

Unlimited Self-Confidence

How to Build Self-Confidence to become Successful, Happier and more Attractive in your life

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Introduction

Have you ever had that strong urge to achieve a goal so much that you lose sleep? A lot of us have goals that we want to achieve, yet we underestimate the importance of having self-confidence. According to the Merriam-Webster dictionary, self-confidence is confidence in one's self, abilities, and powers. It is the state and quality of being certain. We all need to be certain about our qualities, abilities, and judgments for us to succeed in life. If we are uncertain, it becomes difficult to convince people to be certain about us.

Several types of research have consistently found a connection between confidence and success. People that are confident are often seen as attractive—they do better in front of the room and are productive at sales. They also have the belief that they can handle whatever challenges life has and can take risks, which often leads to unlocking great opportunities.

Self-confidence is not a shallow concept, but rather it is a deep sense of self-awareness within us that makes us look attractive, happier, and achieve all the success we seek. Even without the modern-day armor and expensive clothes, self-confidence is the best outfit that can cover you up. I also used to be shy when I was in the midst of people until I discovered strategies that helped me gain my unlimited self-confidence. When I was at work I seemed confident, but when it came to

meeting people and making new friends, going to social events, or even going on a date, I became very inept at starting a conversation. Can I say I was confident? Yes, I was in a way, but I lacked unlimited confidence. We all have that measure of lack of self-confidence in us, but we need to get to a place where we can have limitless confidence in ourselves without having coverings.

Have you ever thought about why some people look happier, more attractive, and are successful while you can't seem to be any of these? The thing is, a lot of these people have their hands on some strategies that they apply behind the scene, and what you see on the outside is a clear result of their efforts.

So, how did I become confident? One morning, I realized there are a lot of things that I am losing out on due to not having enough confidence in myself. I made the decision that I was going to gain my unlimited confidence no matter what. I hung around people who were self-confident, read a lot of books on personal development, and joined different clubs. With time, I noticed my relationships improving. I gained recognition and got promoted at work, and I was now able to start conversations at any time and with anyone. I realized that building self-confidence shouldn't be optional, but a mandatory task.

You might be thinking that only top executives, politicians, and entrepreneurs need to develop self-confidence but unfortunately, you are wrong. Self-confidence is for everyone, as the benefits are

numerous, and one that we can easily relate to. After my experience, I have taken it upon myself to share my knowledge with you by giving you the most effective ways to build your self-confidence. Instead of taking the long route, I have written this book in simple terms and provide methods that are easy and effective.

The techniques provided in this book are applicable to everyone. It only requires effort and time from you, and you will see yourself blooming with that unlimited self-confidence you have always wanted!

Chapter 1: What is Self- Confidence?

Once you have an overall understanding of what the term “confidence” is, you can now move on to learning a type of confidence which a lot of us love and want to have, which is referred to as self-confidence. Many myths and misunderstandings surround the meaning of self-confidence, so let’s begin by clearly understanding the focus of this book. Now, when we say self-confident, what does it mean? Where does it come from? And how do you know if you are self-confident? These are all good questions to ask because if you want to be confident in yourself in order to achieve greater success, look more attractive, and be happier in your life, then you need to first understand all about what you want to achieve.

The word self-confidence has been used in many contexts, ranging from helping individuals meet up with their business target, to improving one’s mental health, and a lot more. It is not just a buzzword, but a real concept linked to physical wellbeing, mental health, and a great way of being in the world. This concept, self-confidence, is all about doing and feeling.

Self-confidence is not much of a distinct idea, it is more of a process involving how we think about

ourselves and others, as well as how we thrive despite the uncertainties and challenges faced by us. It applies to our inner, private, and the outer world around us. This is just a broad meaning of self-confidence. Now, what does self-confidence specifically mean?

The belief we have in ourselves and in our abilities is self-confidence. It defines our internal state that consists of what we feel and think about ourselves. The state can change based on the state we are in and how we respond to the events that happen around us. When you feel somewhat confident in some situations, and you feel less confident in others, it is not something unusual. Self-confidence is influenced by the events of the past and how we recall them. Remembering a past success will have a different outcome in terms of confidence compared to when you remember a past failure.

Going a bit deeper, self-confidence can be seen as a good feeling you have about yourself and your skills/capabilities. So, when we say someone is self-confident, it means that the person feels good about who they are, and also feels good about their abilities to achieve the things they have planned to accomplish. This ability which is derived from how you think about yourself can naturally make you feel happy, achieve more success in life, and can make you survive any circumstance or situations, even without getting help from others.

Self-confidence can benefit us in a powerful way, as it is not just a good feeling which can naturally make

you feel happy, but it's something which we can develop to sustain us in difficult situations. This happens because self-confidence comes from within us and is not something external that comes from things or people around us.

Where Does Self-Confidence Come from?

If we happen to be on the lucky side and have a favorable experience while growing up, then it is highly likely that we will develop good self-esteem and become confident in ourselves. On the other hand, if the experiences we had while growing up weren't quite favorable and considered to be mainly negative, then it is likely that we had difficulties gaining our confidence. Maybe some negative feedback we received has become part of what we feel and think about ourselves—we may even internalize it.

Someone who doesn't have self-confidence and scored low during an exam or interview will be thinking *What else could I have expected? I don't have what it takes, I should give up already.* If it was someone that blooms with self-confidence, what will come to mind will be *What might have gone wrong? I have to find out, to enable me to do better next time.* The confident person will be feeling disappointed, but they wouldn't feel diminished by what has happened.

If we lack self-confidence, the negative feedback in the form of a “low mark” may trigger similar memories from the past and lead to you thinking negatively, in a