

Self Confidence

For today's well-being focus I am sharing some information taken from an article by Barbara Markway PhD, on the importance of a misunderstood topic: 'self-confidence'.

We can often think of this in terms of cockiness or arrogance, but self-confidence is linked to almost every element involved in a happy and fulfilling life.

There are 5 elements linking in with this and understanding these are an important first step toward living your best life with confidence.

* **Less fear and anxiety** - The more confident you become, the more you'll be able to calm the voice inside you that says, "I can't do it." You'll be able to unhook from your thoughts and act in line with your values.

If you've suffered from low self-confidence, you're probably familiar with rumination, or the tendency to mull over worries and perceived mistakes, replaying them over and over.

Excessive rumination is linked to both anxiety and depression, and it can make us withdraw from the world. But by filling up your tank with confidence, you'll be able to break the cycle of over-thinking and quiet your inner critic

* **Greater motivation** - Building confidence means taking small steps that leave a lasting sense of accomplishment. If you've ever learned a language, mastered a skill, reached a fitness goal, or otherwise overcome setbacks to get to where you wanted to be, you're well on your way. If you think back to a key accomplishment in your life, you'll likely find that it took a lot of perseverance. If you could triumph through adversity then, you can do it in other areas of your life where you feel self-doubt. As your confidence grows, you'll find yourself more driven to stretch your abilities. "What-if" thoughts may still arise, but with self-assurance, those thoughts will no longer be paralyzing. Instead, you'll be able to grin and act anyway, feeling energized by your progress in pursuing goals that mean something to you.

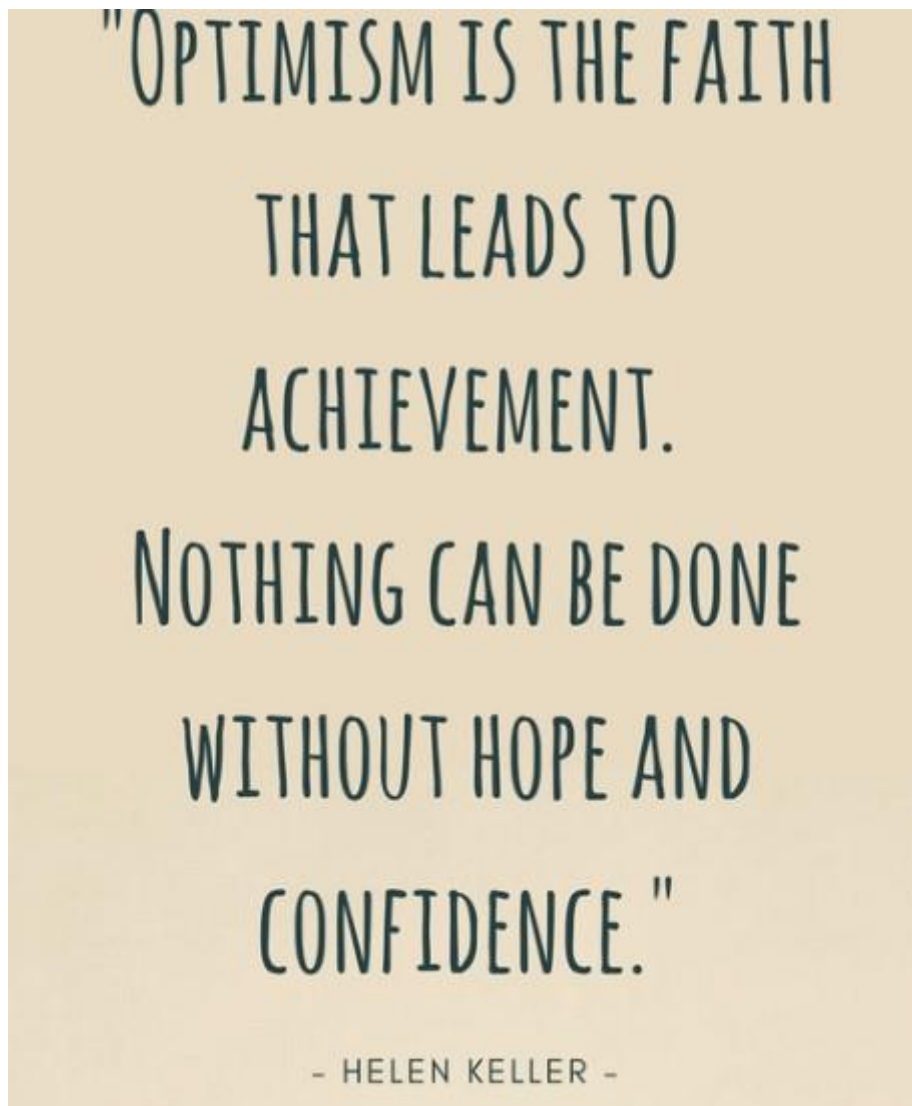
* **More resilience** - Confidence gives you the skills and coping methods to handle setbacks and failure. Self-confidence doesn't mean you won't sometimes fail. But you'll know you can handle challenges and not be crippled by them. Even when things don't turn out anywhere close to what you planned, you'll be able to avoid beating yourself up. As you keep pushing yourself to try new things, you'll start to truly understand how failure and mistakes lead to growth. An acceptance that failure is part of life will start to take root. Paradoxically, by being more willing to fail, you'll actually succeed more — because you're not waiting for everything to be 100 percent perfect before you act. Taking more shots will actually mean making more of them.

* **Improved Relationships** - It might seem counterintuitive, but when you have more self-confidence, you're less focused on yourself. The truth is, people are wrapped up in their own thoughts and worries. When you get out of your own head, you'll be able to genuinely engage with others. You'll enjoy your interactions more because you won't be so worried about the kind of impression you're making, and you won't be comparing yourself to others. Your relaxed state will put others at ease as well, helping you forge deeper connections. Self-confidence can also breed deeper empathy. When you're fully present, you're more likely to notice others. When you're not preoccupied with your own self-doubt, you can be the person who reaches out to help others.

And finally...

* **A Stronger Sense of Your Authentic Self** - Confidence roots you in who you really are. You'll be able to accept your weaknesses, knowing they don't change your self-worth. You'll also be able to celebrate your strengths and use them more fully. Your actions will be in line with your principles, giving you a greater sense of purpose. You'll know who you are and what you stand for. You'll have the skills to show up, stand up, and speak up. In other words, you'll be able to let your best authentic self shine through! ✨
So, start your day with a cuppa in one hand ☕ and confidence in the other 🏆 and keep flexing that confidence muscle in all you do, because the more you use it, the stronger you become! 🙌👉

"Each time we face our fear, we gain strength, courage, and confidence in the doing." -- Theodore Roosevelt"

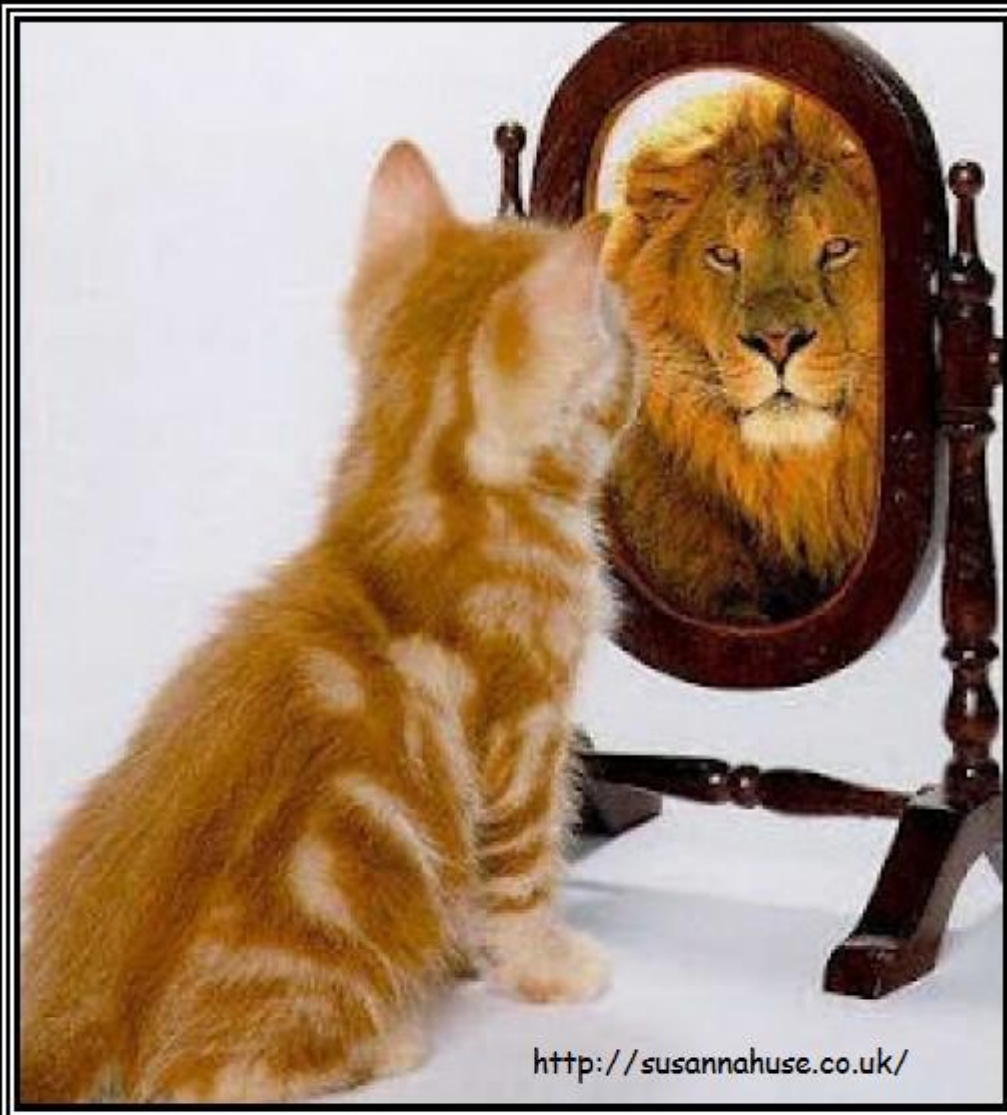


Confidence is like

*"Show up in every single moment like
you're meant to be there."*

© Lifehack

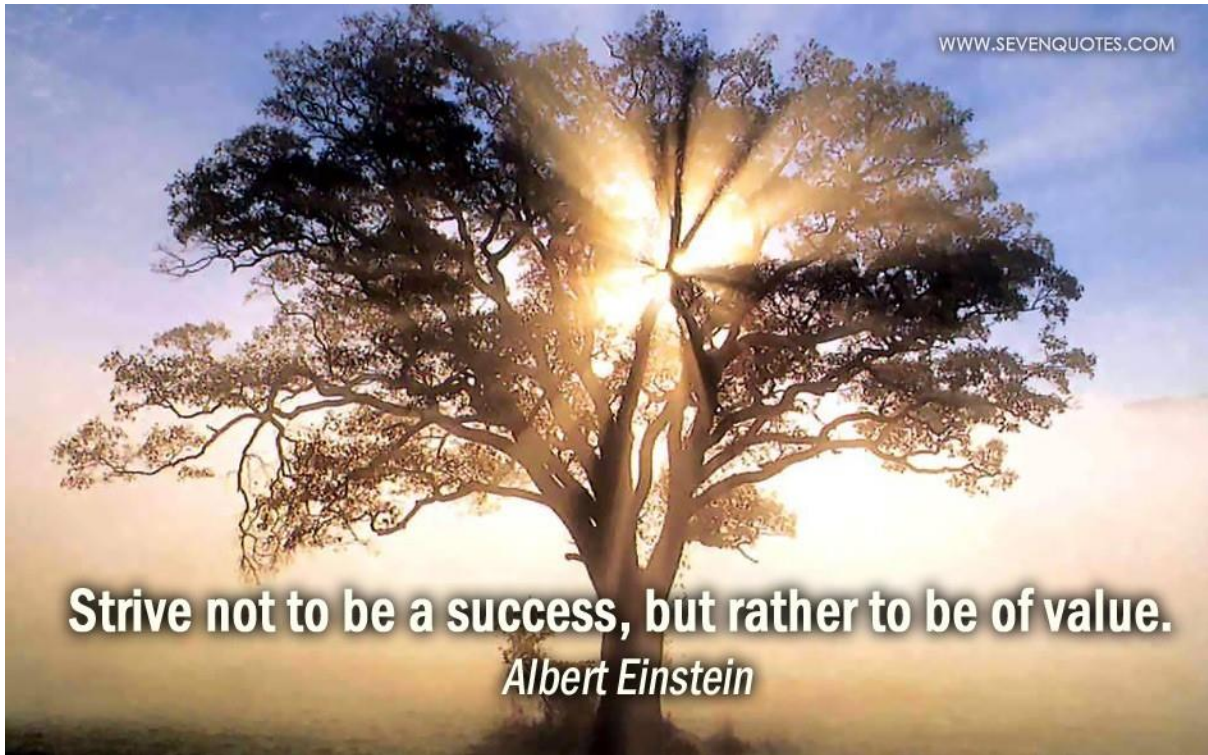




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SELF-CONFIDENCE

... is believing in yourself



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Strive not to be a success, but rather to be of value.
Albert Einstein

#wellbeingweds #mentalhealthmatters #selfconfidence #believeinyou ##authenticself
#courage #notperfectbutlimitededition