracle at Delphi. Though this might have been said thousands of years ago, it is undeniably true that we still can use the wisdom it says.

Know yourself and get confidence. Recognize though that knowledge comes nowhere but inside you. Thus, you have to accept the reality that unless you embrace you flaws and perfection, the demons of low self-confidence would stay forever lingering in your being.

There is a great risk in knowing too much of yourself though if your foundations of self-control are not much too developed. You would be exposed to your imperfections and since control is not yet yours, it is possible that you will be eaten by your own flows.

This condition is closely intertwined with thought rumination wherein you seem to go around in your circle of thoughts about your losses and failures regardless of your achievements.

Another danger of having no control of yourself while trying to get self-confidence is that you might get too confident that you would forget the real value of having the sense of self. As we have mentioned earlier, over confidence is just as dangerous as having no confidence at all. This would send you back to failures or worse to eventual downfall.

Knowing yourself is one factor that may either be dangerous or productive. Self-awareness often times help people realize how wonderful their creation was. They learn to give worth to their capacities and attributes that are obviously as special as those that may be found with other people.

We are all unique and that is a fact. Our marks of unique can be seen through closely looking at our capabilities and our incapacities. Our uniqueness is manifested on the natural gifts that add to our greater self-value. Our uniqueness can be seen through our potentials that we may either ignore or maximize at will.

All these are truths that would stay hidden to you unless you have learned to contemplate on your being and be aware of who you truly are.

## **Guides to Help You in Gaining Self Confidence**

Self-confidence is one of the many things we think everyone else have expect us. Don't be harsh with yourself. Of course, you are in equal footing with the person standing next to you.

If he has the confidence you admire and you loath for not having the same confidence then don't get caught with the idea that you can't be like him. In fact, if you just set your mind to gaining confidence then you are sure to be like him someday.

People are not born with confidence. We have to develop it and there are many interplaying factors that must be put to balance before we can actually create an ideal self confidence that would guide us through our achievements.

Self-confidence stems down from within and in how we think and feel for ourselves. Its development is affected by things that we normally don't have control of. Say, the models we had who either encouraged us or who watched us fall face flat. It is also affected by the events in our life to which we either reacted positively or negatively, thus our

anchors for developing our own sense of self. It is also dependent on how well we were able to maximize our potentials.

*Here are some guidelines that you can follow to lead you in gaining your self-confidence:*

If your past bothers you and you think that it has greatly affected the level of your self-confidence (which is by the way a solid truth) then just remember one thing- anyone can begin something at any given moment of his life.

You can always start gaining your self-confidence even if you are already starting to have those dreaded lines in the face.

The past is a stale check, the future is a blind hope. You can only bargain on the "now" that you have. Build your foundations on it and start anew. It is never too late to gain back the confidence you have lost or the confident you never actually have.

Take stock of yourself. From the moment of our birth to the day we die, our gifts would remain in us. The difference though lies in the way we were able to accept and enhance these realities.

If we would only recognize the innate genius that lives in each of us then we would be able to achieve far more than our wildest dreams would command.

We only have one life and we only have one self to live with. Why waste this life because the self-did not believe in the potentials he has?

Now, if you don't want to fall into history who is someone who failed to start dreaming then you must act now and be convinced that dreams don't starts with "d" and end with "s". Instead, it ends with reaping the fruits of your achievements and starts with believing in yourself.

Sometimes, lack of self-confidence is only a product of our imagination. There are people who believe in us, only we don't believe

in what they believe. We choose not to listen to their encouragement because we find no hope in things. We make ourselves believe that we are not capable of doing anything good when actually, there are those people who stand in awe of our subtle achievements.

You won believe it but sometimes, these things do happen. And when they do, the people who are caught in these instances are often unaware of their value to the other person caught in the same event.



# Chapter 3: Overcoming Your Lack of Self Confidence

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**Self-confidence is one thing that most people think other people have except for themselves.**

All of us were endowed with special attributes though we rarely recognize these gifts. We may see that men were not created equal but there surely must be a universal stuff that balances all things.

We are all capable of being self-confident. It not a thing that we can touch nor see. It not something that was given to the person sitting next to you while you may not share the blessings it might result to. It is not something that we don't all have.

You may not possess it now yet this does not imply that you are deprived of the capacity to develop it. Everyone is entitled to self-confidence and luckily, all opportunities are laid in our front, only we have to recognize them.

We cannot afford to lose the value of one lifetime just because we missed too much of good life in exchange for not having been able to

live our dreams. Dreams that were not driven by the confidence to pursue them. The key is to develop self-confidence and escape from the demons of low self-confidence.

To overcome low self-confidence, you must be able to have faith in yourself. You need to feel good about your being you. This all boils down from appreciating the things that we are capable of doing and in accepting the fact that some things just won't change however hard we try changing them.

One good example is a physical condition that you have to struggle with. A couple of things may help you with them but this would not erase the facts that your physical conditions may hamper you from developing your confidence.

Ask yourself- what makes you more confident of yourself? Most likely, these are things that deal more on the physical attributes that one has and one can acquire.

Our standards of confidence will affect virtually all aspects of our happiness. Say, we find more value from being good looking then it is best that you start resolving your low self-confidence by making yourself more beautiful. Luckily for us, there are various methods of transformation and enhancements.

However, if your standards deal more on the innate beauty a person may have like goodness of attitude or skills and talents, you may start revamping yourself by strengthening these areas.

Low self-confidence is more aggravated by our failures. Failing is inevitable and so it must be dealt with a light heart. If you always take your failures seriously and amplify them by ruminating at your mistakes, then it is likely that you are close to self-destruction. Practice an attitude that celebrates on victories but forgets about your own stupidities.

People are subject to committing mistakes, you must understand that. And your failures must not be made an excuse to stop trying. Think of your losses as blessings that you must accept and be thankful that they come across your path. This is one proof that the Creator spends more time on you than you would have first imagined.

Instead of allowing these to trouble you, treat them as your learning grounds for not committing mistakes. Then don't allow these failures to hold back your growth.

You see, in the end it all lies in the attitude we take to deal things out. We must be very careful with the way we handle things. If we think too negative of ourselves and the events interplaying with our lives, we would never learn to get over our low self-confidence.

## **More Advises on How to Gain Self Confidence**

To understand others, we need to have a full understanding of ourselves first. However, human beings are too complex to be understood which place us in an endless circle of understanding and of attempts to understand.

It is critical for us to discern ourselves not only because this will lead us to better perception for other people but also because it is the foundation on which we can lay our self-confidence on.

Understanding will come in two ways- through our deliberate pursuits or through the acceptance and usage of the chances given to us. Either way, we will benefit so long as we don't choose to be misguided by circumstances that would try to redirect us to failure.

Obviously, the first step before we truly gain enough self-confidence is for us to understand the entirety of being ourselves. This would entail our knowledge of everything that we are capable of doing and everything that we cannot do superbly or we cannot actually do.

This also includes our talents, skills, weaknesses, fortes and anything and everything in between. After knowing all these things, you need to accept that these are facts and love yourself and your imperfections.

Keep in mind that no one is ever perfect however he wanted to be. So, there is no sense for you to be harsh on yourself over a few flaws that everyone else has. The thing is, we just have to accept everything about us. With acceptance comes the initial cure over low self-confidence.

After knowing your stock, the second thing you may do is to appreciate and give proper value on all your attributes. Remember that each of us is a unique being which is perfectly fit to for uniqueness. We only have to be careful of identifying our unique spots and in the process, help them shine from us.

Find an activity that will both contribute to your being and will provide a pleasurable means for you to grow and gain more confidence. Most people tend to go to their talents.

It is not necessary that people should know about this but if appreciation from outside sources were your source of motivation, it would not hurt if other people would know.

Nevertheless, it is no big deal if you would hide your activity of growth or not. Unless you live in a solitary cave somewhere, people would realize that you are up with something.

A good way to gain self-confidence also lies in your goal setting. People tend to set higher goals than what they can truly achieve. This occurs because many believe that by setting higher and often unrealistic goals, they will be motivated to achieve more.

The fact is, with higher expectations come more frustrations. If you still don't know your mettle, it is best that you set more realistic goals first. Once you have overcome your limits then will you only be able to set higher goals that would test how well you have developed.

It is crucial that all our goals are achieved initially since we are trying to gain some things. If we fail at the beginning, we might be discouraged to continue our pursuit.

Taking responsibility over your personal appreciation and your actions are sure paths to gaining your self-confidence. You only have to appreciate yourself and believe that you are worth your appreciation.

## Chapter 4: The Roots of Low Self Confidence

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**There is no single factor that we can consider as the pool from which low self-confidence comes from.**

In fact, it is the accumulation of mishaps and lacks in the past that we are failing to unearth and give due remedy. It is the outcome of our failure to recognize who we truly are and what are the hampers to our own growth.

Low self-confidence is obviously delimiting. It would send us stomping on our endowed capacities and instead, take our failures as early defeats. It would confine us in our comfort zone where everything is safe from potential humiliation and further mistakes.

The comfort zones will then make us believe that we must not go out from its four corners because out there, disappointments and losses await.

But even when we tell ourselves how harsh and messed up things may get, we must still not surrender to the inner critic that thrives inside us. We must at all rate, defeat it and show off ourselves to the world.

Low self-confidence develops during our childhood. Unfortunately, many of us have parents, teachers, friends and enemies who are keener to our deficiencies than with our talents.

They would tell us of our mistakes and kill our inner drives. These may not actually be said direct on our face but their actions and sneers are enough to convince us that we are losers.

Perhaps you live under cold critical eyes that know nothing of imperfection. Or maybe you are the underling of a brother who achieves in school, thus the intense focus on him and frequent disregard for you. Probably people do things for you when they feel like you can't do things on your own.

These are subtle triggering instances that would all contribute to your eventual loss of self-confidence.

Because of such poor models and lack of attention given on you, you would soon find that you are really incapable of doing things when in fact you have gifts beyond your own reckoning.

Your belief on their beliefs would then send you blaming yourselves for all your failures. And at times, you would even convince yourself that you are also responsible for the failures of those people you have close contact with.

As a child, sweeping statements will be a commonplace for you. You will convince yourself of how stupid you are even without the reinforcement that comes from the warped people surrounding you.

And as the process goes on, you would learn to ignore the blind negative accusations that other people throw at you. And to add up more miseries on your already-piled up problems, you would learn to accept that there is nothing more to life but defeats and failures.

Your faith in yourself by now is much too weakened. Therefore, you would not try to resolve your conflict on sense of self and would not



dare plan how to get around this self-tormenting course of life. Solutions and helpful people would come to you though. However, your reactions would either be to push them away or totally disregard them.

Continue at this phase and you would soon discover that salvation from low self-confidence is presenting itself to you but you are all too muddled in your own world that it would be way to impossible to cure the problem. Unless, a life changing miracle would cross your way.

## **Improving Self Confidence**

Don't be fooled. Even the most confident people have their insecurities and the most competent are flawed.

Though we may have dreamt of being the perfect persons we see in other people, we have to understand that nothing can be perfect. The things we would want to happen in our lives don't necessarily happen the way we want them to be however tactful our plans were.

The very things we want to attain will not pass by us so long as we won't work towards achieving them. It takes effort to make things happen though.

And the self-confident people have acquired their attributes not out of luck. An author once said that the most beautiful people do not just happen. They must know hardship, they must know suffering, they must know defeat, struggle and loss before they truly understand the depth of their worth.

Everyone is built for recognition, for achievement, for fame. The capacity to be confident of oneself was not given by random, it lies in all of us. Like with all other things we are in equal standing with that of the fellow sitting next to us. The difference though lies in our personal treatments of the capabilities that we were endowed with.

Initial development of self-confidence roots from our childhood, the fashion by which we were reared, the opportunities that honed us to

be the persons that we are and our reactions to the challenges that were given to us.

At a very young age, we already know how it feels to be humiliated or encouraged. At a very young age, we are already capable of giving interpretations with the way things happen to us.

If at childhood we failed to react positively due to reasons like lack of or improper guidance, poor models and insufficient knowledge, it is likely that the succeeding phases of our lives will become dependent with how the things went during these ages.

But with age comes maturity. And maturity arises from the experiences we are encountering. Experiences, as we know them, are among the great teachers we have.

Failure to take advantage of the experiences we encounter will only send us back to the same circumstances until we are able to spot where we have gone wrong. Therefore, we have no excuse that we were not given the chance to improve with each experience.

You see, improving self-confidence is just a matter of becoming mature. If you will become complacent with the idea of setting back to lack of achievement and recognition then you will fail to comprehend that life is more than mediocre living.

Everyone can improve self-confidence regardless of how we were in the past. What only matters are now- the present. If you would take stock of yourself and believe that you have the capacity to be anything and everything you want to be, you are sure to be a step higher towards achieving self-confidence.

There are lots of ways that you may take to help you improve your self-confidence. The keys are to have the positive attitude that anybody can do anything and adaptation of the belief that you can be anybody and you can be anything you set your mind to be.

If all else fails, remember the moments when you felt good because you were able to achieve something by feeling good about yourself. That way, you will be encouraged to become a better person you always wanted to be.



# Chapter 5: What To Do When You Need to Boost Your Self Confidence

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## **Small differences make great changes.**

It all boils down in a single idea that would recreate your self-image. Remember when you were so confident of having done something then someone commented on how bad things went? Remember when you were struggling to finish your work satisfactorily when someone said you would never make it to promotion?

Remember when you set out to run a mile and people scrutinized you for having such goal? Remember all those times. They all rooted from pessimistic commentaries that were of no use but to destroy the positive spirit in you that says "you can".

Self-confidence lies near to positive thinking. If you think positively of yourself and take stock of all positive attributes you have while

considering the worth of those you lack then you can at least make yourself believe that you can actually do and can make things happen.

Positive thinking is not being overly hopeful of something that is unachievable. Central to boosting self-confidence and positive thinking is the setting of realistic goals that you can reach for while not delimiting your capacities.

Normally when we set out to do something we tend to over calculate things and plan to achieve things beyond our present reach. This, we say, would encourage us to work double time. But the point we are missing is that once we fail our expectations and the expectations of the crowd that is watching us, we will be discouraged to try things again.

You see, on our initial tries it is not bad if we would set achievable goals rather than confidence boosting-unrealistic goals that would leave us dismayed.

When you really need to feel good about yourself, remember that self-confidence is largely controlled by the hormonal balance in our body. Thus, you can alter your mood by stimulating yourself to do so.

Say, if you have this vivid memory of having been able to achieve something or you once had "cheerleaders" who pushed you to achieving greater things, you can surely use them to manipulate your emotions.

If not, then remember the moments when you really felt happy about yourself. Controlling the reins of your moods and emotions can contribute to your overall confidence.

At one point of our lives, we all have been our own critics. Undue criticisms don't only make us vulnerable to negative thoughts, they also affect our overall personal perspectives.

Have you noticed how we criticize ourselves without even realizing that we can't utter those very things to other people? We are harsher to

ourselves than we can imagine. Thus, with every negative input we receive from this critic, we are left upset and unconfident. It is like tearing the walls that we have built for long in exchange for a few unjust remarks that we rarely need.

Avoid using sweeping statements about yourself because these are the very things that would eventually strip you off your good self-image. Recreating the comments, you give to yourself will have a huge impact on your self-confidence.

In the end, destruction comes from within us. Other people may argue that we are affected by external pessimism. True, yet this would only affect us once we allow entry towards ourselves.

Thus, you only have to create barriers from negative inputs while strengthening your underlying foundations.

## **Things that Matter If You are to Develop Self Confidence**

Man seems to have found many excuses that eventually help him develop insecurities. The sad truth though is that self-confidence is often hard to be achieved and whenever it passes us by, we try to suppress it.

We treat ourselves severely while giving regards for other people. We laugh at our own mistakes while contemplating on how stupid we have become. We hate to see ourselves commit errors. We believe that other people can perform better than we can.

We say to ourselves that we are ugly and incapable of doing things. The irony though is that people think otherwise. They view us as wonderful people who are worth admiration.

It is obvious that low self-confidence can hinder us from our growth. It will always pull us down into the realms of mediocre life and dullness.

It will make ways so that we would fit in the gaps of the non-achievers, the humiliated and the lowly people. There is no such world but because men tend not to listen to the voices that encourage them to believe in themselves, this world came forth to life.

The thing though is that experience and time are often good teachers, if we truly take them as such. We will live with ourselves for as long as we live with them. Our "self" will accompany us through the course of our life. Somehow, we would learn to live with it. To love it and to accept the truth that many things about it do change and develop.

It may not be out of our chronological age that we would mature but the fact is, we would still mature regardless of the time we would take.

Sometimes, development comes out naturally. Sometimes, we would need effective stimulation. Self-confidence roots down from these two.

Development of self-confidence may suddenly dawn on you. The realization would come as if something breathed life into you and awoke you from a long sleep. From your inner self comes the voice that would tell you what to do and how to do them. It would help you see the stock that you have- your talents, your skills, the crafts that you can do, the stuffs that you are really good at and all attributes that it can use to positively reinforce you.

This inner voice, in a sense, will lay everything in your front. It is for you to accept that these things are yours and must be used for your own development.

But as we have said, it would require stimulation before your belief in yourself materializes.

You may not have noticed it lately but you are talking with yourself. We all do! The difference though lies in the fashion of talking and words we are uttering.

Self-talk may either be detrimental or positive. Whatever we say to ourselves will be recorded in our unconsciousness. This in turn would

rely on more dominant beliefs we record. Thus, we frequently assert that we're worth nothing, or that we are the ugliest person or the most ill performing.

It would create an environment in ourselves that would be ideal in pulling us down. However, the opposite is also true. We only have to take advantage of positive talk so that we would reap from the benefits of self-confidence.

# Chapter 6: Improve Self Confidence by Believing in Yourself

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**Low self-confidence only boils down from low belief in one self.**

Now, the obvious cure would be to inculcate faith in yourself, enough to make you believe that things don't happen out of course but because "you" make things happen.

Believing in oneself however, stems down from our childhood experiences. With lack of poor models or lack of encouragement from those we have learned to associate respect and trust on, it would be likely that our maturity would be marked by ambiguity of self-image.

We know for a fact that parents only act according to what they deem appropriate or best for their children. However, doing the best don't necessarily mean that they qualify to the universal standard of being the best. In fact, there are so many cases when their bests may have been a mediocre standard for others and in some cases, their best is

no good at all. Nonetheless, they still perform them because they know nothing better.

No one could be blamed though. We were all brought up depending on the present means that were available at the moment of our growth. We are the products of the people, events and circumstances that were fated to fall as the exact pieces at the exact moment, at the exact place.

The environment from which we have grown is sure to be the most perfect environment fit for our personal growth. Our reactions then to these events will determine how well we have understood and coped up with things.

The thing is, we are fully responsible for the state of self-confidence we presently have. We were given all the artillery to face what lies in our grounds, we were given the people to which we may anchor our faith, we were given enough skills and attributes to help us brave the challenges of growth.

The difference though comes from our innate drive to improve and to develop. It also lies in our interpretations and acceptance of things.

Say, we are too coward to face our very fears given that we are equipped with all the things that we need, then the problem now comes from our deliberate deprivation of the confidence we innately have.

We have to understand that we are all capable of being confident. If we believe that our childhood did not become an effective means to acquire our self-confidence then we must realize that it is never too late to improve.

If, however, you have become too comfortable in your comfort zone and could not muster enough will to improve your self-confidence then be assured of an ordinary life, deprived of the real challenges and pleasures that everyone is entitled to.

Improving self-confidence is not that hard to achieve. Your journey would be swift depending on your willingness to drive yourself to the

end phase and to discard all that you have been acquainted to do (comfort zones).

But you see, in the end it would not really matter how long it took you to improve your self-confidence. What matters more is that you have at least removed yourself from the old ways that you have learned to embrace.

The only place from which we may start is within ourselves. For long, we fed ourselves with impressions coming from the people we are interacting with.

For long, we have practiced comparing what we can and what we cannot do with other people. Enough with comparisons! There is nothing to compare. We were all built to fit a specific design that is different from anybody else.

## **Advices to Help You in Increasing Self Confidence**

Confidence is the stuff of life that we are all made from. The difference just comes with our understanding and acceptance of things. Some people are just keener at recognizing themselves and their capacities than others.

It all lies on our perception of ourselves, our understanding of possibilities and our capability to put our understanding and perception to good use.

Like being rich, we think that self-confidence is something that all others have except us. You see, life was created equal and it is meant to be equal. Inequality just comes with our notions of what we already have yet fail to recognize and what others have that we crave for.

Don't be harsh with yourself. Don't deprive yourself from the enjoyment of life. Take stock of yourself and refrain from making excuses such as looking at your neighbor's fences while blinding your eyes from the gold mine that is present in your own grounds.



All has a beauty that no one can take away save ourselves. We were all gifted with talents and skills and beauty and wonder along with the gift to use or disregard them. But once we recognize our potentials, we will find that life has more to offer than mediocrity.

We have to understand though that there are a couple things that we are limited from. But these are compensated by the fact that we carry the potential of excelling on other things. Only we have to find our veins and fortes.

Our understanding might be limited with our past experiences. Yet this does not negate the fact that we can widen our perception towards ourselves if we just push one step higher towards creating positive images of who we truly are.

Remember that our improvement and our downfall are dependent on how we choose to carry things. It doesn't mean that when your fellow achieves far better thing, he takes these achievements from your own vaults of potentials.

It just means that he was able to recognize his capabilities and put this discovery on his own advantage.

Generally, self-confidence and the manner by which we increase them are achieved only when we dare to do things that we first thought are way out of our own capacities. We sometimes fail to recognize that simple things can help in delivering to us the glories of confidence.

We can achieve the development of our confidence is a multitude of ways. Activities like developing your verbal skills through writing and public relations will help largely in increasing your sense of self.

Most of us have the fear of facing the public. Yet once we get over this fear, we are likely to discover more of our capabilities later on. You may also find reinforcement of self-confidence from cultivating your innate talents.

Say you are fond of combining notes and poetry, or you have the natural tendency to get involved with music, you can help save yourself from low confidence by redirecting this interest to more useful activities.

You can perhaps write music and allow others to appreciate your compositions or get involved with poetry and develop the genius in you.

There are endless possibilities, you just have to be open to them. Remember that the only being that would stop you from developing is yourself and the only being that would spar you towards your own happiness is also yourself. Decide- will you be your greatest enemy or your greatest help?

# Chapter 7: Advice to Parents to Build Self Confidence in Children

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**For long, man has searched for the most perfect environment by which he must immerse children into.**

The main aim of which is to raise ideal children that are whole heartedly devoted to the purity of their being and in the service of Him who Created all things.

The sad truth though is that once men touch something, that thing would be flawed. It is our nature to be perfect though but it is inescapable for us humans to integrate grains of impurity in everything we do.

Parenthood does not escape that reality.

Every parent dreams the best for his or her child. But what defines that "best" would be largely dependent on how the parent was raised in return. Major contributors would also include the events that has

passed by during the time by which the child is being raised and the models to which he has learned to associate his realities.

We were all born and raised in virtually dissimilar settings. Like the fingerprints that are embedded into our skin, all of us developed uniquely. And this very uniqueness can directly affect how self-confident we are, from childhood to grave.

Raising children is not enough. Parents must be careful not to affect their children's sense of self in any negative way possible. Every experience he has encountered in his childhood that would be detrimental to his self-confidence must be avoided because in the end, it is not only the child who would suffer, the parent would suffer with him.

At a very early stage, parents should be able to build self confidence in their children. Negative inputs must be avoided except of course those that would be beneficial to his development.

Every negative comment must be minimized before children, with their minds as blank as a white paper would take every foul remark, every pessimistic word and every discouragement as facts that he would learn to believe into.

If you would want your child to believe into something, assure to it that he is believing in something that is good. Be careful thought of over emphasizing his good attributes. At any point in time, always try to hit the balance.

All children have something he can be proud of. Everyone is properly equipped with all the facilities that one can develop from, with a few exemptions of course. Each child has an innate capacity to succeed, only adults should be able to trigger his development.

Childhood is the most ideal juncture from which we may build the foundations of self-confidence. It is when a person hasn't experienced much of life's bitterness yet. It is the stage of one's life when he is not yet fearful of failing and of falling.

It is when every avenue of development is opened. Thus, it is also where a person is fit for building self-confidence from which he may benefit from for the remaining of his lifetime.

You, as the parent, are responsible for putting your child in the right track. Many of us may not have enough of the self confidence that we can boast to our children but we can always take advantage of the chances that were given to us to let our children boast of the confidence that we have given them.

Wont you get proud if you succeed in this aspect of parenthood? Think of this as an exchange of benefits. Your child would benefit from your help and your help would benefit you to be self-confident as well. And besides, eyes are looking from a distance to check if we are using the gifts that were given to us properly.

## **Importance of Inculcating Self Confidence in a Child**

Childhood is where the foundation of men is built. It is when our minds are most absorbent to knowledge and learning. Yet it is also when our minds are most susceptible to damages of negative inputs.

What we experienced during childhood will be carried over through the rest of our lives. Though the effects vary largely, at times these may be subtly felt and at times, we feel like our reactions to stimuli are commanded by our perception of things.

Children don't know these things though along with other things that are essential to living life fully. They are not even aware that the juncture they are presently into is the peak of initial development.

Having said all these, it is but important that each of us recognize our impacts to a child's over all wellbeing, from his childhood until he matures.

We have to realize that they look upon us as models. They have no concepts other than those that we imparted to them.

Thus, if we make them believe that they are not good and they can't do anything well then expect a pessimistic child. However, if at a very early stage we have made that child believe on his attributes and on what he is capable of doing, then the child we are looking at is someone who is ready to achieve, to sail on and to take life in its smooth handle.

It all depends on how we train the individual and how we form his core values and beliefs.

Lack of encouragement may cause a child to be a bit less confident of himself. Couple this with frequent abusive words, you are sure to have a child that has crippled sense of self.

It is best to make a child realize how special and how worthy he is. After all, he would eventually replace us. Imagine if you have created a child who knows nothing about handling his sense of self.

If you would expose a child in an environment that would elicit in him concepts of low self-worth then it would be likely that he would live in a state of unhappiness and discontentment. Low self-worth is a state that is closely associated with feeling of unimportance, sadness, depression, inadequacy, diminished sense of self, insecurities, self-loath and an overall sinking feeling.

Letting a child live in these conditions would deprive him of options for growth. Instead, he would have to endure self-sabotaging behaviors and decisions that are manifested through low self-confidence. These things would then recreate other ways that lead to difficulties of maintaining relationships, struggles with self-harming acts and tendencies of giving up things.

Unless you want a child to suffer a life of miseries, you must be conscious of how you handle him, the things you are making him believe and the acts that you intend him to see. All these are essential in instilling a confident spirit in a child.

So, you see, you as a parent or a model to which the child has learned to associate his respect and trust to is responsible of your actions towards the child. It is your responsibility to make that child believe of

his worth. Depriving him of the gifts of self-confidence is like denying him all the adventures and harvests of life.

## Chapter 8: Help for the Unconfident

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**Physical presence is known to be the state by which people would see us, would appreciate our worth and would acknowledge our presence.**

It is a state of occupying spaces without causing any tension at all.

We don't always want the responsibility of being the top dog. However, we all need recognition and as such, we have to develop our physical presence, both for self-realization and for another people's appreciation.

A good physical presence would help us communicate our dominance or at least our value in a circle of people. It is also one way of recognizing the real condition of things when people begin to take dominance. But it may also be used as a help to recognize another people's failure to act or when we become invisible ourselves.



Invisibility is an entrapment we must all avoid to maintain an ideal state of confidence and self-esteem. For with visibility, our attributes would be recognized and our value as a person would remain.

You might be wondering why there is a need to develop physical presence when many times, we have been recognized even we were quiet of our achievements. Well, this principle worked rarely though this does not negate the fact that this works.

However, everyone here is a mercenary on his own. He must act where everyone sees him before he is actually seen. Silent workers are almost always left behind.

Once we are deprived of recognition, we begin to break down and retreat within ourselves. Then, we live on the frustrations that invisibility has caused us. We know that our talents must be recognized. We know that our works should be given proper value. But everyone fails to see how well we are doing, we tend to give up things and let our passion die with them.

We only need recognition from others before we totally recognize ourselves. It is not that other people's opinions must rule our lives. Though we often realize that unless people notice us, we would continue to believe that we are of no great value.

Thus, our physical presence is one of the most ideal concepts we can adapt when starting to build our confidence and self-esteem. The only certain way though to achieving this is from within.

We have to create a self-concept that is focused on our attributes and not on our lacks. On our achievements and not on our defeats. On our own fence and not on the fence of a neighbor or of someone greater than us.

We also must inculcate in us values that are helpful in recreating our self-image and self-worth. Notice how you talk with yourself. How many times do you hear yourself say how stupid you are or how idiotic your acts had been?

Don't be harsh to yourself. For sure, you have done a lot of good things in your past that you might consider bargaining on so that you might start building your confidence and self-esteem level.

You only have to be conscious of yourself and take advantage of all the facilities that were given to you. That way, you will have a heightened self-appreciation and the capacity to increase your physical presence.

The key here is believing. Believing in who you truly are and believing in what you can actually make out from yourself.

# Conclusion

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**Many people would argue that too high self-esteem is often a manifestation of low self-esteem.**

This is very evident with those who go around bullying other people as well as the criminals who take pleasure in pushing people to disadvantage points.

These people tend to have unrealistically high self-confidence which lead to uncontrollable impulses. Thus, their sense of self becomes exaggerates that at times, they are being blinded by the realities that they truly have no sense of self-worth at all.

The problem now comes with identifying the real people who endure low self-confidence, not those who have no self-confidence. Remember that there can never be a vacuum in human being. Every place must be filled and so there is no such thing as no self-confidence. Instead we can use too low self-confidence.

Sufferers of too low self-confidence are those who experience social withdrawal. This is inevitable actually since once the person feels his insignificance, he tends to isolate himself and build a world where he is best understood.

He will find his comfort zones, which often led to situations that are convenient for him. These zones may not necessarily help him grow and recover from too low self-esteem yet these will create environments where he is safe from critical eyes.

Another sign of genuine low self-esteem is the emotional turmoil that often causes anxiety over things that for other people, requires no serious attention at all. However, this does not negate the fact that for the person undergoing low self-esteem such things are vital in their being. This condition will also impede a person from making healthy decisions.

Due to their tendency for social withdrawal and lack of trust on their capacities, people with too low self-confidence becomes anxious with their social dealings. Their disposition suffers such that they cannot take full advantage of what the society may offer them.

Social dealings for them may serve more of torture than a good source of possible enjoyment. The majority of people with too low self-confidence recognizes the potentials of what social skills might offer them yet they lack the control that will help them conquer their fears.

Many of us think that the immediate cure to too low self-confidence is to compliment them with their capacities and for jobs that went well.

Many resources now dismiss this possibility. In fact, they affirm that sufferers from this condition must not be praised every time simply because they cannot easily accept compliments. This is the same with arguing with people who are so sure of themselves.

Unconfident people may not be sure at many things yet their belief does not falter when it comes to their capacities. They are most often than not, sure that they are incapable of doing things. Thus, even with

them most convincing words, they would not be convinced of how valuable they are. The effective thing that would battle with this is to let immerse them to experiences that would make them realize the opposite.

Such must be effective in disturbing their personal perception. Thus, self-esteem must emerge subtly, not simply through saying how fantastic or great they are.

You see, better understanding of a condition will always result to the facilitation of cure.

# *Self-Confidence* **Mastery**

MASTERING SELF WORTH AND SELF-CONFIDENCE