

“Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight or any experience that reveals the human spirit.” — E.E. Cummings

Self-Learning to Improve Your Confidence

Have you ever wanted to improve your confidence? Maybe you are starting a new job or have a long-awaited opportunity and you want to make a strong impression. We can all benefit from increased confidence.

Psychology Dictionary Online defines self-confidence as an individual's trust in their own abilities, capacities and judgments or belief that they can successfully face day to day challenges and demands. A more common definition of self-confidence is your opinion of yourself.

Self-confident people are happier, more energized and motivated. Children with high self-confidence perform better in school and later in life have higher job satisfaction.

People are not born with low self-confidence however, an unhappy childhood, poor academic school performance, poor treatment from peers or authoritative figures may contribute to lower confidence.



“Teaching yourself something new always leads to increased confidence.”

Self-learning is a powerful tool to improve self-confidence. Self-learning is any education or learning that you initiate yourself, away from the setting of formal education. Psychologist Maud Purcell says, self-confidence develops from self-learning because as your learning increases your belief in yourself reliance and follow through also increases. Teaching yourself something new always leads to increased confidence. You start to believe and know that no matter what the situation, condition or obstacle you will be able to figure it out. You will be okay no matter what happens!!

Below are three self-learning tips that can be introduced into your lifestyle:

- 1. Finding What Works Best for You:** There are many ways to learn. Give yourself the chance to find techniques that work best for your brain. Some find reading aloud, taking handwritten notes or dictating your notes and thoughts helpful. Discover what works best for you and stay consistent.
- 2. Set Realistic Goals:** Set goals that realistically fit into your life as well as your other commitments. Some studies have proven that learning in short, frequent blocks helps to retain information and avoids learner fatigue. When you learn new information, review it and share the information with others.
- 3. Prepare and Maintain Your Learning Environment:** It's important to create a study space that allows you to concentrate. Set aside a table or desk with adequate light and few distractions.

We can't change our past, but we can create a space for a new and better future by starting to believe in ourselves. Self-learning is something that you can start today. Resources through the internet are readily available. YouTube videos are a wealth of information as well as your local library. You only have to give yourself the time and space to get started.