

Boost Up Your Confidence and Self Esteem



Cutaway

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You may have excelled in your academics and are able to arrive at the best solution quickly for any problem, but don't know why you can't get the job you most desire. You can not make eye contact with the interviewer, your tongue dries up, you fumble, and are ultimately shown the door.

Or, may be you do get the new position and are happily engrossed in your new position , but when the boss throws a party to celebrate the new assignment, or your colleagues invite you for a cool hang out at the most

eventful chill out zone, a cold sweat breaks out. It is not that you are "unsocial" and do not want to have fun with others, but at the very mention that there's a party you are to attend, something happens inside.

Why does it happen?

You must have asked yourself this question several times and come up with different reasons, but still could not drive that uneasy feeling out of your mind. This happens because you are suffering from low self confidence and low self esteem. This is what holds you back when you go to your office, to the neighbor's party, to the hang out zone with your friends or even when you are with your significant other. As a result, you retreat into yourself like a snail in its shell, and become alienated from the delectation of life in the outside world.



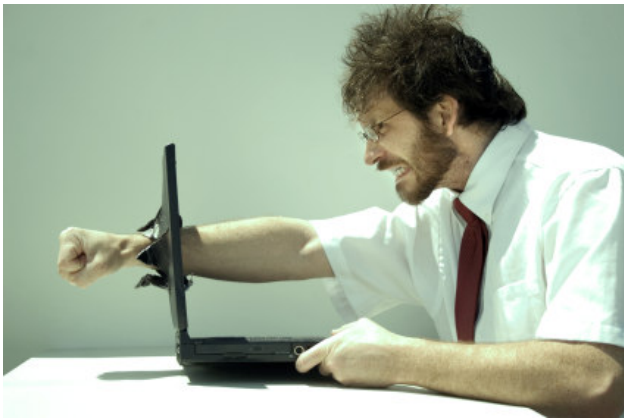
What it may lead to



You may rationalize to yourself that it is completely your personal choice whether or not to withdraw from the celebration of life. However, the after effects of this choice are significant. Initially, you may only avoid the crowds and social gatherings, but gradually, this choice will lead to unhappiness, insecurity, depression and ultimately bound to push you into a state of depression. You will not find meaning to your life, and will find yourself to be a "carry out" individual, carrying out

the orders of others, but not your own. You will find yourself unable to say no to anybody, and will end up doing anything and everything that anyone asks you to, however reluctant you may be. This will create a persistent state of discontent in your mind; you will start blaming yourself for every small wrong in your life ... and will soon loose interest in life.

The additional threats



Yes, lack of confidence and low self esteem can be that detrimental. You will become psychologically challenged, and even if it does not reach that scary stage, you will find life difficult to live. Your loneliness will become unhappiness that will hamper your work, you will lose focus from the goals of your life and your life will become a burden

for you. The lack of self respect will also lead to you dishonor others, and you will create and add to your enemy list. You will lack friends and well wishers at a time of distress and will not find any shoulders to rest your head on. This will further worsen the situation. You yourself are the mirror of your own self esteem... if you do not respect yourself, nobody else will. So, by neglecting yourself, you are making others neglect you.

There is hope

But don't be afraid; let's come back from the awful imageries that you were driven into for a few moments. The situation is not out of control. If you want to live a happy and healthy life, you must look up to yourself and must tell yourself that you will be confident and happy. It is very important, and it is also not rocket science to find out the key to self esteem and merriment. If you can follow the following simple



steps, life will be a bed of roses, even in the most uncomfortable of situations.

The steps:

1. **Value yourself:** do not underestimate yourself. You may lack some qualities, but so does every one. Tell yourself that you are a human being and to err is human. No one in this world is perfect and neither are you. Try to discover and stress your existing qualities. This does not mean that you should be satisfied without putting in any effort to improve your skills, but do not brood over those qualities that you do not possess. The more you explore new opportunities, the more you will benefit from the knowledge gained.



2. **Face what frightens you the most:** it is very effective to fight your fears. If you are afraid to go to a party because someone may laugh at your attire or may ask you to shake a leg with the music, go anyway. If someone laughs at your dress, be brave enough to confront that person. And if you really do not want to dance, state that firmly, do not beat around the bush in search of excuses. Remember that when you were an infant, no one made you stand; you learned how to stand on your own feet and walk, and you did not learn this within a single day. You kept on trying until you succeeded, and stumbled and fell a number of times in the

process. At that time, you were not concerned about your self esteem, and that led to the success. So why are you afraid now? Try, you will accomplish your goal one day. And if you do not, move on, it was not meant for you.

3. **Make your failures your teachers:** there is no one person on this earth who can show a 100% success rate in whatever he or she has attempted or will attempt in future. Failures are a part of life, and they make a person richer in knowledge. The greatest intellectuals in this world were not all 100 out of 100 scorers all of their lives. Simply because you failed earlier does not mean that you will not make it to success any time in future. Learn from the past, let your failures be your teachers, and move forward. Try not to repeat the mistakes, but never quit trying. The fact that you failed simply means that you will have to strike out one option from the list of various ways of accomplishing a task.
4. **Be sure of what you want and be demanding:** do not be apprehensive that you are being asked to be a selfish person. Being firm in one's demands is not same as being selfish and arrogant. Everyone has the right to live their lives on their own terms, and you are no exception. As long as you are not hurting anyone by your demand, feel confident in making it. This is essential for establishing your self esteem. It may be the case that you either do not know what you want, or do not know how to demand what you want. Both are equally important to be addressed. First, be sure of exactly what would suit your needs, and then be demanding for it. If you do not voice your needs or your opinion, others will ignore you, and you will not be able to get the best out of the circumstances; prolonged negligence of your needs will make you invisible, and it will be difficult for you to succeed at anything. So be demanding, but do not be impolite or selfish. You will reach the measure of selfishness if you start overlooking others while trying to fulfill your own requirements.
5. **Pat yourself on the back when you accomplish something:** it is very crucial to boost your confidence level; it is the next step to valuing yourself. When you perform something skillfully, be the first to praise yourself, rather than waiting for others to do it. This will encourage you to "perform" the next task, rather than just "doing" it. You may think that it is not humble to praise your own accomplishments, and this could be the

case for those who are often boastful of their achievements. But considering your past demeanor, you will need to pat your own back before anyone else does. Once you gain the confidence of others, you will no longer have to do this, but till then, keep on patting.

6. **Do not assume:** there must have been a number of occasions when you have interacted with someone, but the person reciprocated to you in a manner that you did not expect from him or her. This is quite common for all of us. Some times we do not bother about it, and sometimes, we assume something. This often leads to a misunderstanding between the two concerned people. If you do not get the expected response from someone, do not be silent and do not assume anything. Approach the person directly, and inquire about their response. This can be very effective in improving the relationship between the two of you. For example, you may find that the person was going through a very bad phase of his life and was not in a position to respond to you properly; in that case, enquiring about the response will show your concern and will strengthen the relationship between the two of you. On the other hand, your possible fear that he ignored you will be eliminated by speaking clearly with him; otherwise, this fear will make you feel low and will make you depressed. It will lower your self esteem causing you to avoid talking to any other person the next time you have the same fear.
7. **Go forward, take risks:** how many times have you been in a position where you have craved something, have built a castle in the air about what you would do if you get it, but eventually given up all hope for it? You must have thought that either you did not deserve it, or that you would fail to achieve it, and therefore, didn't try and came back to the pavilion ... don't know what this meant? You did not gather the simple courage to approach achieving your goal. You may think that if you fail people would laugh at you and your self esteem would lie on the ground. Who told you that your self esteem rests on the reactions of others, and that it is so flimsy that it falls down at every laugh of the others? The reality is if you do not go forward and try to capture your desire, then your self esteem would be at stake. No one cares about how many times a person has failed before achieving something; what they see is the eventual success. This applies to each and every great and successful person in the world. None were born with the tag of being successful and

well known; rather they achieved success after fighting their own existing adversities, and only then earned the label of being extraordinary. So banish your fear of losing your self esteem. You are the part of the human race and are not secluded from it.

So start thinking about yourself starting right now, in a positive manner. There is nothing in this universe that stops you from trying to approach and achieve your goals. Do not worry what people will think about you-- they have not been appointed by anybody to pinpoint your faults. So, now is the right time to start afresh and look at you in a different light. There will come a day when you will find yourself the centre of attraction in any situation that you come across.
