

# *Self Confidence*

Self confidence is a **good feeling about yourself** and your capabilities.

So, if you're a self confident person, it simply means that you feel good about **who you are**, and you also feel good about **your ability** to achieve things you want to achieve.

# Where does self confidence come from?

It comes from three powerful abilities that you, like every other human being, possesses:

- ✓ Your ability to think positively about yourself and your capabilities (rather than negatively)
- ✓ Your ability to be certain that you are someone of positive value and have powerful capabilities (regardless of whether others doubt this or disagree with you)
- ✓ Your ability to continue thinking positively about yourself and your capabilities, in any situation or circumstance, no matter what!

# Benefits of self confidence

- ✓ Greater self worth
- ✓ More happiness and enjoyment
  - ✓ Freedom from self doubt
- ✓ Greater strength and capabilities
  - ✓ Freedom from fear and anxiety
- ✓ More peace of mind and less stress
- ✓ More energy and motivation to act
- ✓ More beneficial and enjoyable interactions with others
  - ✓ Better sleep & health



“Incredible Practitioners to empower adults  
with disABILITIES through  
Education, Employment & Social Entrepreneurship”

# Tips to Boost Your Self-Confidence as entrepreneur

1. **View rejection as redirection:** “When one door closes, you have the option to give up, or build an entirely new house” .
2. **Stop waiting for permission:** someone builds confidence by taking action on his/her ideas, not by sitting around waiting for everyone to believe in him/her.
3. **Trust your intuition:** trusting your gut can be critical when it comes to making the right choice.
4. **Be honest with yourself:** Are you running your business the way you truly want to? The only way we can achieve true long-term success is through authenticity.
5. **Don't make someone's opinion of you your reality:** other people's opinions of you do not need to become your reality.