

When you make a promise to yourself, like reaching a goal or facing a fear, you need to keep it. This helps you trust yourself and believe in what you can do. Being honest about what you're good at and what you need to work on also builds self-confidence. Admitting your weaknesses doesn't mean you're not confident; it shows you're willing to grow and get better. Confidence grows slowly, but with each step, you feel stronger and more sure of yourself.