

Self-confidence can be defined as the belief in yourself and your abilities. Self-confidence is very useful and important to achieve goals and fulfil your wishes. He/she is isolated, inferior, depressed, confused and sensitive to criticism and failure. Setting realistic goals is a good practice to boost self-confidence. Too high goals make one under-confident as she/he may not be able to achieve and the too low goals can make one overconfident as one can achieve it easily. It is something that we develop internally by ourselves. One cannot achieve his/her goal in life without self-confidence because a self-confident person is independent, eager, optimistic, loving and positive by nature. It does not mean that a confident person always gets success in life but he/she takes life challenges positively. There are various ways by which one can work on and improve his/her self confidence. Don't feel guilty about it. There is nothing wrong with it. Another way to improve your self-confidence is to never preassume. Success comes to those who have a belief in their abilities.