

How to Build Self-Confidence

9 Tips

TO DEVELOP THE CONFIDENCE YOU'VE ALWAYS WANTED

1. **Create quality relationships.** Develop good working relationships with a positive mindset about people. It makes the job and life more fun and rewarding. Stretch ... ask people for lunch, coffee, or after-work activities. Also, schedule and honor any alone-time needed. It lets others know you're confident in yourself and you believe in others.
2. **Be a team player.** Welcome others' ideas and concerns while believing they'll create a better result. Don't forget to share the credit. It shows confidence when you share your and others' ideas.
3. **Focus on strengths.** Pay attention to your strengths and address your weaknesses ... everyone has both. For example, if you wish to be a project manager, work with your coach and develop strengths in listening, building on others' ideas, and delivering intended results. It shows confidence when humbly honoring your skills and abilities.
4. **Don't settle for what seems easier (aka mediocrity).** Challenges can build confidence when addressed with honesty and when taking responsibility. Take the extra steps to get the job done right the first time and deliver outstanding results. It tells others you believe in them, your project and services, and yourself. A confidence builder.
5. **Be coachable.** Asking for and accepting guidance from your boss, executive coach, or mentor makes achieving goals more rewarding. Be open to hearing what you don't want to hear, regardless of how it is delivered. It speaks volumes while building confidence.
6. **Pursue actions today to fulfill tomorrow's goal.** If a new home is important, brown-bag your lunch. If a promotion is your goal, get the certificate, degree, or other advanced training required. Honor these goals by taking the right actions and developing the skills to fulfill on them. Feel your inner confidence grow.
7. **Focus on what's important.** Everyone values people, things, and activities to differing degrees. Honor what is true for you. For example, if it is family time, create special after-work time, vacations, and family classes (e.g., learning a second language, etc.). Confidence is built step-by-step and day-by-day by the beliefs and practices embraced.
8. **Practice self-care.** Take time to talk out concerns, exercise daily, and keep a private journal of successes and gratitudes. Remember, building self-confidence is a life-long practice.
9. **Practice integrity.** Ethics matter -- make the right decisions (even when unpopular), have the tough conversations and tell the truth. Confidence-building occurs when you effectively handle the difficulties in your life with integrity.

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Jeannette Seibly is The Leadership Results Coach. She has guided the creation of three millionaires and countless 6-figure income professionals. During the past 29 years, she has become an award-winning international executive and family business management consultant, keynote speaker, and author. Unsure about how to resolve a sticky issue or relationship? [Let's chat!](#)

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