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Individual Improvement Project II

How to Build Self-Confidence?

Self-confidence focus on the attitude that impacts your skills and abilities. “It means you accept and trust yourself and have a sense of control in your life. You know your strengths and weakness well, and have a positive view of yourself. You set realistic expectations and goals, communicate assertively, and can handle criticism. (University of Florida, 2021)”

Self-confidence plays an important role in interpersonal communication. “Good interpersonal skills start with the person. To be successful you should demonstrate self-confidence at every stage in your career. It will improve the way people perceive you, your ideas and your opinions. Being confident will also help with career progression as you’ll have the courage to strive for your goals. (Veljanovska, 2017)”

Step 1: Self-Acceptance

Remember, we have those moments when we feel low. Every time you try to get high expectations in your life, you get disappointed. Self-Confidence begins with self-acceptance on the daily basis. You are not the only one, many people faced low self-confidence in their lives. You need to do the best that you can.

Step 2: Positive Evidence

Create a list of 10 positive things that you love or enjoy about yourself this would guide you to erase negative thoughts on your mind.

Step 3: Be physically fit and active

Exercise benefits your self-confidence. “During exercise, your mind gets busy with concentrating on what you are doing in the now, blood circulation increases to the brain causing alertness, and feel-good neurotransmitters are released. Being fit gives strength to your body and mind that considerably impacts on your confidence.”

Step 4: Care for Yourself

Self-care determines how you look, eat, sleep, and protect yourself from sick or injured. “How you groom yourself affects how you feel about yourself. Self-care shows up in appearance. To look your best, to be rested and well nourished is to tell the world, including yourself, that you matter.”

Step 5: Do Something New

Finding a new strategy increases your self-confidence. “To learn new skills stimulates confidence. This may range from challenging yourself in situations that provoke your low self-confidence, or by taking up a new hobby or improving on work-related skills. To master something that seems challenging is fantastic for boosting self-confidence.”

Self-confidence is based on my performance in my personality and capabilities. It influences interpersonal communication to demonstrate my future. These five-step plans will help you increase my self-esteem to build a healthy relationship within myself.

Works Cited

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