

10 Steps to gaining awesome confidence

1. Dress to impress

No, it's not a cliché. Your appearance matters most to you and if you feel unattractive or dowdy, you'll give out that perception to the world. Dress smartly, not just by concentrating on your clothes, but also by paying attention to proper grooming.

2. Brisk walking

People who are confident walk faster and more energetically, because they feel important enough to hurry from place to place. They have people to meet, places to go to and generally have a full agenda. So, even if you are in no hurry, add a little sprint to your walk and you'll instantly feel very confident and purposeful.

3. Good posture

Remember the days when our grandmothers would yell at us to "stand up straight and don't slouch"? Well, they had a good reason to do so. A person without any confidence can be spotted a mile away because of the way they carry themselves – never looking up, huddled and ambling along, it's quite apparent they don't see any importance in what they are doing.

4. Advertise yourself

Not literally, of course. Record or write a small speech about your positive attributes and read it or listen to it whenever you feel down and low. It's a great way to give yourself a confidence boost.

5. Focus on gratitude

The more you think about what you don't have, the less confident you'll become. Instead, always focus on what you do have, the positive sides of your appearance, character and abilities. Feel gratitude for what you've been given and have been able to achieve.

6. Compliment other people

We tend to project our negative feelings towards ourselves through insulting others and gossiping about them. Refuse to engage in such time-wasting activity and, instead, start complimenting everything good about a person. When you look for the best in others, you'll gradually be able to see the best in yourself too.

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10 Steps to gaining awesome confidence (continuation)

7. Go right to the front

Whether you are at a lecture, conference or even church, if you have the tendency

to go and sit at the back, you are afraid to be noticed. This is a baseless fear, so take courage and go right to the front of an assembly.

8. Speak up

Hiding like a mouse during open discussions? Don't. Speak up; join in the conversation. Despite your belief, you won't say anything stupid. Most people battle with this notion with the fear of public speaking, but it has no real cause, because unless you speak up, your issues will never get resolved. Public speaking will always contribute to increasing your confidence.

9. Exercise

Boost your energy by working out at least three times a week. It'll give you the energy and the 'looking-good' confidence, so you can face the world with your head held high.

10. Contribute to society

All too often, we as humans are wallowing in self-pity and desire. By concentrating on helping others and making a difference to other people's lives, you have less time to think about your own self-perceived faults, which in turn helps to build confidence.

'Other people's opinion of you does not have to become your reality'

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