



BE CONFIDENT

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Everyone wants to overcome their feeling of inadequacy and be confident of themselves. Definitely the image you want to project is one who is in command of oneself, like someone who can readily share his ideas and be a person who is worth knowing and worth conversing with. While you are in the process of honing your skills at becoming confident, there are some few things or suggestions that would be worth considering and helpful for you to be one. Every individual would want to have the feeling of being important or to be someone special to others. Not only would you want them to know that you are a smart aleck but also to be an interesting and appealing person.

Want to gain that air of confidence and feel that self-esteem arise in you, trying to put out a message and make a difference? Then maybe you could consider trying on some suggestions. People at times are not in the mood and display a very garrulous attitude. Despite of the bad attitude that people around show you, try to bring that person out of that state that he is in. You can concentrate and ask interesting questions about that individual. Actually you could try putting out that bad mood in him and put a little sunshine in his life for a change. Then you would still feel confident talking to that obtrusive person. You shouldn't let someone spoil your day no matter who you are with. Never respond to negative feelings and do not allow yourself to be provoked. Do not take things personally and try to be objective at all times to maintain your self-confidence. You only have to accept the fact that some people are not socially adept simply because they have less confidence like you do.

If you are really bent to be confident and gain confidence, you should be able to deal with rejection. Bear in mind that even the most successful people have experienced being rejected too like Rod Stewart. He has been rejected many times because of his coarse voice but he never gave up and now he is one of the rich and the famous people. Remember that confidence is that ability to keep going in the face of rejection and still feel good anyway! Just focus on what you do and never give up. A person with self-confidence believes in the saying, "If at first you don't succeed, try again." If things don't happen your way then you should have some alternate plans, keep on trying and persisting.

Each challenge that you face in life, gradually builds your self-confidence. Stop focusing on yourself and stop dwelling with your shortcomings in life all the time. Instead try focusing on your goals and how to achieve them. Annihilate from your shyness and start to be confident of yourself. Learning how to be confident will make a person smile more, be happy and surely enjoy life more!

Questions for discussion:

1. How do you display your self-confidence?
2. Do you always feel intimidated by others ability and skills? How do you overcome it?
3. Do oftentimes or seldom feel confident in life? Elaborate on your answer.
4. Have you experienced enjoying life to the fullest by being confident? How?
5. Are you an overcomer or most of the time a lackadaisical person? Justify your answer.