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**Six ways to build high self confidence**

**By Emmanuel Segui**

Six ways to build high self confidence

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Unstoppable confidence is the unshakable belief in yourself and what you are capable of. With confidence, people pursue their goals and persevere until they achieve them. Without confidence, time passes as the people stay stuck in their rigid comfort zones, unable to escape. Here are six ways to build high self-confidence.

1. Clarify your values and set goals

Your values are the guiding forces that tell you what is important to you. your values will determine many things such as how you act within your family, community and culture, The decisions you make, how you behave, the habits you develop, the ideals you hold dear, the rules you live by and the goals you dream of achieving.

You can feel great about yourself by setting goals for yourself and trying to meet them. Try a new dance, audition for the school play, or learn about careers in which you may be interested. Your self-esteem will improve when you have a goal to work toward. So go ahead: dream and plan.

2. Success in personal relationship: practice self-acceptance for greater self esteem.

We're all unique. Having good self-esteem means that you love, respect, and trust yourself. You feel confident about who you are. Your self-esteem is something very personal. It's the way that you feel about yourself and how you think that others feel about you. Everyone has something that makes them special. What makes you special?

3. Communicating effectively with others

Learning how to communicate effectively is one of the best things that you can do. It's important to know how to express your feelings and thoughts to others clearly and directly. You can deal with

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different situations and make good decisions by learning how to communicate well. Sharing your feelings is hard to do, but communication is the key to understanding.

A large part of knowing how to express yourself involves knowing how to be firm when it's time to express your feelings. This means being assertive. You can state your opinions, stand up for others, and ask for something you want or need without apologies.

### 4. Health and self-confidence

There's no doubt about it: increasing your health and eating balanced meals will dramatically enhance your self-image and your self-esteem. When you eat good food and you control your weight, you have more energy, you move faster. As you move faster, you do a lot more, and better. And as you do more, your self-confidence grows up.

To have a healthy body you must give it all the nutrients it needs to grow and develop. But how do you do that? First of all, you need to understand that there are no good or bad foods, only good and bad eating patterns.

### 5. Analyse your strengths and weaknesses

First, you need to recognize that you have tremendous possibility to succeed and that you have strength, ability and character to achieve anything you want.

You have one or more areas of excellence. Take the time to identify it or them and capitalize on them continuously.

What are you interested in? What is your passion? What do you like to do? Harness your strengths and put them into service for others.

### 6. Practice mental fitness

Mental fitness is like physical fitness. Mind programming, positive thoughts are essential for your well-being. You want positive emotions, "positive" actions and a positive life so you need positive thoughts. It's that simple.

According to the law of attraction, you will attract people and opportunities in harmony with your dominant thoughts.

You can program your mind so you will attract all that you need to achieve your goals: people, money and circumstances.

When you build high self-confidence, you're capable of great things, things you never thought possible. Self confidence will bring you to the summit, you will see more clearly, you will feel sharper and you will know that there is nothing or nobody but you that can stop you from succeeding in life, financially, personally, emotionally, professionally and the most important with your family.

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### **MIND-OVER-MATTER**

**By Sara Hardy**

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What is holding your business back?

You follow every lead you get about the "best" thing to do to enhance your business, you read up on everything, but nothing is progressing.

–What is most likely the problem?

–Will it cost a lot of hard-earned money to fix it?

Well, one of the most common and easiest problems to fix is

**YOUR LACK OF CONFIDENCE!**

Be it in your business, yourself, your product, in dealing with people, whatever, it can be a HUGE wall blocking your way to succeeding!

–How can that be?

–What could that possibly have to do with success?

Consider these examples:

Have you ever held yourself back from;

\*Writing an article for publishing?

\*How about that award you almost submitted for, but thought your site was not good enough?

\*What could be holding you back from trying to design your own webpage or graphics?

You may have an adequate knowledge to accomplish these things and more, but lack the confidence to proceed with the benefiting action. (Just look at what confidence did for that certain naked survivor from the first Survivor show! It helped him win a million dollars!)

When you have a Internet or home-based business, of course you are very proud of what you accomplish,

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but what happens when it comes to telling others about it?

There is a certain stigma that comes with having this type of business.

People react one of two ways.

It's either– "Tell me more about it, I want to do that too!" OR "Oh, do you make any money that way?"

Just because you don't have a big office in a big corporate building does not mean that you do not have a reason to be confident.

But fear of rejection can cause you to be hesitant to tell people what it is that you do.

It is so common that people close to you will tell people,

"I am not sure exactly what it is all about."

This can kill any confidence you may have.

I'm sure you are asking,

–What can I do?

–Where can I get this great key to success?"

Of course, confidence comes from within.

We HAVE to constantly battle our thoughts.

One way to find confidence in what you do is by identifying the whole problem. Once you realize that you are better at what you do then you think, you will find ways to reach out to learn more, to try more, and to take more chances. You have to be convinced that "what you do and how you do it" is the best thing next to sliced bread.

You must also put effort into being more then confident when you tell others about your business. If you aren't exactly sure what your title would be, or what words to use to describe your business, then why not do a little footwork. Surf around the internet and see what terminology is the most impressive for what you do. That way you have no reason to even THINK that you need to be less then confident in what you have worked so hard to build. You must reflect confidence for others to think highly of your business.

When it comes to taking your business in a different direction, if you can jump into anything with both feet, that is great! But, if you have to test the waters first, at least you ARE testing them. If you keep the momentum going forward instead of standing still, then you will eventually get to where you want to go, all because of confidence!

Written by Sara Hardy Owner of MarketingTrendz, and Publisher of The OnLine Exchange Ezine. To subscribe to her ezine goto: <http://www.online-exchange.com> This will automatically make you a member of The Profit Zone, a FREE Members Only Club that gives you unlimited access to FREE

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