



Research for facts

The more you examine a subject, the more confident you will feel discussing it. If you are nervous talking about an issue that is worrying you, then do a little bit of research before bringing it up with people or parents. Just having the information in your own mind will make you feel more confident.

Break up big tasks into smaller ones

If you have to accomplish a task that seems impossible, take it apart and even break it down to hourly steps. Small progresses eventually do add up to greater progresses. As you achieve each step your confidence will grow and you will also achieve a sense of mastery over the issue.



Choose your company

Make it a point to socialize with people that are able to put you in the limelight during conversations. Negative people erode confidence like rust upon metal. Who you spend your time with influences how you are. It can be hard to drop negative people but be strong and find a better quality of company. The more time you spend with confident people the more confident you will become. Confidence breeds confidence.

Mental exposure

From television to magazines to the internet, the media is everywhere impacting our daily lives on a subconscious level. It continually bombards you with image manipulation and tales of corruption, wars, crime, disasters and impending doom. This can give you a negative perspective on life. Read a book, workout, learn a new skill whatever you want. This will replace a negative stream with a positive one, and will boost your confidence.

Learn to adjust

This means that if things do not quite go the way you planned, you can put events into perspective and you will not let the experience knock your confidence. For example, if you do not get that job you wanted so much, then why not think about what else is around the corner, rather than ruminating too much on why you failed?

Be more outgoing

It is beneficial to strike up a conversation with anyone who crosses your path, your fellow passenger, the bus driver, the shopkeeper. Sharpen your social

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skills and this will make you more sociable and confident with people, especially strangers. As a result, you will not feel threatened or insecure in unfamiliar situations.

Take good care of yourself

If you look good, you feel good! If you feel good, you look good! But for those whose self confidence has reached an all-time low, ceasing to care about their appearance might be a final sign that it is time to change. How you look is how the world sees you, so do not neglect your appearance. If you can take pride in looking good when you leave the house, it will do wonders for your self-confidence when you know you look good, others notice. So do things right and walk with your back straight.

Indulge in physical activity

Keep in mind that staying physically fit is staying mentally sane. A lot of us need to work out in order to maintain a positive self-image; others, to fend off disease. But everyone, without exception, feels better and has more self-confidence when they are in shape. The endorphins that are released during exercise will lift your spirits during your workout and, in the long-term, help you feel capable of accomplishing your goals.

Have diverse interests

Maintain interest and skill in all aspects of your life. In other words, do not neglect your model-building hobby, your public-speaking voice or your reading schedule. Meanwhile, do not let your studies or job absorb all of your free time. To maintain a maximized level of self confidence, you want all of your personal qualities to be exercised as often as possible.

We all need to boost our self confidence in different ways and for different reasons. The trick is to find out where you need to improve and then go out and do just that. Building up self-confidence takes time and commitment but it is well worth it. You will soon find yourself embracing yourself and giving off a very positive energy that will surely come back to you. So brace yourself for the task ahead.



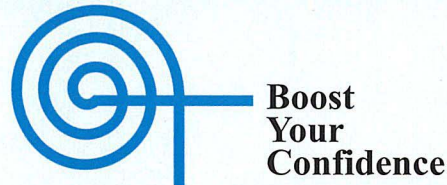
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Boost Your Confidence

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All of us could do with some more confidence in one or more areas of our lives, whether it is at work, in relationships or in meeting new people. And if we want complete and well-rounded success, we have to have a lot of self-confidence.

Even if we are reasonably assured most of the time, it is beneficial to do a little mental strengthening every once in a while. It feels good to be self-confident, which in turn gives more confidence, impresses people and brings us success. So try to follow a few of these tips and you just might end up feeling even better about yourself than you ever thought possible.

Take stock of yourself

In order to achieve anything in life, it is important that you know your self worth. So maintain an awareness of all that you do for the world. Take a minute each day to remind yourself or write down what you have accomplished at work, in studies, in social settings, at your office, with your finances, and so on. Realize what you are capable of doing and you will feel stronger and have more self-confidence.

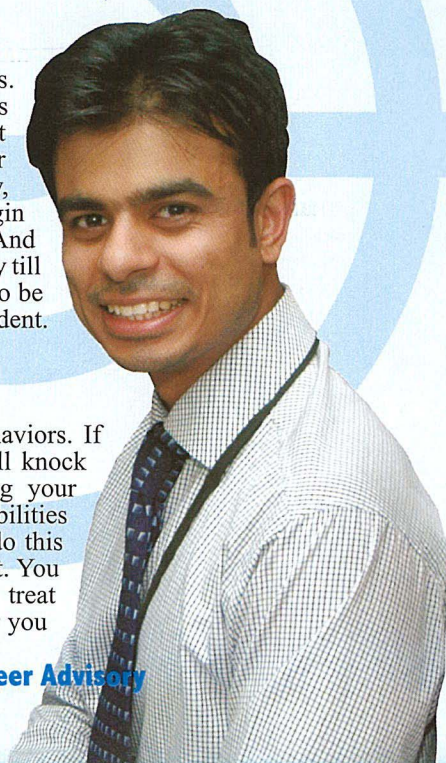
Look to the future

Forget past mistakes. Forget failures. Whatever has happened previously has gone forever. Today you can dump the past and start afresh. You can shape whatever happens from now on and create a new, confident you. Forget the past and begin taking action to build a brighter future. And just because things have been a certain way till now, it does not mean they always have to be this way. You can change, you can be confident. It is up to you.

Be nice to yourself

Let go of self-limiting thoughts and behaviors. If you repeatedly put yourself down, it will knock confidence right out of you. Criticizing your looks, your body shape, your hair, your abilities and your personality is harmful. If you do this everyday, confidence will be non-existent. You would not think this is a decent way to treat others so make it totally unacceptable for you

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to treat yourself this way. Be kind to yourself, respect yourself and never ever criticize yourself.

Take responsibility

You cannot choose your family, and you can rarely change people. But you have full control of how you react to them. The greatest stress in life is to hold someone else accountable for something they cannot control. The only person you control is yourself. Once you begin to appreciate how big an impact you can have on your relationships, you will feel, and be, so much more powerful.

Set your goals

Having a goal or vision will give your life direction, purpose, and passion. The process of setting a goal, looking forward to it and then accomplishing it, is very fulfilling which gives a huge boost to your self-confidence. After you have completed an assignment, taken an exam, or achieved a target, reward yourself and note the satisfaction of having achieved exactly what you set out to do.

Just do it

The future belongs to the risk takers, not the security seekers. Everything you want is out there, you just have to take action, do stuff, to get it. So whether you want to change a career, gain a new skill or buy a pair of shoes, take a step towards achieving it today. With each step big or small you will grow stronger and more confident. Taking action always raises self-esteem and self-belief. Both of these are necessary to be confident. One of the wondrous things about confidence is that once you gain it in one part of your life it has a tendency of boosting it in others.

Be prepared for setbacks

Accepting that you will sometimes fail is key to maintaining a high self-confidence. If you do your best and still do not win, at least you can be satisfied that you have tried. If you do not view failure as a part of life, the smallest derailment can be shattering to your ego. Take risks and learn to fall short; this will teach you at least as much as, if not more than, unfaltering success will.

You can do it again

If you keep reminding yourself of all the mistakes you have made, your confidence levels will remain grounded. Learn from your mistakes and move on. Reminding yourself of the good things you have done builds self-esteem. Why criticize yourself when you can

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praise yourself instead? Keep in mind that if you have ever done anything successfully, you can do it again. Imagine and feel certain now about the emotions you deserve to have instead of waiting for them to spontaneously appear someday in the distant future.

Think pleasant

Fill in the details with sounds, colors, and scents. Visualize these images whenever you need a boost. By providing positive pictures and self-suggestion, visualization can change emotions that subsequently have a physical effect on the body.

Look forward to something

Plan a vacation, a weekend, or a fun day trip. When stress strikes, recall the near future. Everything seems a little bit easier when you have a trip planned. You are willing to work more hours and tolerate the little things that usually make you crazy.

Something new

Learn to do something new. You will reassure yourself that, with some thought and preparation, you can tackle the unexpected. You will also build your knowledge base and gain self-confidence by being able to adapt your knowledge to new tasks. Take a class or learn about a remote geographic location. Better yet, do it hands on: tune up your car or motorcycle, learn to sew, draw or paint or learn to play a musical instrument.

Mingle

Some of us really struggle in social situations such as a conference or a party because they feel they lack the confidence to engage in small talk with people they do not know. They constantly avoid these situations and therefore their confidence does not improve and nor does their circle of friends. So if you get invited somewhere, make sure you go! The more social situations you get in, the more comfortable you will feel making small talk to people you have only just met.

Learn from people

Unless you are one of those fortunate people who were told from a very young age that they could be and do anything, your self-confidence is probably something that needs to be and can be- worked on. So why not learn from those who walk their talk? Buy a book of affirmations and carry it with you. Read it throughout the day to lift your spirits and instill confidence.

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