This introductory Factsheet provides an overview of self-confidence, the benefits of increased self-confidence, some practical tips on how to do that and a brief summary. Could you imagine being admired by others and inspiring confidence in others, facing your fears head-on and taking calculated risks? Self-confidence is extremely important in almost every aspect of life, yet so many people lack self-confidence and sadly most people accept this and do nothing about it, and get in a vicious cycle of doubting their own ability. But the fact you are reading this says you are not one of those. Self-confidence is simply a feeling of trust in your ability, qualities, decisions and judgement.

**Introduction**

**Developing self-confidence**

Two main things contribute to self-confidence:

1. **Self-efficacy** which is when we see ourselves achieving goals. This is something we learn and the reward of hard work to master a skill and leads us to accept challenges and face knock-backs.
2. **Self-esteem** is a more general sense that we have a right to be happy and can cope with what's going on. It comes from the sense that we are competent and successful at what we do and behave in accordance with our values.

**Summary**

**Benefits of increased self-confidence**

The benefits are literally life-changing and include:

* Higher respect from others
* Face anything head-on
* Can just ‘be yourself’
* Accept other opinions and put your point across with courage
* Great resilience
* Improved performance
* Socially very comfortable
* Better mental, emotional & even physical health
* A role model to others
* Freedom from self-doubt & anxiety

These are just a few of the benefits happy confident people experience.

**How to develop your self-confidence**

Firstly decide to take action to be confident, and as part of that consider: visualise success – you being resilient, confident, assertive, practise positive self-talk/affirmations and positive emotions, set achievable goals & take on challenges, look the part and have confident body language, give attention to your physical wellbeing, embrace change, decide to tackle issues & problems head on, read, watch & listen to inspirational material and people, praise the good in others, don’t let others predict your future – you do it! Finally, make the commitment now to unstoppable self-confidence, re-invent yourself, practice, practice and practice being confident and write a letter to yourself of all your outstanding qualities. Do this now!

The most important question now is ‘do you want to become a more confident person’? If you do, make that decision and take all out massive action, and then enjoy the benefits highlighted here. Good luck on your journey, an exciting journey to take.