



SELF-CONFIDENCE

Self-confidence and a strong principle in oneself and the things that you can achieve is a strong trait that an individual can have. When a person has a good character, they find that they can not only accomplish their goals but they can achieve things far and above anything that they ever imagined. In other words, sometimes a person, who possesses a high level of self-confidence, can discover something within themselves that they might not have thought ever existed. Self confidence is about valuing who we are inherently and not about outside actions dictating how you feel about and perceive yourself. Comparing, evaluating and criticizing attacks our self worth, what helps build and discover our inherent worth is compassion toward the self generosity, integrity and challenging our negative beliefs.

Today's story is a great example of this influence of self-confidence.

A tired bird landed on a branch. The bird rested, enjoying the view from the branch and the protection it offered from dangerous animals. Just as the bird became used to the branch and the support and safety it offered, a strong wind started blowing, and the tree swayed with such intensity that it seemed the branch would snap in half.

But the bird was not worried for it knew two significant truths. **The first truth**– even without the branch it was able to fly, and thus remain safe through the power of its own two wings. **The second truth** – it also knew that there are many other branches upon which it can temporarily rest.

This small story tells us a lot about our own self-confidence and courage. We are capable of so much more than we realize in everyday life, and when we can just release our grasp on the physical structures that hold us to the ground, then we start to understand just how far we can fly under our own power.

Throughout the forests of our own lives there are many so-called branches and trees on which we rely on. And while sometimes we do need recovery and shelter, we can also learn as we grow that these sources of safety do not always last – what is really lasting and permanent rests within us, in the form of positive self esteem and belief in our own unique abilities.

Self-confidence is a combination of a state of mind and a strong feeling of self-belief which is commonly used when one needs self-assurance especially in one's personal judgment, power, ability etc. It is that voice which comes from your inside and gives you a boost to do something which fears you. In today's time, there is no place for those who lack self-confidence because there is no shortage of competition now. Infinite number of people possesses it. And, a great many people are achieving their goals using confidence as a ladder. For students, confidence plays a key aspect of their school life. Higher the self-confidence, more the chances of success.

Strong and a self-confident people believe in their abilities. These individuals do not fear taking risks in life. If you have low self-esteem and low self-confidence, then it is very





difficult for you to achieve success in your life. The obvious reason being you are not adequately equipped with what it takes to emulate actions that lead to success. A person who is self confident always speaks slowly. The person knows what to say and what not. To achieve even the smallest goals and to get through life's daily duties and responsibilities you have to have some self confidence.

If you pay attention, you might notice that these self confident people usually are successful in every area of their lives. Is this because they are smarter? Or is it because they have more money? Maybe they are just lucky? The reality is that none of these things are true. Self confident people understand the impact of believing in themselves and relying on their abilities.

This confidence ultimately creates opportunities for success and with each new success; another self confidence building block is put into place. Success builds self confidence with each new achievement. Self confident people perceive themselves as able to achieve those things they set out to do and this perception creates reality in their lives.

Yes, perception creates reality. You can become the person you want to be. You have heard it said that if you can believe it you can achieve it.

So, start believing in yourself, act on that belief, and you will start building self confidence in your life. Building self confidence need certain steps to be followed.

The principle of believing is like a dialing telephone. You get what you dial. If you dial the wrong number (fear, sickness or failure) that's what you will get. You will get it automatically- not as a trick of fate but because you dialed it yourself. If you dial (by intensely believing) happiness, health, success, riches, love, power, popularity, fame – you will get exactly what you dial – not because you are lucky, but because you dialed it yourself by intensely believing.

So, self-confidence is not a gift of God. It has to be cultivated with self –effort and diligence.

.....**Aarzoo.Jalali**



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