

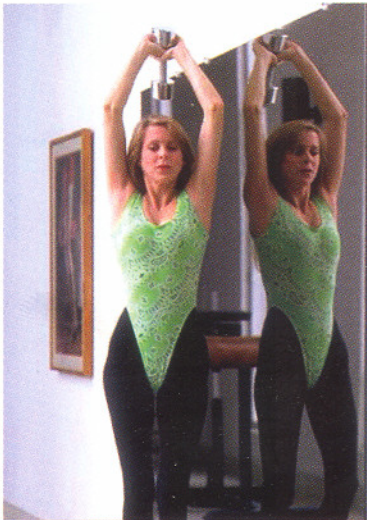
Stress & Self Confidence

Building self confidence is one way to de-rail stress.

A lack of self confidence creates stress in many ways. Take for example a person who owns a business and is asked to take on a big project. He

had all the necessary products and abilities, but deep inside he thought he couldn't do the job. He lacked self confidence!

In the end someone else got the project and made a lot of money, money he could have used to keep his business going.



Here are 13 ways to bolster self confidence.

1. Exercise. By exercising and achieving goals, you bolster your self confidence. Set a goal to run a marathon within the next year and move incrementally towards that goal. With each new increment of achievement you start feeling better about yourself. You don't have to win the race, you just want to finish. When you feel strong and have more energy you also feel more self confident. I once worked with the U.S. women's relay race team on a grueling race up high mountains in British Columbia, Canada. Just being able to finish that race

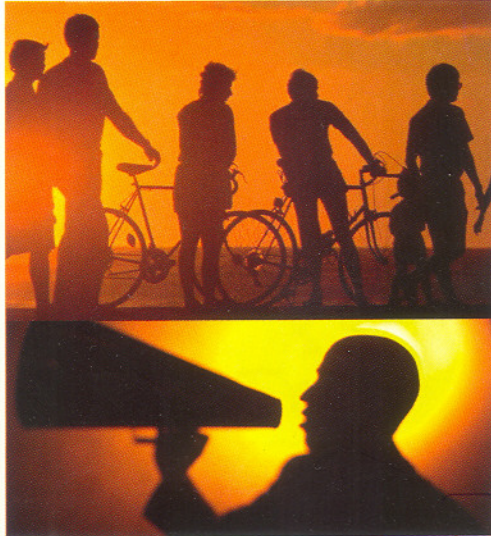
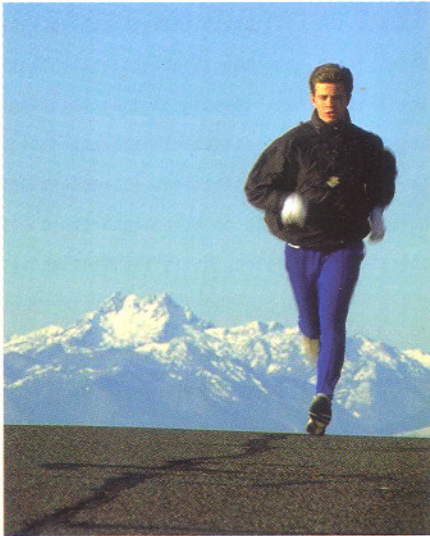
bolstered their self confidence.

2. Create a new body image. If your shoulders slump and your belly sticks out, it's very hard to be self confident. Start lifting some weights and getting in shape. Take the time each day to lift some weights, do some aerobics, floor exercises such as sit ups, swim or jog. Each one of these exercise routines will sculpt your body and when you look in the mirror you feel more self confident and feel healthy at the same time.

3. Get a make over. Image specialists help people choose the right

clothing, hairdo and how to look professional. I've worked with image consultants, and each time they work with one of my clients their self esteem and self confidence sky rockets. Looking good can make you feel great!

4. Martial arts are great for boosting self confidence. I know a young executive who was very shy and wasn't moving up the ladder at work. I recommended that he start taking karate classes and within three years he became a black belt. His whole life changed! He became more self confident, more relaxed, able to focus and was happier. He also got



along better with his wife and kids. Children also become more self confident by enrolling in a martial arts classes.

5. Break out of your rut. Set your sights on achieving something new. Perhaps you have always wanted to join a book club. Now is the time! Perhaps you have always wanted to learn sign language. Get started! Want to join toast masters? Join now! Maybe you want to join a cycling club. Join Now! With each new exciting change you are building self confidence and adding more abilities to your life.

6. Get help from friends. We all need confidence building people around us. Do you have friends who are supportive? If not...it's time to find some. People who let you know you can do anything you put your mind to. Negative, cynical friends degrade your inner strength. Cynical people never make exciting discoveries, such as going to the moon, or building the largest suspension bridge in the world. Let all your cynical friends go and find confident supportive people.

7. Listen to what others say. This does not mean that you have

to change your life to be what others want you to be. But each criticism has a grain of truth. Take the truth and use it to your best advantage (Let your friends be a mirror for you), in the long run you will be happier. Becoming defensive doesn't accomplish anything...on the contrary, it only holds you back. Acknowledge what your friends are saying and move forward in life.

8. Listen to your inner voice. Is your inner voice cheering you on or putting you down? Let go of the negative tape loops playing in your head and start cheering yourself to victory. It takes practice to catch your negative inner voice when it starts nagging, and turn those words into positive statements. In fact that's one of the best ways to bolster your self confidence. Take three negative statements throughout your day and turn them around into positive statements about you and your abilities. Also sit in silence 20 to 30 minutes a day so you can hear your inner voice. It's hard to hear yourself think if you never stop running.

9. Make a list of your strengths. Then make a list of your weaknesses. Then use your strengths to your best advantage and start working on turning

your weaknesses into strengths. Do you lack skills in communication? Then push yourself to be a great communicator. This will create self confidence by gaining knowledge and understanding.

10. Control your feelings. Do you get stress out when your boss wants to talk to you? Then work on being self confident around your boss. Speak up and tell your truth. In the end you will feel much happier. Tell yourself that what you are feeling is only a feeling, and you do not have to be a slave to your feelings...you are in control.

11. Tell yourself you are powerful! Take the time to look in the mirror and look deep into your eyes and say out loud, "I AM POWERFUL." This may seem a little silly at first, in fact you might even start laughing, but that's only because deep down inside you don't believe you are powerful. Keep saying "I AM POWERFUL" to yourself over and over until you believe it with all your heart. This will take a minimum of three months...but never stop saying "I AM POWERFUL" to yourself you need the extra boost everyday.

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12. Learn. Learn from situations that didn't work out and remember next time you'll do better. Wasting energy on being angry doesn't help you feel confident. Let it go and store what you have learned in the back of your mind so you won't make the same mistake twice. Every millionaire has made mistakes, but they don't think of them as mistakes... they think of it as a process of narrowing down what they should do.



13. Give yourself a treat.

When you succeed at doing something outside of your comfort zone give yourself a treat. Perhaps you've been looking forward to going to dinner at a new restaurant. What better way to celebrate your victory. Or you could buy yourself that new book you've wanted. You might want to take a day off and go fishing. When you were a child and did well your parents gave you a toy. But now you are your own parent, but you need fun in your life just as much as you did before...so don't forget to treat yourself for doing well.

It's time to step out of the old you and into the new you. You deserve to be happy, healthy and ready to take on the world. By building confidence you will have the ability to handle stress in the correct way.

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