

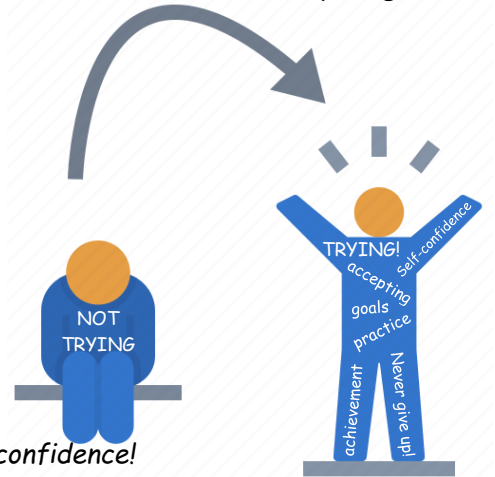
SELF-CONFIDENCE

A good, true, and positive self-concept can produce self-confidence in us, but it also comes from acquiring skills.

Self-confidence comes from:

- 1 - Knowing and accepting yourself
- 2 - Setting goals for yourself
- 3 - Achieving those goals
- 4 - Understanding that you get better with practice

*You have to try things and discover that you can do them.
The more you do them, the better you get, which leads to confidence!*



To build self-confidence, remember:

- 1 - It is okay to fail!
- 2 - The feeling of success is amazing! Remember that feeling! It is what leads to confidence and helps you try new things.
- 3 - Yes, practice does make perfect! With perfection comes confidence.

Characteristics of people who have a positive self-concept that results in self-confidence:

- 1 - They take risks, such as talking to someone they don't know.
- 2 - They're not afraid to try new ideas.
- 3 - They're willing to put their time and energy into their ideas.
- 4 - They are concerned about others because they are not focused on themselves.
- 5 - They are more likely to persist on difficult tasks, seeing them through until completion.

Remember:

- ⊙ Do not be afraid to try new things.
- ⊙ Do not be afraid to set new goals.
- ⊙ Successful people have the same fears and struggles that all people have.
- ⊙ Successful people do not allow those fears to stop them.
- ⊙ Successful people face those fears because they draw on their beliefs and convictions about themselves and the world around them.



"Our sense of self-worth must be based on who we are, not what we do."