

# 7 Simple Steps to Help Build Your Self-Confidence



a step by step guide on how to increase your self-belief

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# Introduction

Self-confidence is all about believing in yourself and in your ability to succeed. And, if you find it tough to feel confident, this ebook lays the foundations to help you boost your self-trust and confidence skills.

The good news is, you can do simple things to boost your self-confidence. However, in the same way that you wouldn't expect to go to the Gym once and be fit for life, self-confidence relies on consistent improvements on a regular basis.

Doing simple, repeatable things are especially useful.

For example, you can improve your confidence by setting small goals, making healthier choices, taking care of your spirit, and seeking support, etc.

By following the tips found inside, you'll be able to:

- Get to know and accept yourself better.
- Overcome self-sabotaging thoughts and behaviours.
- Develop your skills, learn new things and enjoy new experiences.
- Improve your physical, mental, and spiritual well-being.
- Enhance your relationships with the people around you.

So, let's get started

# 1. Set a SMART Goal

Generally speaking, just saying; *“I want to be more confident”* isn't a very productive goal. Here's a basic guide to get you started...

Any project works better if you have a formal plan. And of course, that includes your *'project'* to increase your self-confidence.

I know it's easy to say something vague like *“I want to enjoy parties”*, or *“I want to make friends”*, etc. Unfortunately, these aren't specific enough to be of much use.



So, make your self-confidence goals, SMART...

**Specific, Measurable, Achievable, Relevant** and then add a **Timescale** to achieve it in. If you really want success then you have to be **SMART**.

Now, the goals you saw above could certainly be used as a starting point, but you'll need to expand on them to make them useful.

Ask yourself questions like:

- How do I want to act around people?
- What do I want people to feel when I'm talking to them?
- How will I stand, or sit, or walk, etc.?
- What thoughts will I have about myself?
- What would I like people to say about me?
- When I'm feeling confident, what benefits will I have?
- What benefits will those around me gain when I'm confident? etc.

Imagine you're designing a super confident character for a book you're writing. You need to have their complete personality worked out before you introduce them to the story.

It's the same in your own life. If you want to increase your self-confidence, you need to get completely clear on the type of person you want to be, then write down those traits.

Once you've got everything listed, check that the personality you want is SMART. So, make sure that the image you have for your future self is..

**Specific** – *You have a mental picture of exactly how this new you will look, feel and behave.*

**Measurable** – *You've isolated each of the traits you'll have and how you'll know when you have them.*

**Achievable** – *You have the commitment to achieve this change and the tools/resources to achieve it.*

**Relevant** – *You know that these changes will move you toward your overall 'mission' for your life.*

**Time-bound** – *You have a timeline for achieving each of these new traits ( the timeline will probably change though ).*

Once you've got this description of your future self, pin it somewhere you'll see it everyday

Spend some time over the next week or so, clearly defining the person you want to be. You'll then be ready to start [taking some action](#) toward your new self.

## 2. Discover Your Why

Okay. Now that you've set your self-confidence targets, one of the most important practical steps to take, is to get some specific motivation.

And, one of the best ways to get yourself motivated is to fully understand your **'why?'**.

It doesn't matter how big, or small the changes you want to make are, discovering **WHY** you want it, is the most motivating approach to ensure success.





To really understand your WHY?, you need to take the time to completely analyse all the benefits you'll get from achieving your goals and all the negative things that'll happen if you don't; and there'll be plenty of each if you really think about it.

To find your powerful WHY ask yourself these six questions:

1. Why do you want this goal? Why is important to you?
2. What would it mean to you personally, if you accomplished this goal?- How would you feel?
3. How would you feel if you didn't accomplish your goals?
4. What sort of person will you need to become to reach this goal?
5. How would your life change if you accomplish this goal?
6. How will this goal impact your family and those you love?

The more things you can think of, the more likely you are to succeed, simply because you'll have so many reasons to keep pushing forward. Say you only have a single reason. it'll be very easy for your subconscious to find 2, or 3 compelling reasons to give up.

Find a compelling **why** and reach your goals much more easily than you ever imagined!

### 3. Step Outside Your Comfort Zone

Everything in life either grows, or dies. And that includes your self-confidence.

If your level of confidence isn't growing everyday, it's dying every day. So your job, is to make sure it grows.

If you want anything to grow, you have to feed it. And with confidence, you do that by trying new things. And most of the time, that's scary! So, I'm going to give you a few simple ideas you can build on.



There's a quote by [Abraham Maslow](#), that reminds us that no matter who we are today, it doesn't have to mean that's who we'll be tomorrow.

*"In any given moment we have two options: to step forward into growth, or to step back into safety" ~ Abraham Maslow*

Every day there's at least one opportunity to [make a positive change](#). Unfortunately, most of those changes require that we step outside our comfort zone.

There's a funny thing about comfort zones though..... Once we've stepped out and done the activity once, or twice, that activity becomes PART of our comfort zone! It's only start outside of it, because we haven't tried it yet.

Once you've tried something new, it doesn't really matter if you don't do it again. You've done it once, you've had a success and that's what's important.

Clearly, if you do it a few more times, it becomes comfortable and possibly even enjoyable. But, success breeds self-confidence. So even if you commit to one small step outside your comfort zone each day, each success will bring with it more confidence in your abilities.

Even though the wild monsters that hunt outside your comfort zone sometimes seem scary, you can defeat them!

Small, simple steps will get the job done. Whenever you see a situation that can help you grow, think of a simple action you can take to help you move toward it.

Some ideas are...

- Say “Hello” to a stranger every day.
- If you see a nice looking garden while you’re out, hand deliver an anonymous ‘Thank You’ card for brightening up your day.
- Call in on an elderly neighbour and ask if they need anything from the shops.
- Strike up a conversation with a co-worker from a different department.
- Leave a comment on a web site you visit.
- Search on Facebook for someone you haven’t seen since you left high School/College.

There are so many small ways, you can move one step outside your comfort zone every day. And before you know it, each of these things will become part of your new comfort zone. Once it does, go one step further.

After all, every marathon starts with one simple step. Every great discovery started with one simple action. Small steps can produce powerful changes. Keep taking small steps and before you know it, you’ll be doing things you never thought possible.



We then convince ourselves that this scenario will 'definitely' happen to us! And although logically, we know it almost certainly won't, it's all our subconscious needs to put a barrier up.

And that's why asking yourself, what **realistically** might happen, is a much better strategy.

Let's take a simple example.

You're asked to update everyone in the morning Company meeting on your current project. The issue is, you despise the thought of public speaking, even to people at work.

So, your mind goes off, laying out all of the terrible things that could happen to you...

- Everyone will laugh at you behind your back because you were so bad.
- They'll tell each other how useless you were, and wonder why anyone would think you could do the job.
- They'll just talk amongst themselves rather than listen to you.
- They'll start jeering because you're so bad at speaking to a group.
- Etc.

That's a usual response when something is outside your comfort zone. But, what is likely to happen?

- Clearly, the people present will know less than you about the project, so will have no idea whether you know what you're talking about or not.
- At least some of the people present will be thinking, "I wish I was able to stand up and speak to people like that"

- It's quite likely that some of the people are just wanting the meeting over with, so don't really care what you're saying anyway.
- Etc.

So, the moral is just to ask yourself "What realistically might happen?"

Once you've got a handle on the reality, taking a step outside your comfort zone doesn't look so daunting.



## 5. Aim for Results, but Watch for Outcomes

It's unfortunate, but true, that not every goal you set will be achieved.

I mean, it's called a goal because it something you want to achieve. But there's a process and a range of possible problems and issue to overcome on route.

Sometimes you won't get there. Fortunately, there's always something to be learned along the way. So, learn to recognise good outcomes.

Whatever you do in life will have an outcome. Even choosing not to do something will have an outcome! If you remember to watch for good outcomes, you'll always be learning something new.



For example, you might have wanted to be able to address the room at a local neighbourhood watch meeting, but your nerves got the better of you and you just sat and listened to everyone else speak.



After the meeting though, you went and spoke to 2 people who did speak at the meeting, and discussed your views with them.

Your original goal didn't succeed, but you spoke with 2 strangers. That was a worthwhile outcome and one you can build on in the future.

Especially with self-confidence, the little things can make a huge impact.

## 6. It's Good to be A Failure

I know, nobody wants to be a failure! But, it really can be a good thing, if you just look at it the right way.

Firstly, you need to understand that failure is a fact of life. Believe it or not, the most successful people in this world are those who failed the most!

Some of the most brilliant minds of our time, got there because every time they failed to achieve the result they wanted, they looked at it as another step closer to getting it right next time.



A great example of this, is when [Thomas Edison](#) had developed the first truly useable incandescent light bulb. He was asked how he managed to continue in his work when he'd had so many failures? His answer was simply that he'd

had no failures, but he'd discovered ten thousand ways his light bulb wouldn't work the way he'd hoped!

It's very easy to lose heart and give up after your fantastic goal appears to fail at every hurdle, when in truth, the only time you can really fail is when you stop trying. The tip here then, is to find the good outcome in every failure, then build on that next time.

There are some great quotes from some very wise people, regarding what most of us refer to as failure;

[Henry Ford](#) said, *"Failure is the opportunity to try again more intelligently"*.

[Oliver Goldsmith](#) said, *"Success consists of getting up just one more time than you fall"*.

[Michael Jordan](#) when asked about his immensely successful basketball career replied, *"I have missed more than 9000 shots in my career. I have lost almost 300 games. On 26 occasions I have been entrusted to take the game winning shot... and I missed. I have failed over and over and over again in my life, and that's exactly why I succeeded."*



This shift in focus can make you feel more secure in yourself and your abilities.

Also, gratitude can help you cope with setbacks and challenges. When you can take the time to reflect on the positives in your life, you build up resilience and develop a mindset that can help you navigate difficult situations with more confidence and grace.

So, being grateful isn't just about saying "thank you"; it's about nurturing a mindset that can empower you to feel more confident, capable, and content in your own skin.

Being grateful not only helps you appreciate what you have, but also empowers you to face life's ups and downs with a sense of confidence and inner strength. It's like a superpower that can transform your outlook on life and how you perceive yourself.

Here is a list of things to think about, to get you started:

- **Health:** Being grateful for good health, the ability to move, see, hear, and experience life without major health issues.
- **Family and Friends:** Appreciating the love, support, and companionship of family members and friends who are there for you in good times and bad.
- **Home:** Gratitude for having a safe and comfortable place to live, where you can relax and feel secure.
- **Food and Water:** Being thankful for having access to nourishing food and clean water to sustain your body and well-being.
- **Education:** Appreciating the opportunity to learn and grow, whether through formal education, or life experiences.
- **Job or Income:** Gratitude for having a job, or a source of income that allows you to support yourself and your loved ones.
- **Nature:** Being thankful for the beauty of nature, such as sunsets, trees, flowers, and the changing seasons.

- **Freedom:** Appreciating the freedom to express yourself, make choices, and pursue your dreams.
- **Technology:** Being grateful for access to technology that connects you with others, provides information, and enhances your daily life.
- **Hobbies and Interests:** Appreciating activities that bring you joy, whether it's reading, painting, playing sports, or listening to music.
- **Memories:** Gratitude for the experiences, memories, and lessons learned that have shaped who you are today.

These are just a few of the things you should show your appreciation for in your life. I'm sure can think of many others.

Why not get yourself a notebook, or journal and each day, write down 3 things you're grateful for? By the end of the first month, you'll have nearly 100 reasons to be grateful and a much stronger mindset.

## Next Steps

So, there you have 7 simple steps to help you build your self-confidence. Some of them will be easier than others, for sure. But, that's half the fun!

I know you can follow all of these steps. And, in the back of your mind, so do you.

You don't need to be brave, or desperate to start doing these things, you just need to spend some time on Step 2.

If you really want to build your self-confidence, the rest of the steps will be easy.

To finish then, if you want to build your self-confidence you need to...

- Create goals that are SMART
- Get a good WHY
- Step outside of your Comfort Zone, even if it's just a little bit
- Ask yourself, "What's the worst thing that's likely to happen?"
- Watch out for successful outcomes, even if your goal is taking longer than expected
- Don't worry about failing. Just make sure you learn something. *(even if all you learn is not to do the same thing next time)*
- Remember to be grateful for everything you already have.

I sincerely hope this little book has been of benefit to you. If you want to learn more, you can visit the website [ConfidenceUncovered.com](https://ConfidenceUncovered.com), or you can drop me an email at [steve@stevegeorge.co.uk](mailto:steve@stevegeorge.co.uk)