

Self confidence

Self confidence is a tool you can use in your everyday life. It is just like a reflex action to the level of performance required at any point of time either you chose it or lose it. Few steps are listed below to boost your self confidence

1. Learning is a way of life. Learn cheerfully with full attention and concentration.
2. Do not consider that your best friend or your partner knows more or can do things better than you. Help yourself and believe that you are one of the best. Believe that you can do most of the things.
3. Be clear about the things that matter to your focus on how you can be helpful to others rather than being nervous about yourself. Everyone has some dark spots in life.
4. Write down your short comings/weakness and try to remove, minimize or diminish them.
5. Look towards your goals, great wins or success you have experienced and give credit to yourself. Recognizing your achievements is always healthy.
6. Do at least one thing every day that makes you smile. Cheerful nature/smile on your face makes more friends.
7. You should have positive patterns of thought. Always in high spirits/Chardi Kala
8. Learn to tell yourself that you can do it you are good enough to get what you want
ਨਿਸਚੈ ਕਰ ਆਪਨੀ ਜੀਤ ਕਰੋਂ
9. Don't think for a second that you can't be confident. You have already done bigger loads of things with your natural confidence. Listen to your doubts, clear them and take decisions.
10. Do not attempt thing half heartedly, prepare yourself for every eventuality bravely & come out successful.
11. Do not limit your thinking or behavior to old treaded paths only. There are always unknown/first time things that will come in your path. Set your steps firmly always keeping goal in mind.
12. Be honest to yourself and just not scared. Think clearly/positively and be ready to make sacrifices of your time and energy for your own betterment and results.
13. Always think you can match any body for any situation you might find yourself, no matter how tough the going gets.
14. Always pray to god for guidance/His blessings and be ready to receive it with humility and folded hands.

ਜੇ ਮਾਗਹਿ ਠਾਕੁਰ ਅਪੁਨੇ ਤੇ ਸੇਈ ਸੇਈ ਦੇਵੈ ॥

We always grumble and say I deserve better than this, take a step back and say always, I can be better than this with your self determination.