

# SELF CONFIDENCE





What is that significant difference between a contented, happy, successful person and a person who is restless, dissatisfied and defeated? Most of the times, it is one trait: Self-confidence. It is the one trait which makes a difference in how people view themselves, how they view the world around and how the world views them. How vital is the difference! While self-confident people value themselves without being narcissistic, the ones with low confidence neither respect themselves nor others. A self-confident person loves to explore, learn and contribute. A person lacking confidence is scared of change and tries to run away from life. A self-confident person evolves into a solution to the situations in the life. The self-doubting ones become a part of the problem.

“I can shape my own destiny”, a self-confident person believes. He believes in his intrinsic self-worth. His past failures do not deter him; he is unfazed by the uncertainties of the future. The opinions of the world do not rule him; the demanding situations kindle his latent enthusiasm. Self-confident people travel in uncharted paths, they toil hard with patience and discover new destinations.

How can we be self-confident in our day to day lives? While there are many factors influencing the magnitude of our self-confidence, we will consider one factor which is far more significant than others. Building a ‘vision’ for ourselves enhances our self-confidence. This self-confidence in turn enables us to strive for the ‘vision’.

When we prepare a vision statement for ourselves with due care, our mind is attracted to it. Once in a while we start thinking about our vision, we dream about it and gradually become rooted in it. The vision makes us stretch ourselves beyond our comfort zone. It brings out from us qualities like strength, courage, steadfastness. We become more self-aware. We become more confident that we can strive for the goals to attain the vision. Self-confidence germinates from deep within! With this new-born self-confidence,

we roar in our own minds, “Come what might, I shall strive and succeed!” All the while, the ‘vision’ soothes us when we are tired of struggles and failures. It guides us in our day to day lives. The ‘vision’ stands in-front of us, luring us to quickly reach for it! Our self-confidence helps us to overcome insurmountable problems. It makes us work unceasingly to face the challenges. It helps us mastering our weaknesses and transcend our mental blocks. Our self-confidence gives us grit to tread paths as sharp as sword’s edge, in our day to day lives. With such self-confidence born out of our vision, we march ahead without wavering and reach new destinations every day!

In our day to day life, failures are very common. Only a self-confident person can swim through those failures and taste the success. There are instances where we do not attain the desired objectives. We think we have failed. Our self-confidence is shattered. We tend to think that we will never be like before. The need of the day is to learn handling these downward spirals of failures and the loss of confidence. Keeping the mind sattvic helps us to focus on solutions instead of getting drowned into a depression. A tamasic mind or a rajasic mind does not help us. A tamasic mind is dull, destructive, irresponsible and ignorant. A rajasic mind is in agitated state. It is inordinately proud of itself and is ostentatious. On the other hand, a sattvic mind is calm, energetic and focussed. Creating a sattvic ambience in our minds and day to day life will help us cope up difficult situations. Also useful is to have a mentor who knows us well and can guide us when we are perplexed.

One more way to handle failure is to have a ‘broader vision’. For example, a person may have a vision: “I will earn lots of money.” It may so happen that despite his abilities and repeated attempts, he may not be successful in earning the money he desired. That is the nature of the effort-- results are never guaranteed. The person will consider himself a failure and would lose all his self-confidence. Another person may have a vision statement as “I will earn lot of money and



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