

## Research Paper

## THE ROLE OF CONFIDENCE IN LIFE

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*Confidence is to life, what testosterone is to a man, if not more. Life without confidence is like a racing car, running on a 100 cc engine. In true sense, dearth of self-belief can take away all the fun in the roller-coaster ride named life. You will never be able to touch the high points of life, if you are unable to find the self-reliance required for it. Confidence is something that is inculcated in you through your own efforts and unlike physical strength cannot be attained by brutish training. Confidence is related to your mental well-being and determines the actual course taken by your life.*

Imagine a situation where in you are supposed to hit the court to play an important basketball game and just when you are dressing for the impending match, someone tells you that your shooting hasn't been too good recently? Though confidence players would just ignore such a comment and move on, those who are low on confidence will be affected badly and their game will deteriorate further. The common condition like stage-fright and nervousness also occur due to lack of confidence. Not only in scholastic or professional life, but in personal life too, people who are seen to falter in the following lines, we have provided detailed information about the signature of self confidence in the various stages of life.

**Signification of self confidence in life****Role of confidence during education**

In school and college life, confidence helps us in going ahead and choosing the subjects and sport that we prefer, instead of leaving us on the mercy of our own grades or teachers. Sometimes we are afraid of picking up something, in which we are not good enough. In them confidence helps us in choosing what we want and not the least that we are eligible achieving pleasing result for newer things gives us a new high, further increasing our confidence levels. Confidence is also vital for coming out victorious during crucial times such as exams.

**Role of Confidence In Professional Life**

In professional life, confidence is the key to success, Right from getting selected for a better job to winning the coveted promotion, confidence is your ticket to success. Important decisions regarding your career at a crucial phase can only be made if you have confidence in your self. Self confidence becomes more important for people who are self employed run businesses and corporate houses as each decision of their affects multiple people and enterprises Lack of confidence will lead to missed opportunities remorse and even wrong decisions taken out misguidance.

**Significance of confidence**

In personal life, confidence plays the role a leader, friend partner and protector right from your first baseball game to your marriage, everything depends on the amount of

confidence you instill in yourself. A lot of young people suffer emotional stress and mental disorders due to the lack of self believe and eventually get detached from their surroundings. Remember life is going to throw new challenges towages you at every turn and corner. If you lack confidence you are bound to brick and fall apart. Leading a successful life is a bigger chance in today's word than ever before. Confidence is like that steel back bone which keeps you standing through all the whirlwinds in life.

Confidence is the growth hormone for an individual personality development without confidence, a person's growth in his life; personal, professional and social remains stated If you wish to become a pioneer of sorts by leading your field of work then confidence is the first weapon you need to have in your repertoire keep in mind that confidence can be yours if you leave fear. Just stop worrying about failure and work towards you goals. Believing in you can be the key to success. Remember, winners do not do anything deferent from you, they just do the same thing you do but in a different fashion in simple words, you say that they do the same thing with confidence.

**How to gain confidence**

Do you cringe each time youview yourself in the mirror and sadly wish you were someone else? Do you get tongue-tied and nervous when you have to, for any reason, interact with strangers? Do you keep criticizing yourself when you have to for any reason interact with strangers? Do you keep criticizing yourself constantly for doing thing the wrong way? All these traits just point one thing- that you majorly lack in self confidence. While there can be varied reasons behind your lack confidence, just remember that you do not deserve this and don't have live like this your whole life!

**Tips on How to Build Confidence****Like Yourself**

The very first key to becoming self confident is by liking yourself. It is a felling that will slowly start getting mirrored once you begging appreciating yourself truly. So list down all the positive traits you have in yourself. This could be things like cooking well, being courteous, etc. Whenever you feel dejected, just see this list and remind

yourself that you too possess praise worthy qualities like others.

### Attend Seminars on Self Confidence

You can also attend seminars themed on building self-confidence, where you can get important tips and guidance in this aspect from experts. See what and how you can incorporate these tips in your daily lifestyle. If attending conferences is not possible, then try searching for information/reading up this issue on the internet, libraries and other such sources. Reading famous inspirational book like *Who Moved My Cheese* and *The Alchemist* can also help you.

### Encourage / motivate yourself

Whether you have to appear for an interview or make a presentation, tell yourself repeatedly that you can do it and do it well. Encourage or motivate yourself each and every day and you are bound to find yourself confidence blossoming. Another way to motivate yourself is by jotting down three to four things on the paper that you did well each day. This will make you feel good about yourself and boost confidence.

### Try Overcoming Fears

Some people nurture a secret fear that they will not succeed at anything they do. One should try to do away with such negative thinking first of all. Think positive and put your 100 per cent in whatever you do. Though maybe in varying degree, but success is bound to come to you sooner or later.

### Accept Failures

Failures teach you more than success does. It teaches you to survive when things are not going smooth, it makes you crave for success more strongly and it also teaches you to appreciate success in the true way when it finally come. It keeps you trounced. So failure is not all that bad as many label it. It is just that you have to take it in a positive way, accept it and move on. It is as much a part of life as success

### Confidence Building Exercises

I am not a has been. I am a will be "Lauren Bacall. Yes it is the 'I' factor that makes that difference. No one can beat a person who strongly believes in himself and has made an identity for himself. Why do you think Mahatma Gandhi had so many followers and why did they follow him blindly to give their lives believing in non violence! It's nothing but his confidence and actions that inspired millions to join him. Success is the synonym of confidence. Never will a person with a low confidence can dream to make it big in his life for he loses the battle in the beginning itself. But the one who considers every failure as the stepping stone to success will cut a path for himself. It is always a pleasure to watch someone speak with his/ her head held high, answering questions assuredly. Ratan Tata, Azim Premji or Narayan Murthy is nothing less than living legends only because they have the confidence to face anything and everything that come their way. They consider ever new problem not as an obstacle but as a new objective. Here are a few tips on how you can go about boosting your confidence.

### Exercises For Boosting Confidence

#### Think Positive

Optimism is the word that has to be circled in the dictionary. An extremely positive mind is what you need to gift yourself. 'I can' should rule your mind when you are not able to cope up with negative things that come as hurdles on your way. Know how to love yourself and be proud of whatever achievement you have made in life, big or small.

You can stick a few posters with quotes on success and confidence on the walls of your room and get inspired by those words each time you read them. Life becomes exiting only with things that you can do and not with the ones you dare not try. Learn to say 'I Can' aloud.

### Find Right Objectives

Be sure about the objectives that you set. Set each goal as per your strengths and your abilities. Categorize the objectives as per your skills and talents and at the end of the day you will be able to harvest the fruit of your confidence through these fulfilled objective. Prioritize each goal, like go for the easier tasks first then slowly raise the challenges. Remember failures can interrupt you but take it as a challenge and march forward. You have to reach the final lap to take the trophy of success securely in your hands.

### Meditation

Listen to yourself. Meditate each day for a new beginning and a fresher day that is in the offering. Consult yourself for taking decisions and persuade your mind to make the best of the decisions.

### Body Language

There are many things that boost confidence in a person from the file that he is holding to the tie that he is wearing. Choose the best outfit that gives you that comfort zone and elevate your confidence. Walk straight with your head held high. This itself exhibits the confidence that is abundant in you. Make the first impression the best one. From a good hand shake to a beautiful smile, everything counts.

### Breathe Properly

Whenever you feel that you are low in confidence, try taking some deep breaths. This is a great exercise to tackle nervousness and can revitalize you.

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