



10 Easy Ways to Build Self- Confidence: Make Changes in Your Life!

Marlene Shiple, Ph.D., The Life Coach Dr.

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You probably know someone who just exudes confidence. You might even have wondered, “What’s his secret? How can he be so positive about himself?”

The good news is that you, too, could be that confident. Yes, *you* could be the one that everyone envies and wonders about!

Surprisingly, *self-confidence comes not from some inner gift, but from the things you do—and from the words you say to yourself.* For many, those actions occur naturally or have become ingrained in them. Because such people have repeated these things a lot in the past, they habitually do them now. By practicing these same actions, you’ll be taking the steps necessary to build **your own** self-confidence.

I encourage you to use these strategies to become more self-assured:

1. **Take care with your appearance.** How you feel about yourself is reflected in your appearance. Others pick up from you valuable cues about how to respond to you! Help them – respond to you in the MOST positive fashion. Ensure your hair is styled and your clothes are well-fitting when you go out. When you know you look great, you feel great about yourself as well.
2. **Smile and look people in the eye.** When you smile and make eye contact, it shows that you have a certain ease about you. You are communicating – nonverbally – in a positive way. People see this and respond positively back to you, giving you a lift as well!

3. **Give genuine compliments to others.** Complimenting others contributes to a friendly setting and sets up positive interaction. It shows that you feel good enough about yourself to give positive feedback to others. And, while you are at it, give yourself a compliment, too!
4. **Know your strengths.** Focus on doing whatever you're best at. Compliment yourself on this area of personal strength! As a result, you'll not only feel more like an expert, but you'll also feel more-positive about yourself and your expertise.
5. **Accept your imperfections.** Letting go of the need to be perfect means you're comfortable enough with yourself to admit your imperfections. After all, we all have them. Imperfections only show that you're human – a learning, growing being – not that you're flawed!
6. **Be prepared.** Practicing this motto isn't only for Boy Scouts. Preparedness will show you that you can be successful at whatever you set out to do. *Being prepared increases confidence because you know what you're doing.* You've practiced in advance to perform whatever needs to be done.
7. **Have goals and work to achieve them.** When your life has direction, you know where you're going. You'll be consistently working toward accomplishing your aspirations. Because you have goals, you'll see the progress you're making, and you'll feel certain you'll eventually accomplish them. Also, be sure to give yourself frequent compliment on the steps you take toward accomplishing your goals!
8. **Embrace whatever it is you love.** Making time to do what you love makes you happy, content, and excited about your own life. And, according to the Principle of Focused Action, what you focus on is strengthened! So, you create MORE of that which makes you happy, content and excited. *It also makes you feel more in control of your life, which adds to your self-confidence.*

9. **Excel at work.** No matter what kind of work you do, you can strive to be the best at it. Developing a reputation at work as the “go to” person who can always get the job done is a fabulous confidence-builder.
10. **Forget about your ego.** *When you give up the need to prove something, you’ll be free of feeling compelled to put on airs and impress people.* Instead, you’ll become more authentic and real with yourself. Prove to yourself instead of to others that you’re competent and confident and others will see it anyway.

“You are the only person on earth
who can use your ability.”

-- Zig Ziglar

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‘Want to Boost Your Self-Confidence by at least 30%? You can do this by Heightening Your current Awareness about Your Level of Confidence now ... and, then, taking specific, focused steps to Increase that Confidence:

- a. Where is my current Level of Self-Confidence? 1 = Very low 10 = High

1 3 5 6 8 10

b. What can I do to boost my confidence through how I look?

c. What self-talk messages can I give myself to boost my confidence?

1)

2)

3)

4)

5)

6)

d. What can I do to boost my confidence through how I feel?

e. How does MY body language serve to paint a vivid picture of my confidence?

f. What Can I Do to Embrace what I Love (cf. #8, on page 2)?

Building your self-confidence takes time, focus and effort. At the same time, however, you will find that your faith in yourself grows with every small step you take. Start today and begin living as the person you have always dreamed you could be!

“Your chances of success in any undertaking can always be measured by your belief in yourself.”

-- Robert Collier

RESOURCES:

Visit Dr. Marlene Shiple at –

Counselors Associated, Inc.
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Additional RESOURCES:

‘Interested in Enhancing Self-Confidence? --

Get Our POWERFUL Hypnosis CD and Complete WorkBook:
[Hypnosis: Enhance Confidence & Self-Esteem](#)

