E5 Leader

CONFIDENCE

- Some people are prone to it; others are not.
  - Everyone can build it.
- Secrets to building confidence:
  - Talk out loud.
  - Speak words of positivity to yourself to bolster confidence.
- Focus on the things which you are good at.
  - What are your talents, your skills? Recognize the attributes of positivity in your life and stick in that vein. The longer you associate with confidence, the more confident you will become.

- The confident person sometimes has so much that it exudes and breeds confidence in others.
  - If you're lacking confidence, get around somebody with a confident nature to help build up yours.
- Familiarity makes you comfortable. In that comfort, you can gain confidence.
  - If you fear something, attack it! Learn to get good at it, you'll gain confidence.
- Confidence should be respected.
  - Over-confidence can cause harm.