

6 Superpower Tools to Build Self Confidence

Confidence is a powerful tool. It allows you to grow or achieve new milestones and inspire confidence in others; friends, family, co-workers, clients. It is the superpower that has allowed ordinary people to believe they can do extraordinary things like run a sub 4 minute mile, walk on the moon, or become president. Confidence can be credited with the ability to enhance physical capabilities. Were you watching when Usain Bolt set new world records in both the 100 meter and 200 meter run at the 2008 Beijing Olympics? When you are confident, you perform at a higher level. The ability to gain the confidence of others is one of the key ways to succeed, it invites trust and inspires confidence in others. Being able to acknowledge failures and mistakes, and learn from them is also an important component of self-confidence.

Self-confidence is essential when you feel like giving up, or when you need to put together a winning team to attain shared goals. Being confident helps you build relationships, effectively handle conflict, and seek new opportunities. So how can you build self-confidence? How do you create a mindset based in the belief in what you can achieve in order to attain high levels of achievement? Below we explore six ways to increase confidence to help you achieve any goal you set for yourself.

#1 BUILD CERTAINTY

Others are more likely to respond well when you project a positive self image and this positive feedback will help you to believe in yourself. Body language, the way you speak, your energy and enthusiasm as well as your knowledge or expertise all contribute to a positive self-image.

Making eye contact when you meet someone is one of the quickest ways to exude confidence and connect with people. Maintain eye contact while you talk. It shows you're interested in what the other person is saying, and that you're taking an active part in the conversation.


Confident body language is a key ingredient to your formula for success. Your posture, your breathing, your hand shake, your smile are all a part of your body language. Standing tall, breathing deeply, and walking purposefully will make you feel stronger. By changing the way you move your body, you can control how you feel and the way you present yourself. Confidence follows your actions. Develop your own power pose to increase confidence, connect to your inner strength, and learn to carry that strength into every interaction.

When you positively visualize something over and over again, your mind begins to believe that it has already happened. Where the mind goes, energy flows. When it's time for you to perform, you know "you got this." That's confidence. Think of yourself succeeding and do your best to minimize any thoughts of failure. In fitness, visualize yourself stepping on the scale and hitting your goal, stepping on stage and winning your class, or even walking into the gym and having a great workout.

#2 GOOD HABITS HELP BUILD CONFIDENCE

Developing good habits will help to improve your self-esteem. Regular exercise, a healthy diet, and getting good rest can dramatically improve your physical and mental health. Starting your day with meditation and/or positive affirmations can reduce anxiety and set the tone for the day. These are actions we can start today to improve self-confidence.

What you feed your mind; what you read and watch affects your confidence. It's definitely what makes an underdog sports story both popular and inspiring. Documentaries, inspirational quotes and learning new topics or skills that will help you reach your goals or face your fears are all small steps you can take to help improve your confidence by conditioning yourself to believe in you. Increasing your ability to execute tasks, control your own behavior, and attain goals strengthens your decision-making skills and helps build faith in yourself as well as helping you make good choices towards achieving the results you desire.



“ When you are confident, you perform at a higher level. ”

#3 CELEBRATE THE SMALL SUCCESSES

Identifying things that you're good at, based on your past achievements will increase your self-confidence. Knowing "I can do this, and here's the evidence" and reliving moments you're proud of can help you push towards small successes. Focusing on positive achievements and channeling moments of pride can ultimately help build your confidence.

Create experiences of success by establishing small goals that challenge your ability. Set goals that play to your strengths, minimize your weaknesses, and take advantage of your opportunities. Reaching new milestones boost your confidence because you have done something that you haven't done before. Incremental improvements will give you the confidence to go even further. Seeing how far you've come is a key way to develop self-confidence. That's why weekly fitness check-in pictures are so important; so you can see how you are transforming! Confidence comes from within and is built by focusing on the positive. Shifting your perspective from negative to seeing past failures as the foundation for understanding how to create opportunities enables you to learn from mistakes and build confidence by adopting a growth mindset.

Finally, it's ok to take credit for your achievements as long as you can do it in a way that doesn't make you come across as bragging. Yes it makes you look good, but more importantly, it makes you feel good and that validity builds confidence.

#4 THE COMPANY YOU KEEP MATTERS

Whatever you want to achieve in your life, surround yourself with people who inspire, support and elevate you. A mentor or training partner who will not only support you but challenge you to be better. Being around high achievers significantly influences your confidence and fuels self belief. Many athletes use this technique to help them perform at a higher level. They see people they considered "peers" doing well. They ask themselves "Why not me?" The moment you think you are capable of reaching the same heights, your confidence gets a boost.

General cliches are nice, but if you want to increase your confidence in completing a task successfully, look for specific advice. When you hear something specific, you are able to take action which in turn gives you confidence that leads to success. For example, Playing tennis? Something specific that will help might sound like this; "use topspin on the ball to keep it hitting deeper and higher" versus a general statement like, "you can beat him". The more frequently you make small wins, your confidence in your abilities increases. Just make sure the advice you get comes from a source that you trust and consider knowledgeable!

#5 TRUST THE PROCESS

Knowing that, "Those that have the most success, follow the plan" can give you the confidence to push through your process. If you believe you can't achieve success, your confidence will suffer. So, it stands to reason, trust and focus on the small steps it takes to get to your end goal rather than just focusing on the end goal. You will find

Self-Confidence TRANSFORMS

Tomika Smith-Before & After



that the desired outcome will take care of itself. Going to the gym every day and completing your workout, doing your cardio and getting in all your meals for the day is a win. Do it everyday for a week and that's another win. Lose a pound at the end of the week and you win again. Before you know it you, the consistency of the process has helped you lose 20lbs!

#6 LOVE YOURSELF

The most important step to total confidence is self love. Determine your values, be proud of them, and appreciate who you are and what makes you different from everyone else. This allows you to conquer the beliefs that limit you, and limit what you think you are capable of or what type of relationship you deserve. Thinking positive can help you replace limiting beliefs with empowering beliefs. Instead of thinking about all the things that can go wrong or that you can't control, think about the things that are going right and see the bright side of situations. What you focus on becomes your reality. You control the way you feel, including whether or not you feel confident. Confidence is an emotion that creates the feeling of certainty that you can accomplish what you set out to do. Shift your thoughts from negative to positive and you will find your confidence growing.

With small consistent changes to your lifestyle, you can create a confidence building plan to trust your own judgment and abilities. Short term strategies to project self confidence, developing good habits and reviewing past achievements will put you on a path to developing your superpower. Celebrating small successes, surrounding yourself with positive influences, trusting the process, and learning to love yourself will help you grow the confidence to achieve anything you want.