Confidence Building & Positive Attitude
Are You Among the 85 % of People With Low Self-Esteem? It Can

connieb.com/are-you-among-the-85-of-people-with-low-self-esteem-it-can-lead-to-w...
May 20, 2010 - Did you know that a whopping 85 % of people suffer from low self-esteem?

Does confidence really breed success? - BBC News - BBC.com
Jan 4, 2013 - High self-esteem is generally regarded as a good thing - but could too much of it actually make you less successful?

10 Things Truly Confident People Do Differently - Entrepreneur
https://www.entrepreneur.com/slideshow/299941
Nov 15, 2016 - Some people, regardless of what they lack -- money, looks or social connections -- always radiate with energy and confidence.
What is confidence?
Do we need confidence? Why
What does a positive attitude do?

Health is the greatest possession.
Contentment is the greatest treasure. Confidence is the greatest friend. —Lao Tzu
Confidence: a feeling of self-assurance arising from an appreciation of one's own abilities or qualities.

"she's brimming with confidence"; You look so cool!

Synonyms:
- self-assurance,
- self-confidence,
- self-reliance, belief in oneself,
- faith in oneself, positiveness,
- assertiveness, self-possession,
- nerve, poise, aplomb,
- presence of mind, level-headedness,
- cool-headedness, firmness, courage, boldness, mettle, fortitude
Why is self-confidence important?

It's important in any transformation that takes place in your life that you have confidence in yourself. It is also important because if you don't have confidence in yourself, you can't expect others to have confidence in you.

“Self-confidence is the first requisite to great undertaking.” – Samuel Johnson
To be anything
To do anything
To dream anything
The foundation comes from confidence
Expressed as perseverance,
grit, positive outlook, self-esteem etc.

Choosing to be positive and having a grateful attitude is going to determine how you're going to live your life.

Joel Osteen
WWW.VERYBESTQUOTES.COM
Confidence Building

Confidence is all about how you see yourself, how you behave and how others see you.

Let’s look at 3 aspects of confidence:

<table>
<thead>
<tr>
<th>Under Confident</th>
<th>Comfortably Confident</th>
<th>Over Confident</th>
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LOW SELF-ESTEEM

- SELF-BLAME
- FAILURE
- NEGATIVE EXPECTANCIES
- LOW EFFORT/HIGH ANXIETY
Identify the signs of low self esteem

- poor risk taker.
- Afraid of competitions or challenges.
- Sarcastic.
- Non-assertive.
- Lack initiative.
- Pessimistic
hu·bris

ˈ(h)yōbrəs/
noun
excessive pride or self-confidence.
synonyms: arrogance, conceit, haughtiness, hauteur, pride, self-importance, egotism, pomosity, superciliousness, superiority.
WHAT IS REAL CONFIDENCE?

01. Real confidence is that you don’t seek approval from others
02. Real confidence is that you smile only when you really mean it
03. Real confidence is that you’re not afraid of silence
04. Real confidence is that you don’t shift responsibility
05. Real confidence is that you don’t flatter
06. Real confidence is that you always love yourself
07. Real confidence is that you aren’t afraid to show your weaknesses
08. Real confidence is that you know who you are and what you want
09. Real confidence is that you don’t judge others
10. Real confidence is that you aren’t afraid to fail
HOW SELF-ESTEEM DEVELOPS

- Evolves during life based on interactions with people, events, and things.
- Early-life encouragement is helpful.
- Results from accomplishing worthwhile activities and then feeling proud.
- Genuine accomplishment followed by praise and recognition is important.
- Inappropriate compliments can turn person into narcissistic praise-junkie.
Importance of self-esteem

- The key to success.
- Productive Behaviour: people perform better when they consider themselves competent.
- Work Performance: “There’s only one thing that counts in a business: building the self-esteem of your employees. Nothing else matters, because what they feel about themselves is what they give to your customers.” Robert Darvin.
- Interpersonal Relations: “You will do unto others as you do unto yourself.” D.C. Briggs.
- Psychological wellbeing: “If I were to search for the central core of difficulty is people as I have come to know them, it is that in the great majority of cases, they despise themselves, regarding themselves as worthless and unlovable.” Carl Rogers
BUILD A STRENGTH TO BUILD CONFIDENCE

**PICK A STRENGTH**
- analytical thinking
- artistic ability
- compassion
- collaboration
- coming up with ideas
- connecting people
- curiosity
- detail-oriented
- disciplined
- encouraging
- flexibility
- getting things done
- inspiration
- learning new things
- open-mindedness
- organizing
- outgoing
- prioritizing
- solving problems
- strategic thinking

**WIDEN YOUR LENS**
Rather than go deep, go wide. Focus on skills that showcase your strengths. If you're outgoing, get good at presentations. If you're detail-oriented, figure out how to budget. If you're good at learning new skills, try teaching.

**MEASURE SUCCESS**
Success spawns confidence, so it helps to measure it in relation to how confident you feel. Completing a goal is the first gauge. Also consider enjoyment, helpfulness to others, momentum, new skills learned, problems solved.
The one-arm boy: Anecdote - Shawn Callahan

https://www.anecdote.com/2008/05/the-one-arm-boy/

May 11, 2008 - There was a boy who was born without a right arm. On his ninth birthday he asked his parents if he could join a karate club. They were delighted by the idea and the boy quickly became a regular at the local dojo. The boy wanted to compete in a tournament and asked his master if this was possible.

Boy who lost his limbs to meningitis continues to defy the odds -
The Cracked Pot - Inspirational Stories

www.counsellors-online.co.uk/the-cracked-pot/

Jul 30, 2017 - Are you a cracked pot? A water bearer in China had two large pots, each hung on one end of a pole which he carried across his neck. One of the pots had a hole in it, while the other pot was perfect and always delivered a full portion of water. At the end of the long walk from the stream to the house, the ...
Compliment people.

Magnify their strengths,

not their weaknesses.
To improve your self-confidence, watch out for these things highly confident people don't do. They don't make excuses. ... They don't avoid doing the scary thing. ... They don't live in a bubble of comfort. ... They don't put things off until next week. ... They don't get obsessed over the opinions of others.

Can YOU think of some more things?
POSITIVE THINGS HAPPEN TO POSITIVE PEOPLE
Here are some ways to help you cultivate a positive attitude and ease in your life:

Listen to internal dialogue. ...
Learn to communicate. ...
Get back to basics. ...
Help someone out. ...
Find your spirituality. ...
Try Meditation.
List of some positive qualities/attitudes

<table>
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<tr>
<th>Relaxed</th>
<th>Mature</th>
<th>Accepts others points of view</th>
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<tr>
<td>Decisive</td>
<td>Open minded</td>
<td>Thoughtful towards others</td>
</tr>
<tr>
<td>Devoted</td>
<td>Tolerant</td>
<td>Trusting</td>
</tr>
<tr>
<td>Determined</td>
<td>Optimistic</td>
<td>Unpretentiousness</td>
</tr>
<tr>
<td>Perseverance</td>
<td>Unassuming</td>
<td>Unselfish</td>
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<td></td>
<td>Any more ???</td>
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For a positive attitude at the workplace
Befriend Your Co-Workers. Even if you have plenty of friends outside work, keeping good relationships in the workplace can have a positive impact. ...

Take Breaks. ...
Deal With Problems Professionally. ...
Leave For Lunch. ...
Set Goals For Yourself. ...
Do Something Nice. ...
Take The Time To Be Grateful
10 STEPS TO BUILDING CONFIDENCE

STEP 1—Self-awareness
STEP 2—List positive qualities
STEP 3—Use daily affirmations
STEP 4—Read inspirational books, listen to tapes and CD’s
STEP 5—Surround yourself with positive people & things

STEP 6—Self-Acceptance
STEP 7—Positive Self-talk
STEP 8—Set Realistic goals
STEP 9—Volunteer
STEP 10—Take Action
Ctrl: Control Your Emotions

Alt: Alter Your Attitude

Del: Delete Negative Thoughts

Smile
&
Reboot!

www.behappyzone.com
Remember that YOU control your attitude. ...

Adopt beliefs that frame events in a positive way. ...
Create a "library" of positive thoughts. ...
Avoid angry or negative media. ...
Ignore whiners and complainers. ...
Use a more positive vocabulary
Recap
Confidence Building Concepts

- Stop comparing yourself to others.
- Keep your thoughts positive.
- Accept all compliments with thank you.
- Find positive input.
- Associate with positive people.
- List your past success.
- Celebrate your qualities.
- Do good deeds for others.
- Find your passion.
- Be yourself and be proud of it.
Confidence Building Actions

- Give of your time
- Be grateful
- Exercise
- Knowledge building
- Stop procrastinating
- Active lifestyle
- Start small
- Clear off your desk

(Babauta, L., 2007)
In summary, be clear on who you are, what and how you are. Either be happy and content with the answer or make positive steps to change. Work on your self esteem and confidence and ensure your personal value and sense of self worth is the best it could possibly be. Remember YOU are your most valuable asset.
Wish You All the Best! – Dr. B. Varalakshmi, Resource Person.