

## Confidence

Confidence means feeling sure of yourself and your abilities — not in an arrogant way, but in a realistic, secure way. Confidence is not about feeling superior to others. It is a quiet inner knowledge that you are capable.

Confident people:

- feel secure rather than insecure
- know they can rely on their skills and strengths to handle whatever comes up
- feel ready for everyday challenges like tests, performances, and competitions
- think "I can" instead of "I can't"

### Why Confidence Matters

Confidence helps us feel ready for life's experiences. When we are confident, we are more likely to move forward with people and opportunities — not back away from them. In addition, if things do not work out at first, confidence helps us try again.

It is the opposite when confidence is low. People who are low on confidence might be less likely to try new things or reach out to new people. If they fail at something the first time, they might be less likely to try again. A lack of confidence can hold people back from reaching their full potential.

### Believing in Yourself

Has someone told you that you are smart? Funny? Kind? Artistic? A good student? A good writer? A good athlete? When people praise us or recognise our skills and capabilities, it can boost our confidence — *as long as we believe these good things, too*. If you have ever doubted the good things people say about you, that's the opposite of self-confidence.

To feel truly confident, you need to *believe* you are capable. The best way to get that belief is through using your skills and talents — by learning and practicing.

Confidence helps us move forward to discover and develop our capabilities. When we see what we are capable of and take pride in our achievements, confidence gets even stronger.

### Resources:

*How to feel more confident*

*Understanding Self Confidence worksheet*

*Building your self confidence*

### How to build self-confidence

<https://au.reachout.com/articles/how-to-build-self-confidence>

### 5 Ways to help build a friend's self confidence

<https://abovetheinfluence.com/5-ways-you-can-help-build-a-friends-confidence/>