

Title:

Six Steps To Self Confidence

Word Count:

1200

Summary:

Six easy to follow steps that will increase your confidence and launch you toward the life you

Keywords:

self confidence, self-confidencepersonal development, confidence, self improvement, personal g

Article Body:

I am sure everyone will agree that you cannot achieve much in life without a good deal of self

The way you feel about yourself, how you see yourself and believe others see you, is a key iss

When Hannibal told his generals he wanted to cross the Alps, with about 38,000 infantry, 8,000

Here are some points to follow that will help you develop a similar level of self-confidence:

As best you can, stop berating and judging yourself harshly. There are numerous people in the

Seek out the company of people you want to emulate. Look for self-confident people to mirror.

Be a person who is true to their word. Take action when you vow to take action. Follow through

Feel the fear and do it anyway! If you stand up and face that thing that you are most afraid o

Keep a diary of all your achievements not matter how small and don't let others ridicule you f

Finally when you go to bed at night let your mind think of all the achievements you had during

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