

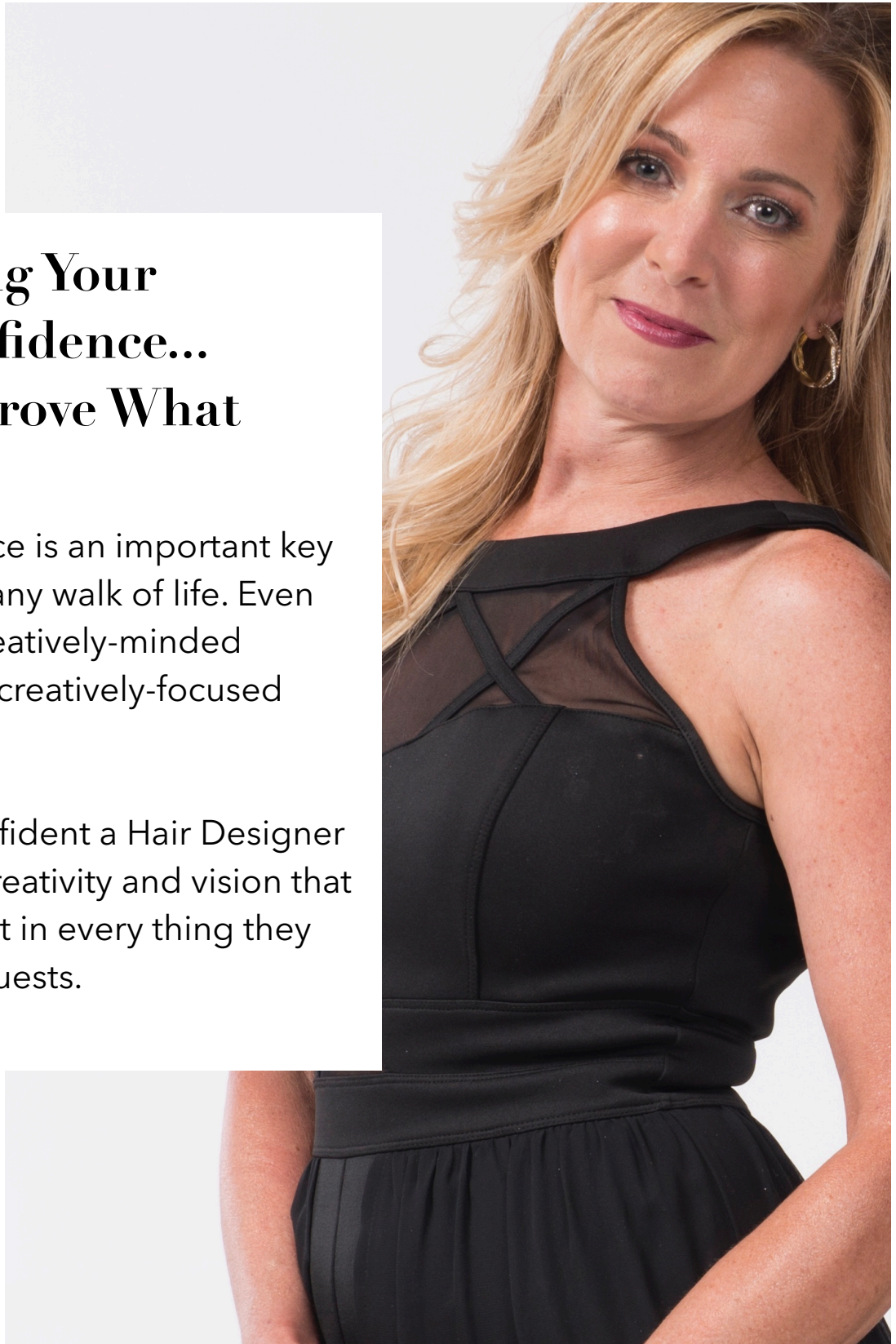
# 8 Tips to Self-Confidence

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## Improving Your Self-Confidence... Will Improve What You Do

Self-confidence is an important key to success in any walk of life. Even more so to creatively-minded individuals in creatively-focused careers!

The more confident a Hair Designer is, the more creativity and vision that will be present in every thing they do for their Guests.





# More Tips For Being More Self-Confident

Self-confidence is an important key to success in any walk of life. Even more so to creatively-minded individuals in creatively-focused careers! The more confident a Hair Designer is, the more creativity and vision will be present in every thing they do for their Guests. People with self-confidence are also noticed more. They achieve their goals relatively easily. In contrast, people who lack self-confidence often end up succeeding less even though they work just as hard as others. You too will want to build your self-confidence if you are aiming to do well in life and career.

## **Here are eight tips that can help you build that elusive self-confidence:**

- Self-confidence is found in people who have a healthy self-esteem. They know their personal worth, and act accordingly. A good way to improve your personal worth is to make a list of your accomplishments every day. How many Guests have you made happy? How many people felt better after spending time with you? How many of your co-workers have you assisted in even the slightest manner? You will be surprised when you realize how many positive acts you perform every day in life, but which usually go completely unnoticed. Once you start looking at this list, your self-confidence will boom.
- Be clear about your goals. If need be, break your goals into smaller, more manageable tasks. Pat yourself on the back, every time you achieve a minor goal. It will boost your self-confidence, and show your on-going progress towards achieving those bigger goals.
- Find a mentor who can help you reach your goal. Most people, who have done well in life, have a mentor who has traveled the same road on which they are traveling today. Watch your mentor regularly, and seek their advice and support as a routine. You will find that you are learning something valuable every day.
- Socialize with people who are positive and supportive, and who like and respect you. Give them the same support and respect that they give to you. Avoid people who are negative and critical of you. Such people erode your self-confidence. They make you focus on your negative self, not your positive self. After some time, you get enveloped in their cynical and negative world-view.



# Building Confidence

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- Pay attention to how you look. Take pleasure in dressing in a style that helps promote the image that you want to project. As a beauty professional. You will find that it makes you feel good. People too will look at you differently. Remember that every human being wants to be found in the company of smart, intelligent, successful people. You can soon be a center of attraction if you radiate a positive, smart and stylish look. It can very easily make the difference between success and failure.
- Don't be afraid of failures. Take them in your stride and move on. Say to yourself that you will succeed the next time. Never make the mistake of allowing your failures to overwhelm you. They will force you into a shell, and destroy your self-confidence. A better way, is to shrug off your failures as something inconsequential and take on a new challenge. Of course, you must learn from your mistakes, and be realistic about your abilities.



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- Keep yourself fit by exercising regularly and controlling your diet. A fit and healthy person is much more active and achieves more in his career. Failure in this area will cause you to question your ability to succeed in other areas of your life and career. Physical fitness, like self-confidence, glows on your face.
  - Learn to recharge your emotional and creative batteries. Have a wide range of interests, and take an active interest in what's going on in the world. Meet and talk to a lot of people. Don't focus all your attention only on your work and on your problems. Divert your attention to new interests, and new tasks. This will keep your mind happily occupied, and boost your self-confidence.

Try to practice these tips as faithfully as you can, and see the difference in your life.