

# The keys to becoming Confident

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# LEARN HOW TO BE CONFIDENT

When it comes to dating, **confidence is the underlying biggest ‘turn-on’ for people.** There is no denying that confidence is sexy and people are attracted to it. Not only that, but it will also help you ask for a date.

But there is good news for those who lack confidence – Confidence is a skill people learn. It is not part of the gene pool, so no one is born with it.

Confidence is also tricky. Too much confidence can come across as arrogance, but if you don't have enough confidence people may treat you like a doormat.

What is unusual about confidence is that you can **fake it until you make it.** In other words, if you put on a confident front it can help make you feel confident on the inside and when you start to feel confident on the inside it is obvious on the outside.



# CONFIDENCE GUIDELINES

- **Consider your posture**
- **Smile**
- **Have a firm handshake** – When you meet someone for the first time in a new situation, confidently hold out hand and give a firm handshake. This applies to both men and women.



- **Use positive eye contact** – When you look someone in the eye you are telling him or her you are strong and confident. **Note:** Don't turn it into a war of wills, or a staring contest, and remember to look away occasionally.
- **Use a strong voice** – The sound we produce with our vocal chords can be strong, powerful, smooth, sexy, etc. It is a great instrument. It also says a lot about who we are; that is, speak too softly and people may assume you are afraid to speak up. A simple guide for speaking is breathe, speak slowly and speak up.
- **Use your Diary of Victories** – Refer to the section on page 5.

# SELF-ESTEEM

**Confidence is ultimately an expression of self-esteem.  
Self-esteem is definitely something you can work on.**

Try these suggestions to boost your self-esteem:

- **Do something challenging** – Do something you would normally think you couldn't do. That might be as small as reading Romeo and Juliet or as extreme as doing a sky-dive. Whatever it is, push your boundaries and when you succeed at it you will like yourself more.
- **Do some volunteer work** – Besides being a great way to help others and meet potential dates, you will garner appreciation for your work and who you are. This is certain to boost your self-esteem.



- **Practise positive self talk** – Every day we look in the mirror at least once and some of us forty times or more. Each time we look in the mirror we tell ourselves things. The self-talk can be positive or negative. People tend to be negative in their self-talk, but we do have a choice. Make an effort to say positive things about yourself when you look in the mirror.
- Every day we all look in the mirror at least once and some of us forty times or more. Each time we mirror-look we also do a self-talk. The self-talk can be positive or negative. People tend to be negative in their self-talk but we have a choice.

# DIARY OF VICTORIES

By keeping a Diary of Victories you will build up your self-esteem. It will help increase your confidence and chances of dating.

- Buy a book to use for a Diary of your Victories.
- Write in the book when you feel good about something in relation to dating and/or succeed at a task.
- Read this Diary of Victories at the end of each day.
- Carry the diary with you and read it whenever you need to feel good.



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