The 5-Minute Guide To Boosting Your Confidence

- SPECIAL REPORT -

If you can become truly confident in yourself, your decisions and your actions, then you will completely transform your life.

Very few people fully acknowledge the power of self-confidence, but here are just a few things it will do for you and a few ways it can change your life for the better:

• Being self-confident makes you more attractive to members of the opposite sex – to a great degree

• Being self-confident makes you more impressive to colleagues, clients, customers and employers, resulting in better success

• Being confident makes you take more positive chances

• Being confident makes you happier with yourself and greatly boosts your enjoyment of life – after all, you're stuck with yourself!

• Being confident makes you a better friend and more supportive partner

• And more!

So, in short: more sex, more money, more happiness! Not things to be sniffed at.

The only problem is that many of us have no idea how to go about growing confidence or how to escape the chronic low self-esteem that many of us experience.

Where Does Low Confidence Come From?

The question then, is where does low confidence come from? Why do people feel low esteem in the first place and what can you do to combat it with this in mind?

Well firstly, low confidence tends to come from experience and from the comments of others.

Unfortunately, low confidence is contagious almost like a disease and it's very easy to pass from one person to the next. In particular, it is very easy for this to get passed from parents to children.

That's because, when we have low confidence and low self-esteem we don't want other people to take risks or to put themselves out there. When we have low confidence, we learn to rub along, play nice and keep our heads down. And we are afraid that

doing otherwise – that setting out with a new business venture, wearing loud clothes, or challenging the establishment – will result in punitive action and failure.

So we advice our children to keep their necks in, to say please and thank you and to shrink into the background. When they tell us that they're going to take on a new challenge, we tell them be careful – rather than 'go get them!'.

It comes from love but sadly, it produces people who have low confidence.

And other people in our life might do the same thing to an even worse degree. Some people who have low confidence will actually purposefully tear down other people – even their friends. That's because they are scared and insecure. Someone who has low esteem doesn't want their friends to pull away from them and do better than them and so they tell them they can't do this or that and they can't go after their dreams.

And to make themselves feel better, they call their friends ugly, or tease them about their height.

The Role of The Media

The media unfortunately makes all this worse thanks to something called 'social comparison theory'. Social comparison theory is a theory in psychology that explains how we develop our sense of happiness, of success and of self-esteem.

And as the name suggests it basically comes down to comparing ourselves with others in our social group.

In other words, we look at the size of our house and we don't feel good or bad about it. We feel good or bad about it when we compare it to the size of our neighbor's house and our friend's house.

This is what allows us to gain a sense of perspective regarding our own accomplishments and status. And it makes sense, seeing as much of our psychology is based on the tribe societies that we would have evolved amongst.

So, if you are surrounded by highly successful people, then you might feel bad about yourself because comparatively, you haven't done so well. If all your friends are rich, stunning and married to supermodels, then you might feel as though you haven't accomplished much.

That's not a problem for most of us in theory. We tend to hang out with people who are similar to us and a little bit of competition in this manner is actually motivating and good for us. The problem is that this process evolved in a time when we lived in small tribes and those were the only people we saw or had access to.

But today, we are exposed to billions of people online. We see people on Facebook, Instagram and TV. And of course people only post their best pictures online. And the magazines and TV channels are filled with airbrushed supermodels who are rich, incredibly pampered and presumably highly talented at something.

THIS is now who we're comparing ourselves to, so is it any wonder that we feel so insecure and unconfident?

Even if this doesn't affect you directly, it might have affected your friends or your partner or your parents and now that has caused it to rub off on you too.

Breaking the Loop and Becoming Confidence

What confidence boils down to really, is the ability to stop trying to win approval and to instead be happy with what you're doing and

who you are. It means being able to be assertive, dominant and commanding when necessary but it also means being friendly, outgoing and charming. In fact, showing your weaknesses, admitting your flaws and smiling at people all make you seem incredibly confident.

Why? Because it shows you're secure in who you are and not afraid to be different. It shows that you are so confident in yourself that you're not afraid that others will tease you or that you'll make a fool of yourself. You are untouchable and so there is no threat to you when you put yourself out there, smile and chat openly!

Reaching this point is the hard part. To do that, you need to stop feeling insecure or like you are worth less than everyone else, which might be how you're feeling now.

The key? To stop comparing yourself. To stop worrying about other people. And to instead just focus on the things that are important to you, that matter to you and that you're passionate about.

Choose ONE skill to focus on that matters to you. Focus on specific aspects of your life. Then CHOOSE to get fulfilment from that.

Define who you are and don't let others define you and that way, you will become highly confident and you'll care less what others say or think about you. The irony? This makes them naturally respect you much more.

Finding Your Passion

Finding your passion is the first thing to do to raise your confidence then. Right now, you might feel that you aren't witty or funny, or maybe you think you're ugly. It's sad to even say, but it's how so many people feel.

You won't change this overnight. But what you can do is decide not to care. Instead, ask yourself what you are good at and what is your passion. Decide to focus on that.

Maybe you're great at swimming? In which case, you can focus on training and see yourself improve, break records and compete perhaps at a local or even a national level. As you improve yourself in any area, it will give you a sense of accomplishment and

success and this can end up bleeding into every other aspect of your life.

The other great thing about finding a passion or a skill like this, is that having a passion makes you seem more confident as well as more magnetic, more compelling and more attractive.

Ask any woman what she finds sexy in a man and many of them will say 'passion'.

Most men would say the same, if they think of the last time they saw a woman who was an incredible dancer or musician.

When you find a passion like this and something you really care about, then it no longer matters if you have a bad day at work and there's no reason for that to badly hurt your esteem. Because your goal in life is not to become 'the best person at being obedient in meetings'. Isn't that pretty depressing anyway?

Who cares what your colleagues think about your ability to input numbers? If you're experiencing improvement, success and progress in another area of your life that really matters to you, then you become something greater and something more.

The same goes for other areas of your life. Become the best mother or father you can be, the best date. Travel more. Or start your own business. Or become an amazing painter and throw yourself into your art.

Live and let live.

How This Boosts Your Social Standing

And here's the thing. When you act completely yourself and you indulge in the things you care about and that matter to you, it helps you to instantly seem more confident.

The problem that many people have is that they try to seem more confident by acting in a way they think is confident. That might mean they become more confrontational. It might mean they swagger more or they tell stories to try and impress people.

Sadly, all this does is it makes them seem insecure and a little weak. They seem desperate for approval which ironically sends the signal that they are low in the social pecking order.

But if you are free to be yourself – which you only accomplish by detaching yourself from the social 'rush' – then you will find that

you tend to act in a way that is naturally more confident and more unique. When you start to act like yourself, you'll find you sometimes go against what other people suggest. You might turn down a social invitation because you're practicing or training. You might dress differently because you need to be ready for class later on, or because it is more conducive to the things you enjoy.

And if there is a conflict or a disagreement, you'll be less invested and less upset by it because you'll have other things going on that matter to you more. Your sense of fulfilment come from elsewhere, in other words.

All this means that you come across as a little more aloof and a little less invested and desperate. And it's not faked or forced. And by being yourself, you seem more confident as a result.

When you act that way, people assume you must have something going on for you. If you're less interested in trying to impress them, then perhaps you are more 'alpha' than they are. Maybe you're rich or powerful, or very strong.

And what's more, is that this frees you to be a better and kinder person. You're not directly competing with people because you're not so caught up in all the gossip and the petty squabbles.

Conclusion

In conclusion, it should come as no real surprise that we seem unconfident when we are constantly playing someone else's game. When we're so worried about what others thing and with 'keeping up with the Joneses'. When we're doing a job that we don't care about or feel that we're particularly good at.

But when we step to one side and get out of the rat race. When we define who we want to be and focus on that without worrying about what other people think. When we experience success and improvement and triumph in our own lives. All of this helps us to gradually become more successful and at the same time to forget about all the chatter.

Better yet, when you focus on things you care about, you come alive. You become more engaging and charismatic and passionate and this resonates with other people. Because after all, en-

thusiasm is even more contagious than low confidence and it certainly trumps it to a large degree.

Find your passion, find what matters to you, and focus on yourself. Let others compete and worry and focus on doing what you need to to be happy.