

FIRST METHODIST CHURCH
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Our Mission:

Putting our faith into action through the Methodist movement
to make new disciples of Jesus Christ who worship passionately,
love extravagantly, and witness boldly.

Seven Ways to Gain More Self-Confidence

Having the opportunity to go through some of the workshops that I've given over the past many years, I stumbled on one given on Self-Confidence.

I want to share these seven tips with you to begin the New Year.

1. **Learn to give and take graciously because true confidence cannot exist in a vacuum. Though it might not feel natural at first, the most confident people are those who are able to find a balance between helping others and asking for help when they themselves need it.**
2. **Arm yourself with the facts. When you feel unsure, confidence can melt away. Always being prepared with the correct information can help you retain your inner strength in an unnerving situation.**
3. **You cannot rethink the past, but you can reinvent yourself. Broadening your horizons with new and exciting experience will help you to feel accomplished and will add unique modes of expression to your daily life.**
4. **It is easy to forget how many difficult obstacles you've overcome when you're faced with the obstacles ahead. Keeping a success journal, wherein you list accomplishments big and small, as well as future goals, can inspire confidence when you're feeling overwhelmed or under-motivated.**
5. **Bolstering the confidence of others and making new friends are powerful confidence builders. Help others to feel good by approaching them, asking questions, being friends and complimenting them.**
6. **In situations that create feelings of uncertainty (which can quickly undermine self-confidence), imagine that the difficulties involved are ones you've faced before. Feeling self-assured about a few things can help you perceive yourself as confident about most things.**
7. **Each morning, give your self-confidence a jump-start with a positive affirmation. Think of five things you have accomplished. Look closely at yourself in the mirror and remind yourself that you accept, support, and trust yourself, even when the unexpected happens.**

Always remember that God makes no junk and he created you to be special because you are. You are made in His image! Don't forget that and you carry the gifts He has given you.

In His loving and wise counsel,

Jerry R.

