

Boost Your Confidence

to Get Everything You Want Out of Life



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**"TRUST
YOURSELF--
YOU KNOW
MORE THAN
YOU THINK
YOU DO."**

- Benjamin Spock

Get Everything You Want Out of Life

As a young man, billionaire Bill Gates found his passion. He fell in love with computers and software. Adults encouraged him. This support built his confidence and eventually led to the success of his company, Microsoft.

However, before the company became a success, Bill faced many obstacles and a few failed attempts; but he didn't give up. His confidence kept him going.

Bill Gates had the confidence to follow his dream, as well as build and run a multi-billion-dollar business, all while he changed the minds of doubters and maintained a family life.

People don't become billionaires just because they are confident. But, that confidence helps and allows other essential characteristics to develop.

This extended growth makes it easier for you to be successful in every area of your life.

When you lack self-confidence, you don't go after what you want. You're afraid to make mistakes, partially because you are also afraid of what others will think of you.

You doubt that you have the needed skills, abilities, knowledge, or experiences to go after what you want.

You may even be afraid of success because it means maintaining a higher standard. These fears and doubts can keep you from getting everything you want out of life.

**“EACH TIME WE
FACE OUR FEAR,
WE GAIN
STRENGTH,
COURAGE, AND
CONFIDENCE IN
THE DOING.”**

- Theodore Roosevelt

Have you met people who seem to have everything? They are happy. They smile more, laugh more, and enjoy life more. They stand out from others because of the way they carry themselves.

They hold their heads high. They walk and stand with purpose. They shake your hand with a firm grip and look you in the eye. They are always ready to jump into whatever situation life puts before them.

Where does this confidence come from? How do you gain confidence? Are people born with it or can it be learned?

Confidence can be learned. It comes from knowledge, experience, and a great deal of practice. Confidence comes from having faith in yourself and your abilities. It enables you to overcome and succeed when presented with new challenges, opportunities, or tasks.

Each time you experience success, you gain confidence in other areas. For example, let's say you are a representative for an at-home party supplier.

You hold parties for others to purchase the products your company offers. The first few parties are not as successful as they should have been.

You learn from your mistakes, identifying what things you need to change for the next party, rather than giving up. This is your confidence kicking into action.

At your next party your bookings increase, you have a high sales volume and you have new team members join you. This experience builds your confidence. There are many ways you can boost your confidence. As the example shows, experience is one way.

Your confidence can also come from your positive thoughts. When you act on those, you turn them into experiences, which give you positive proof.

Many things can boost your confidence, as they remind you of your successes and lessons, such as implementing positive self-talks, journaling, and focusing on affirmations like these:

- I have the choice to change myself
- I am worthy of love
- I am a great person
- I respect myself
- My opinions matter
- I am a wonderful person
- I am confident in everything I do

Get ready to learn why self-confidence is important; explore self-confidence myths; and discover how you can raise your self-confidence level in every area of your life.

**“CONFIDENCE
COMES NOT
FROM ALWAYS
BEING RIGHT,
BUT FROM NOT
FEARING TO BE
WRONG.”**

– Peter McIntyre

The Importance of Confidence

Let's look at why confidence is so important to getting what you want out of life. Self-confidence gives you the courage to overcome any obstacles, mistakes, and setbacks you encounter.

It also helps you dream, plan, and follow your passions. While self-confidence is often mentioned as an asset in your professional life, it's even more important in your everyday, personal life.

Of course, confidence is needed when preparing for an interview, a meeting, or when giving a presentation.

But what about when you go on a date, have a differing opinion, or are bargaining for a lower price? Self-confidence plays a role in all of your personal experiences too.

Confidence Affects Body Language

Your body language is often the first thing someone notices about you. If you are confident, it is apparent from the way you hold yourself, the movements you make, as well as your facial expressions.

You walk with good posture, you look others in the eye when talking to them, and you smile more easily. When you lack confidence, you may be jittery, look down or away, and have slouching shoulders, almost as if you're trying to hide.

Let's say you are applying for a job. You walk into the interview confidently knowing you are good at what you do, and you can do whatever is needed to further your career within the company.

Your stride is brisk and confident as you walk in with shoulders back. You smile and compliment others.

You look your interviewer in the eyes, answering questions with confidence. Your confidence shows in how you dress and take care of yourself.

In contrast, if you lack confidence, you may be surprised or find it hard to believe that you got the interview. You walk with your shoulders slightly hunched and your body closed.

You may stand away from others to preserve your personal space, stammer when answering questions, and look everywhere but at the person interviewing you. You likely feel nervous and have sweaty palms or upper lip.

Confidence Affects Building Relationships

Self-confidence helps you build better relationships. You accept yourself and feel secure. This helps you deal with different types of people as well as problems in relationships.

For instance, a confident parent will make better decisions for their children because they have the knowledge and ability to do so. The kids pick up on that confidence and the kids confidently emulate their parents.

If parents are insecure about their parenting skills, they can make poor choices which their children can also “absorb” into their own belief systems and characters.

A confident person is more secure within their relationship. Being confident and secure tends to make people more pleasant to be around.

In a family situation, it also helps them to make good choices for their family, themselves, and others.

Their confidence shows in how they handle their finances, their challenges, and the way they make their living.

Confidence Affects Decision Making

Every day you must make decisions. You have to decide what to buy at the grocery store that's within your budget.

You must choose investment's, how you'll save for retirement and live within your means. You choose when to get up, what to eat, where to work, and who you'll spend your life with.

Each decision requires confidence in ourselves to make the choices that are right for us.

Let me give you an example of the difference. This is the story of two chefs who each want to have their own restaurant. The first one has confidence. He makes the decision quickly where he wants to place his new business.

He chooses the name, the menu, and the genre quickly. He walks into the bank to secure the loan for his new restaurant, knowing he will get the money to proceed. He quickly decides on employees, food vendors and the décor.

The second chef lacks the confidence to decide on when, where, and if he is going to open a restaurant. He goes back and forth on being his own boss.

He can't choose between the types of food he wants to offer, his specialty or even the area he wants to be in. Because he can't make a decision, he is still working as a sous chef.

Confidence Affects Perceptions

There is more to life than having or getting things the easy way. In life, there are always difficult times that can shake you.

But the way you look at those difficulties determines how you well get through them. Death, poor health, bad financial decisions, and raising difficult children can shake your self-confidence.

But having self-confidence to begin with, helps to put you in a position where you can take care of things more easily. You need confidence for many reasons if you want to get what you want out of life.

- It helps you take action because you know you can succeed at whatever you set out to do. It helps you reach your goals much faster since you aren't procrastinating.

- Confidence helps you overcome your fears and face what you need to move past the fear.
- When presented with choices in life, your confidence lets you know the difference between what is right and wrong, when to say 'yes' or 'no' and give you the self-control you need to follow your own path.
- Confidence gives you the knowledge and belief in yourself to do what it takes to succeed.
- Confidence gives you greater self-esteem making you happier with yourself and others.
- With confidence there is less stress and unnecessary drama in your life.
- Having confidence gives you more energy and motivation to pursue everything you want to do.

Confidence is needed in every area of your life. It gives you the belief that you can go for what you desire and achieve it.

It helps you stay focused, avoid procrastinating and indecision, and get through difficult times.

**“IT IS CONFIDENCE
IN OUR BODIES,
MINDS, AND
SPIRITS THAT
ALLOWS US TO
KEEP
LOOKING FOR NEW
ADVENTURES.”**

- Oprah Winfrey

Ways to Build Self-Confidence

Self-confidence is like a muscle that needs to be used every day. The more you use it the stronger it grows. And confidence is the tool you use every day.

But if you're lacking it self-confidence or need to boost your self-confidence, there are ways to do it. Because if you want to get everything you want out of life, you have to have the confidence to go after those things.

Take Action

When faced with a lack of confidence in some area, it's important to take action. It will be uncomfortable.

There may be fear. It might take work. But by taking action, you will gain experience and confidence. Begin with small steps if you need to.

Let's say you have a fear of public speaking and want to get better at it. Begin by speaking in front of your mirror at home. Then move on to speaking in front of a room with one or two people in it.

Then move on to speaking in front of bigger groups. With each step, you are gaining confidence in your speaking abilities.

Before getting in front of a group, say positive affirmations. Here are a few you can use.

- I am a warm, engaging person
- People are friendly
- I have positive energy flowing out of me
- I am confident in what I want to say
- People see the value in what I have to say. They respect me

Here's another example of how taking action helps build confidence in other areas of your life. You want to start your own business.

You can't just give up your current income from your job. Instead, begin taking small steps each day towards your goal of starting a business.

Maybe one day you call about getting a business license. The next day you set up a business plan. One day you search out competitors.

Another day you seek financing if you need. Each step takes you closer to your goal. You gain confidence in yourself by taking action toward what you want to do to change your life.

Stop Comparing Yourself

Comparisons aren't healthy. It causes envy which can lower your self-esteem. In 2018, a study published in Personality and Individual Differences discovered there is a direct link between envy and how you feel about yourself.

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WE REALLY STOP TO
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WE CANNOT."**

- Eleanor Roosevelt

Instead of comparing your own wealth, skills, possessions or looks to others, remind yourself of what you do have.

List your attributes and possessions. When you feel the urge to compare yourself, use it as a motivator to make healthy improvements.

Stay away from triggers that cause the envy. For example, if you constantly compare your business success to someone else's, successful business on Facebook, stay away from Facebook as much as possible. Remind yourself how far you've come in your business.

Build Body Confidence

How you feel about your body directly affects your self-confidence. Accepting yourself as you are, inside and out, is essential to being self-confident

When you accept and “approve” of yourself, others will follow your lead. When you get right down to the bottom line it’s not your body, your looks, or things that attract people to you initially.

It’s your overall, self-assured confidence that makes you shine and stand out in a crowd.

Your confidence intrigues people. It makes them want to be around you more often. They also want to learn about you and learn from you.

This is when your inner beauty, the qualities and characteristics that can’t be seen just by looking at you, such as skills, talents, mindsets, attitudes, compassion, intelligence, loyalty, etc., come to the forefront.

When this happens, they are more easily recognized and appreciated by others, as well as yourself.

When it comes to improving your body confidence, you might think that you need to start “fixing” the things that you don’t like about your body.

You’ll be glad to know that body confidence actually has nothing to do with changing your body. In fact, building body confidence hinges on making needed changes to your ideas, priorities, focus, and actions.

Your thoughts and your attitude determine your level of confidence. Here are a few things you’ll want to do to make sure your thinking and actions are aligned for success. Otherwise, misinformation or old ideas may hinder your progress.

- **Out with The Old, In with The New** – Learn to identify the faulty, biased, unrealistic messages that industry media wants you to believe in order to further their own agendas and businesses. Replace these with healthy, realistic, inspiring, empowering real-life examples and messages that help you succeed.

- Look into Your Choice of Role Models – Reassess your role models. Don't look "at" them. Look into them. What character traits, skills, knowledge, talents, and/or behaviors do you admire or inspire you? If you discover that you are drawn to a person's material things, or what that person can do for you, you probably need to rethink your criteria for choosing a role model.
- Practice Makes Positively Powerful – As you know, learning to appreciate some things about yourself can be very difficult to do, especially if others reinforce a negative thought. Stop hiding in that tiny, restrictive box that limits your positive thoughts and actions. Find out what thoughts and behaviors you need to focus on and/or develop. The next steps involve practice, practice, and more practice. Think about how your role model accomplishes this. The more you practice the more positive and powerful you will become.

- **Re-Think and Prioritize** – When you have body confidence, you don't worry about "appearance" or put a high value on how the outer package, looks. What matters most is within you; so you place a higher priority on building and enhancing those aspects that will take you farther and will last longer, when it comes to enhancing your life.
- **Insist on Respect** – Insist that others are respectful to you. However, you can't pull this off if you don't respect and value yourself. You'll need to practice what you preach, by showing others what is acceptable to you. You can't put yourself down or allow negative self-talk from yourself. Show respect and appreciation for yourself by practicing healthy habits, such as eating healthy, exercising, getting enough sleep, etc. These are just the basics that need to be in place before you start trying to incorporate strategies that are more advanced.

- **Enjoy and Encourage Yourself More** – Your role models aren't your only sources of inspiration and encouragement. When you do things that you enjoy, as well as give you a sense of empowerment, you are actively showing appreciation for yourself. You are putting an emphasis on your self-approval, which in the long-run is what matters most – what you think and how you feel about yourself. It's also important to “pamper” yourself with a little extra TLC via a massage, a hot-oil hair treatment, a pedicure, clothes that make you feel good/confident, etc. When you stop ignoring your body and show you appreciate it, you will find it easier to accept your body as it is – imperfections and all.

Body confidence is closely linked to self-esteem. Adults and children, with body confidence, tend to feel free to be themselves, enjoy their interests and activities, as well as voicing their opinions.

In addition, people with body confidence tend to make better choices and aren't afraid of trying new things or taking calculated risks.

This brings us to the next thing you can do to enhance and boost your confidence level...

**“I'M AN IMPERFECT
HUMAN BEING WHO'S
NOT MADE TO LOOK
LIKE A DOLL. WHO I
AM, AS A PERSON, IS
MORE IMPORTANT
THAN WHETHER I HAVE
A NICE FIGURE.”**

- Emma Watson

Face a Fear

Do one thing every day that scares you. Facing your fear is the best way to overcome it. And by facing your fear, you gain confidence from the experience. Get out of your comfort zone.

What's one thing you fear? Is it meeting new people? Networking? Next time you're at a social or business event, go have a conversation with one person you don't know.

By doing this you'll gain the confidence in yourself to begin being more social.

The more social you become the more your confidence grows in other areas because you begin to realize you are liked and respected for who you are.

These are just a few ways you can boost your confidence.

Simply by taking action, facing your fears and changing the way you take care of yourself you're taking steps to being more confident and assured in making changes in your life.

**“LET’S NOT FORGET
THAT THE LITTLE
EMOTIONS ARE THE
GREAT CAPTAINS OF
OUR LIVES AND
WE OBEY THEM
WITHOUT
REALIZING IT.”**

– Vincent Van Gogh

Energy and Self-Confidence

There are no two ways about it. Your day-to-day life is busy.

Whether you are physically running around trying to get things accomplished or your mind is racing as you make sure you meet all of your responsibilities and obligations, it's not a big surprise that you feel exhausted by the end of the day. Your juggling act, takes a lot of energy.

Just as your actions and routines affect your confidence, the energy you exude and the energy you feel from others affects your level of confidence.

These non-verbal cues are often experienced as emotions, which may include general or "creepy" feelings.

You instantly know when someone makes you feel nervous, comfortable, repulsed, or welcome. The same thing happens to others when you are nervous and uncomfortable, they sense it. This can affect your confidence in different ways.

Sometimes others can sense your insecurities or fears. Unscrupulous people can sometimes prey on this, making your confidence level fall. You might feel your knees weaken, your voice quiver, or you may say things you don't mean.

In another instance, if others feel superior to you, it can make you feel insignificant and belittled. You may not acknowledge their power, but you may sense the non-verbal signals.

When you are confident, you put out positive energy. People will pick up on your confidence in yourself. They'll be drawn to you.

There are ways you can go about bringing your energy into a positive, confident flow. With practice, these rituals will bring about changes in how you feel around others.

Here are 5 ways you can increase your energy vibration.

- **Meditate-** This can be as simple as getting quiet for 5 minutes or as long as you want. Sit quietly, slow your breathing, and let your mind clear.
- **Positive Thinking-** The way you think effects how you act and feel. Thinking positively builds your confidence. When you catch yourself being negative or having to deal with negative people, change the way you react. Remain calm and think of positive solutions or thoughts to the negative one.

- Affirmations- Affirmations are a positive reinforcement you can tell yourself to raise your energy vibration. Create an affirmation around what you want to change. Your subconscious can't tell what is real and what is not. Here are a few to get you going:

1. I am confident in who I am
2. I attract positive people around me
3. My self-belief is high. I can do anything
4. I choose happiness no matter what my circumstances
5. I am a beautiful being. I radiate energy to others and they respond to me with positive energy.

- Express Gratitude- Take the time each day to express how grateful you are for everything in your life. You can do this by keeping a gratitude journal or simply by expressing gratitude.

- **Enjoy Nature-** You can raise your energy vibration by connecting with nature. Stand in the grass in your bare feet. Take a walk or hike in the woods or a park. Another way to connect is to move your body through music and dance.

Not only is your energy vibration felt by others, but you can feel the vibrations of them as well. You instinctively know when someone is negative or fearful or when they are calm, confident, and loving just by the energy vibrations they project.

**“PERSONALITY
BEGINS WHERE
COMPARISON
LEAVES OFF. BE
UNIQUE. BE
MEMORABLE.
BE CONFIDENT.
BE PROUD.”**

– Shannon L. Alder

Do This Next

As you've seen, confidence comes from knowing and believing in yourself. You've seen how boosting your confidence can help you get what you want out of life.

Your self-image strongly influences how you behave. If you view yourself as inferior, you won't have the courage to go after what you want.

When you like who you are, you're more likely to face your fears and go after everything you desire. To be confident, the trick to make lasting changes is to change how you see yourself.

Boosting your confidence and changing your self-image comes over time. Before you begin, you need to know why you should have confidence in your life. Confidence affects every area of life.

Lack of confidence leads to remaining in a dead-end job, not taking care of your body, feeling jealous of others success or comparing yourself to people that are more charismatic.

You can build your confidence though. Start simply. Build your body confidence by taking care of yourself and how you project. Wear clean clothing. Walk with your head held high and shoulders back. Exercise and eat healthy foods, avoiding processed and sugary foods whenever possible.

You can make lists that help you boost your self-confidence. Start by setting a goal of what you want to change. Is it your negative thinking? Your body image? Your work ethic? To be a fearless public speaker?

Whatever the goal is this list shows you why you want to build your confidence. Then begin applying ways to start boosting your confidence.

Make a list of what you're grateful for and what you are proud of. These two lists show what you've already accomplished.

This can boost your confidence by seeing how far you've come. Include things like family, friends, toys you enjoy, experiences you've had as well as any degrees you've earned, your home, skills you have or awards you've received.

Finally, take action on any way that helps boost your confidence. Building confidence only works if you actually put the steps for doing so into play in your daily life.

And above all, don't be afraid to fail. It is the lesson you learn from the experience that builds your confidence to try again.



**“WHEN YOU
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CONFIDENCE,
YOU CAN DO
ANYTHING.”**

– Sloane Stevens