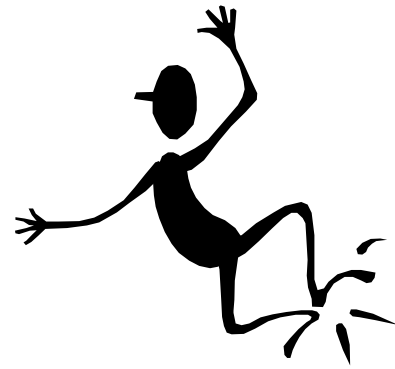


What is confidence?

Being confident means feeling positive about what you can do, and not worrying about what you can't do, but having the will to learn. Self-confidence is the state of mind that enables you to make use of your capability – that is, your natural talents, skills and potential – in order to achieve things you want.



We sometimes think of confident people as loud, extrovert types who overwhelm others with their sense of absolute rightness. But confidence is very different than arrogance. In fact, truly confident people have no need to dominate others and are also capable of dealing with uncertainty and 'failure'.

Confidence is an inner state of quiet authority, in which a person trusts their own capability to deal with any given situation. It starts with what you think about yourself, not what others think about you.

'If you think you can or you think you can't – you're right.'
Henry Ford

However, confident behaviour often has the effect of giving other people confidence in you. For example, if a person confidently promises to do something, we're more likely to believe in them than if they seem unsure of themselves. And when people have confidence in us, this in turn can make us feel more confident in ourselves. When you act with confidence, you also stand a better chance of being successful, which in turn boosts your confidence.

