

# Ways to Boost Your Self-Confidence

There are some traits of personality that are necessary to be successful in life. Self-confidence is the one of the most important. Self-confident people are praised by others because they have confidence in their abilities and are often risk takers. They believe that they have the ability to get pass through difficult times and any type of obstacles that come in their way. They are generally optimistic people and have a positive vision of life. Self-confident people ultimately reach their goal and become successful and source of inspiration for others.

It is a common misconception that personality traits like self-confidence are innate abilities and that can't be learn later in life but that is not true. You can learn to be self-confident and adapt yourself to some habits that will help you to boost your self-confidence. This is very important for you to be successful so let's discuss some of best practices that you should learn to boost your self-confidence.



## 1. Believe in yourself

Take pride in how far you've come and have faith in how far you can go.

Believing in yourself is the most important thing to be self-confident. It matters the most that how you see yourself. You have to believe in your abilities and that you are no less than the others, rather there is something special about you. You have to consider the fact that you can achieve anything with the right direction and hard work. You have to set yourself free from worry, strife, fear of failure, and take a leap of faith in yourself that will ultimately make you confident that you can do anything.

## 2. Ignore negative thoughts

Negativity is the killer of self-confidence. Negative approach and negative thoughts will make you worried all the time and you will never be able to take risks in your life. Thinking about how not to lose will ultimately make you a loser. Negative people are the main source of negative thoughts. You have to see the circle of your friends and family and step away from those people who induce thoughts in you like what if you fail? Or no one has ever done it, how will you do it? These type of things only shred your confidence and put you down. You have to ignore these type of people and thoughts and put some positive enthusiasm in your life. If you want to start a new project, don't focus on your life problems and start working on your goals with optimistic approach.

## 3. Know Your Strengths



Know who you are? What abilities do you have? In what field of life can you thrive? What amazes you and what do you really want to achieve? Following your own destination in the field of your own choice, using your talent in the work that you love will definitely increase your confidence and you will have a strong belief in yourself thus having more chance to achieve your destination.

## 4. Focus on solutions

Change your focus from problems to solutions. Focusing on solutions is one of the best things that will boost your self-

confidence, because it makes you optimistic and hopeful to achieve your goal. Find out solutions to solve the problems that you are facing and getting in way of your success. Once you get rid of that problem, it will surely make you feel better and look forward to the target that you want to achieve. Solving the problems will increase your mettle to achieve the medal.

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## **10 Proved Methods to Improve Your Communication Skills**

Ever wondered how one could improve their communication skills? An easy way to converse, to express yourselves to others clearly? And in order to get them to listen and connect without any trouble. Effective communication always marks as one of the most important skills one can learn. There's always room for improvement, so why not head further and take a look onto some factors you might be missing, which would make you a great talker after all.

Follow the steps and check if you're on the right track.

### **Step 10: Watch Your Body Language**

Who said the mouth was the only body part or source of communication? The rest of your body parts, including your arms, legs, shoulders, toes, fingers, eyes and expressions, all team up, together to convey the real message. The conversation seems incomplete or difficult to comprehend if it's just the mouth and leaves the listener to just wild guesses. In order to clearly state your point and portray your feeling, wholly, you need to be more demonstrative and watch

how your body reacts when you're literally speaking.

## **Step 9: Get Rid of Unnecessary Conversation Fillers**

Getting rid of the 'unnecessary conversation fillers' no better describes the short pauses between conversations, which people tend to substitute with words like 'um' or 'like'. Believe it or not, such words are enough to make the environment around both the listener and the talker awkward, and can cause unnecessary discomfort. Shunning these frequent unkind gestures which seem to get you off the track, can lead to a better conversation and prove you as confident speaker. So it's better if one just sticks to his or her word, avoiding the extra words, which do not cause any help but in turn, embarrass the person to a greater extent.

## **Step 8 Have a Script for Small Talk and Other Occasions**

Small talk is not everyone's cup of tea, or it can be better stated as being good at small talk is not a talent everyone is gifted with. For the evident pauses and awkward silences which are totally inevitable, one should already prepare themselves for the worst.

Plotting a short list of things to say, reviewing them and getting over them is far better than mortifying yourself in front of someone else with nothing to say. The FORD (family, occupation, recreation, dreams) method may prove helpful and can gift you innumerable ideas or topics to discuss over, guiding you to your way to a better small talk. Sharing only a few bits of pleasant information, which might be common, so that both partners have further mutual understanding and

cannot give awkward silences a chance to ruin their relationship is always better.

## **Step 7: Tell a Story**

Narrating a story is always a powerful strategy to get the attention your way. Once you begin with the story, it activates your brain, making the discussion less boring. The good thing about stories is that it grabs the audience's focus, makes the speaker more persuasive and interesting. Further benefits include helping people ace their interviews by targeting the interviewer's interest. And to obviously become a successful and a phenomenal story teller, one can go through the rules from Pixar, or to simply just repeat the use of the word 'but', which is a quite familiar word and plays a great role in taking listeners by shock.

## **Step 6: Ask Questions and Repeat the Other Person**

Everyone has a habit of losing track or mishearing words. It's natural and to avoid such fooleries, one should constantly repeat the other person's last words by putting them into questions and pointing them back at the person talking. This way, it may appear as if you've got their attention and are genuinely interested in whatever they're talking about, enough to satisfy them with the surreal. Repetition of the words clears out misunderstandings and activates your senses, as to what the tempo of the chat or conversation is about and prepares you for the worst.

For if, the person tends to forget, or lose hold of the last words, they can always replace it with step 8 and add in the small talk, to stir up the conversation and take the other

person's mind off of what is fishy.

## **Step 5 Put Away the Distractions**

It's always kind to hide the attention seeking gadgets and objects away, such as the mobile phone or television. To have better communication skills means compromising, and for that you need to be cooperative and your focus should solely be upon the person you're talking to. Distractions lying around you can take you away, just for a second and that second contains a handful amount of information you miss onto. Keep looking up, and gain eye contact, frequently so that the other person is less dubious about your tactics.

## **Step 4 Tailor Your Message to Your Audience**

The best way to communicate and gain the attention of a mass of people, is that you need to check the type of audience. No one is always the same around everyone. And according to that, one of the steps here advises you to be a different person depending upon the people you're talking to. What if, it's children you're addressing, change your tone to a bit hilarious and childish mood, or when it's old people, take a turn towards the emotional or memory lane. Formal and informal language matters a lot, and it's always better to stick to the required.

## **Step 3: Be Brief Yet Specific**

The acronym, BRIEF- Background, Reason, Information, End, Follow-up is basically to help you make your conversation

easier. Be precise in your matters and stick to your initial purpose rather than getting off tracks and adding in the unnecessary words. Both for written or verbal communication, the best suggestion is to clear out what you want to say and at the same time not to go too far to reach upon some other topic. That means going after something you haven't originally prepared for.

## **Step 2: Up for Empathy**

Empathy also makes its way to the list of the most important and needed skills in today's life, and it should not be forgotten, making use of this skill helps you get over your conversation successfully and lets you respond effectively. Understanding the other person by putting yourself into their shoes, even if it's not physically that obvious, empathy lets you know the other person better and teaches you the rule of forgiveness.

## **Step 1: Listen, Really Listen**

Listening seems difficult, yet boring to some people. But it is equally as important as talking. Once you listen, you can relate, an easy way through with you can get an insight to someone else's world and make you react better. Just a little attention can make you learn a lot, so why not just bat an ear and see for yourself if it's worth it?

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