

ਰਜਿ: ਨੰ: 1147/2002

ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ॥

ਸਤਿਨਾਮੁ ਸਰਬ ਕਲਿਆਣ ਟਰੱਸਟ (ਰਜਿ:)

ਆਫਿਸ: ਫਲੈਟ ਨੰ 204 ਬਲਾਕ ਆਈ ਸੈਕਟਰ 117 ਵੈਲਿੰਗਟਨ ਹਾਈਟਸ ਟੀ.ਡੀ.ਆਈ ਐਸ.ਏ.ਐਸ ਨਗਰ ਮੋਹਾਲੀ

email: kirtsahyogsskt39@gmail.com, www.satnamsarabkalyantrust.org, Youtube: Satnam Sarab Kalyan Trust

19-01-2021

ਖ਼ਾਲਸਾ ਮੇਰੋ ਰੂਪ ਹੈ ਖ਼ਾਸ ॥ ਖ਼ਾਲਸੇ ਮਹਿ ਹੋ ਕਰੋ ਨਿਵਾਸ ॥ ਇਸ ਪੰਗਤੀ ਤੇ 10 ਲਾਈਨਾਂ ਵਿਚ ਆਪਣੇ ਵਿਚਾਰ ਲਿਖੋ।

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

ਵਾਹ ਵਾਹ ਗੋਬਿੰਦ ਸਿੰਘ ਆਪੇ ਗੁਰੂ ਚੇਲਾ ॥ ਇਸ ਪੰਗਤੀ ਤੇ 10 ਲਾਈਨਾਂ ਵਿਚ ਆਪਣੇ ਵਿਚਾਰ ਲਿਖੋ।

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

ਵਿਦਿਆਰਥੀ ਦਾ ਨਾਂ ਤੇ ਹਸਤਾਖਰ

ਨੋਟ : ਇਸ ਪੰਨੇ ਤੇ ਵਿਦਿਆਰਥੀ ਆਪਣਾ ਨਾਂ ਲਿਖ ਕੇ ਹਸਤਾਖਰ ਜ਼ਰੂਰ ਕਰਨ।

.....

.....

.....

CONFIDENCE

Confidence is belief in oneself or one's powers or abilities. Some people are born confident and some work hard to accomplish it over time.

Everybody lacks confidence in something or the other. Some for giving speech in front of the audience while few do not accept their appearance and some fear competition. Many people lack self confidence and self esteem to live happy and healthy life.

First and foremost way to gain confidence is to look deep inside of yourself and believe that you have the ability to do anything and everything. You can face challenges and overcome obstacles coming in your way. As you start believing in yourself others will start believing in you. Nothing can hold you back from being the best. You have the ability to control your life. Take a stand and control your own destiny. You can recall many incidents in your life in which the possession of confidence was the deciding factor between success and failure.

Some important tips to improve your confidence

1. Groom yourself
2. Dress nicely
3. Think positive
4. Kill negative thoughts
5. Get to know yourself
6. Exercise
7. Focus on things you can change
8. Celebrate your achievements however small they may be
9. Connect with your teachers and people who love you
10. Read good books

While appearing for Test, competition or interview you will feel that your confidence often enhances your performance and brings success. When you prepare well, acquire knowledge and work hard it automatically breeds confidence. You can never be intimidated if you have confidence. When you feel confident you are more likely to remain cool, calm and relaxed under pressure. You become bold, stronger and courageous if you start believing in yourself confidently.

Confidence makes you feel that you have won half the battle at the start. Everything seems to go right for these people and they are always successful in everything they do. So people who believe in themselves and rely on their abilities. Success or achievements, they build more confidence. Finally their perception creates reality in their lives.

ਨਿਸਚੈ ਕਰ ਅਪਨੀ ਜੀਤ ਕਰੇ