

Strengthening confidence

Confidence is a key attribute that plays a vital role in personal and professional success. Strengthening confidence involves a combination of self-awareness, positive mindset, and skill development.



Understanding confidence

Confidence is the belief in one's abilities, skills, and judgment and impacts various aspects of life, including your career, wellbeing and relationships. Confidence is not a fixed trait; rather, it can be developed and strengthened over time.



Self-awareness

Take some time to listen to your inner dialogue. Are you critical of yourself in times of stress? Being self-aware will help you to see patterns and understand which areas might need some attention. Healthy self-esteem can lead to a more fulfilling life.



Know your strengths

Understand your strengths, weaknesses, and values. Acknowledge your accomplishments big and small. Write these down and reflect on why they are important to you. Consider your strengths and how you achieved the items on your list. Look for areas for growth.



Find your cheerleaders

Spend time with people who you find helpful and a positive influence. Being around critical or overly judgmental people can test even the most confident person, so invest time in those relationships which are supportive and mutual.



Build new habits

Building new habits takes time and perseverance, so keep at it, and reward your successes! There is a great article [How to Build Self-Confidence - Stress Management from Mind Tools](#) that goes into more detail on how to set yourself up for success.



Do not compare yourself to others

You will experience hurdles and challenges as you adjust to new ways of thinking and feeling. Part of developing confidence is understanding that you often learn the most from your mistakes. Comparing yourself to others only works if it makes you feel good about yourself. If it does not... stop!



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