



## Building Self-Confidence

Often people think of confidence as something that the lucky few are born with and the rest are left wishing for. Not true. Confidence is not a fixed attribute; it's the outcome of the thoughts we think and the actions we take.

Being more confident is not just some trivial goal or resolution. It is truly an important part of our lives. It affects how you see yourself, how you perform, and how you interact with others. It gives you choices and the power to make real change.

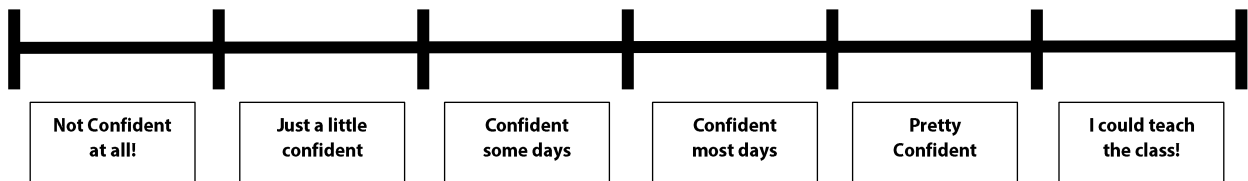
This handout will cover the following:

- What is Self-Confidence?
- Why is Self-Confidence important?
- What is Confident Behavior?
- Building Confident Habits

## What is Self-Confidence?

- Self-Confidence is an understanding that you trust your own judgement.
- Self-Confidence is an understanding that you trust your own abilities.
- Self-Confidence is an understanding that you value yourself and feel worthy, regardless of any imperfections or of what others may believe about you.

Based on these explanations of self-confidence, how self-confident would you rate yourself today?



Why do you feel that way?

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## Why is Self-Confidence important?

### 1. **Self-Confidence makes you more resilient.**

Resilience can be defined as the capacity to cope with, adapt to, and recover from situations of adversity.

- Confidence has a generally positive image of the future.
- Confidence learn from mistakes and turn negatives into positives.
- Confidence believes in their abilities and resourcefulness.
- Confidence does not give up.

**2. Self-Confidence improves relationships.**

Research has well-established the link between confidence and relationship satisfaction. Confidence not only affects how we think about ourselves, but also how we treat others.

- Confidence is able to be yourself, flaws and all.
- Confidence is secure and able to trust others.
- Confidence is okay with spending time alone.
- Confidence does not stay in toxic relationships.

**3. Self-Confidence helps you achieve your goals.**

Confidence is the sense that you can do what you set out to do, and generally, that sense helps you put words to action.

- Confidence gives yourself credit and promotes positive self-talk.
- Confidence is persistent in spite of challenges.
- Confidence has no problem asking for help.
- Confidence celebrates small victories.

**4. Self-Confidence inspires others.**

Confidence can be contagious and encourages others believe they are able to accomplish their goals.

- Confidence can set you apart as a leader.
- Confidence stays calm and steady in difficult situations and puts others at ease.
- Confidence shares knowledge.
- Confidence encourages others to be confident in themselves.

5. Why do you think Self-Confidence is important?

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**What is Confident Behavior?**

Which behavior do you think is more confident?

**Acting in the way you  
think other people  
want you to behave**

or

**Doing what is right,  
even if others  
criticize you for it**

**Being willing to take  
risks and to go the  
extra mile to achieve  
better things**

or

**Staying in your  
comfort zone,  
fearing failure and  
avoiding risk**

**Working hard to cover up mistakes and hoping you can fix the problem before anyone notices**

or

**Admitting your mistakes and learning from them**

**Waiting for others to congratulate you on your accomplishments**

or

**Talking about your own virtues as often as possible to as many people as possible**

**What does confident behavior look like to you?**

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**Review Past Achievements**

- What was the situation?

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- What did you do?

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- What was the outcome?

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**Review Past Achievements**

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- What was the outcome?

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## Let's Review!

**Self-Confidence** is an understanding that you trust your own judgement and abilities; that you value yourself regardless of what others may believe about you.

**Self-Confidence** is important because it makes you more resilient, improves relationships, helps you achieve your goals and inspires others.

**Self-Confident** people care more about doing what is right than pleasing people, take calculated risks, are not afraid to make mistakes and celebrate the achievement of others.

**Confident** habits can be achieved through body language, communication, short-term challenges and reviewing past achievements.



# Self-Confidence is your Super Power!