

# BEST QUOTES ON CONFIDENCE

Never bend your head.

Always hold it high.

Look the world straight in the eye.

--Helen Keller

Confidence is contagious. So is lack of confidence.

--Vince Lombardi

Everything you want is on the other side of fear.

--Jack Canfield

I was always looking outside myself for strength and confidence but it comes from within. It is there all the time.

—Anna Freud

If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning. That way, their children don't have to be slaves of praise. They will have a lifelong way to build and repair their own confidence.

—Carol S. Dweck

Self-confidence is the first requisite to great undertakings.

--Samuel Johnson

With confidence, you have won before you have started.

—Marcus Garvey

If you think you can do a thing or think you can't do a thing, you're right.

--Henry Ford

Somehow I can't believe that there are any heights that can't be scaled by a man who knows the secret of making his dreams come true. This special secret, it seems to me, can be summarized in four C's. They are curiosity, confidence, courage and constancy and the greatest of these is confidence. When you believe in a thing, believe in it all the way.

--Walt Disney

Confidence doesn't come out of nowhere. It's a result of something...hours and days and weeks and years of constant work and dedication.

--Roger Staubach

Once—many, many years ago—I thought I made a wrong decision. Of course, it turned out that I had been right all along. But I was wrong to have thought that I was wrong.

--John Foster Dulles

Confidence comes not from always being right but from not fearing to be wrong.

—Peter T. McIntyre

We [women] hold ourselves back in ways both big and small, by lacking self-confidence, by not raising our hands, by pulling back when we should be leaning in.

--Sheryl Sandberg

I never seek to defeat the man I am fighting; I seek to defeat his confidence. A mind troubled by doubt cannot focus on the course to victory. Two men are equals - true equals - only when they both have equal confidence.

—Arthur S. Golden

Confidence is a belief in one's ability to succeed, a belief that stimulates action. In turn, taking action bolsters one's belief in one's ability to succeed. So confidence accumulates—through hard work, through success, and even through failure.

--Katty Kay and Claire Shipman

Stay afraid, but do it anyway. What's important is the action. You don't have to wait to be confident. Just do it and eventually the confidence will follow.

—Carrie Fisher

If you believe in yourself, that means you're thinking positively, and you'll make it; you're gonna do it! But if you have a negative image about yourself, you'll really kill yourself. One of the greatest things you have in life is that no one has the authority to tell you what you want to be. You're the one who will decide what you want to be. Respect yourself and respect the integrity of others as well. The greatest thing you have is your self image, a positive opinion of yourself. You must never let anyone take it from you.

--Jaime Escalante

People who think they know everything are a great annoyance to those of us who do.

—Isaac Asimov

As for worrying about what other people might think—forget it. They aren't concerned about you. They're too busy worrying about what you and other people think of them.

--Michael LeBoeuf

Nothing builds self-esteem and self-confidence like accomplishment.

—Thomas Carlyle

If you are prepared, then you are able to feel confident.

—Robert J. Ringer

Semi-obnoxious behavior not only can make a person seem more powerful, but can make them more powerful, period. The same goes for overconfidence. Act like you're the smartest person in the room, a series of striking studies demonstrates, and you'll up your chances of running the show.

—Jerry Useem

One common concern of parents these days is that children grow up too fast. But sometimes it seems as if children don't get the space to grow up at all; they just become adept at mimicking the habits of adulthood....children used to gradually take on responsibilities, year by year. They crossed the road, went to the store; eventually some of them got small neighborhood jobs. Their pride was wrapped up in competence and independence, which grew as they tried and mastered activities they hadn't known how to do the previous year. But these days, middle-class children, at least, skip these milestones. They spend a lot of time in the company of adults, so they can talk and think like them, but they never build up the confidence to be truly independent and self-reliant.

--Hanna Rosin

When people are confident, when they think they are good at something, regardless of how good they actually are, they display a lot of confident nonverbal and verbal behavior. They do a lot of things that make them look very confident in the eyes of others. Whether they are good or not is kind of irrelevant. The most confident people were just considered the most beloved in the group. Their overconfidence did not come across as narcissistic.

--Cameron Anderson

For decades, women have misunderstood an important law of the professional jungle. It's not enough to keep one's head down and plug away, checking items off a list. Having talent isn't merely about being competent; confidence is a part of that talent. You have to have it to excel.

--Katty Kay and Claire Shipman

As a young professor I would set up a test where I'd ask men and women how they thought they were going to do on a variety of tasks. Men consistently overestimated their abilities and subsequent performance, and the women routinely underestimated both. The actual performances did not differ in quality. It is one of the most consistent findings you can have.

--Brenda Major

One person with a belief is equal to a force of 99 who have only interests.

--John Stuart Mill

You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I lived through this horror. I can take the next thing that comes along'...You must do the thing you think you cannot do.

--Eleanor Roosevelt

If you can somehow think and dream of success in small steps, every time you make a step, every time you accomplish a small goal, it gives you confidence to go on from there.

--John H. Johnson

Class is an aura of confidence that is being sure without being cocky. Class has nothing to do with money. Class never runs scared. It is self-discipline and self-knowledge. It's the sure-footedness that comes with having proved you can meet life.

--Ann Landers

True prosperity is the result of well-placed confidence in ourselves and our fellow man.

--Benjamin Burt

No one can make you feel inferior without your consent.

--Eleanor Roosevelt

A man with a new idea is a Crank, until the idea succeeds.

--Mark Twain

For they can conquer who believe they can.

--Virgil

The problem with the world is that the intelligent people are full of doubts, while the stupid ones are full of confidence.

—Charles Bukowski

Every man who attacks my belief diminishes in some degree my confidence in it, and therefore makes me uneasy, and I am angry with him who makes me uneasy.

--Samuel Johnson

Soon after a heart-wrung decision something inevitably occurs to cast doubt on your choice. Holding steady against that doubt usually proves your decision.

--R. I. Fitzhenry

Men die of fright and live of confidence.

--Henry David Thoreau

To be faithful to your instincts and impulses that carry you in the direction of the excellence you most desire and value—surely that is to lead the noble life.

--George E. Woodberry

Only the person who has faith in himself is able to be faithful to others.

--Erich Fromm

Great things are accomplished by talented people who believe they will accomplish them.

—Warren G. Bennis

Self-trust is the essence of heroism.

--Ralph Waldo Emerson

As is our confidence, so is our capacity.

--William Hazlitt

If you think you can win, you can win. Faith is necessary to victory.

--William Hazlitt

It generally happens that assurance keeps an even pace with ability.

--Samuel Johnson

They can do all because they think they can.

--Virgil

He who has confidence in himself will lead the rest.

--Horace

Nothing is difficult to those who have the will.

--*Dutch Poets' Society*

If you doubt you can accomplish something, then you can't accomplish it. You have to have confidence in your ability, and then be tough enough to follow through.

--Rosalynn Carter

There is a kind of greatness which does not depend upon fortune; it is a certain manner that distinguishes us, and which seems to destine us for great things; it is the value we insensibly set upon ourselves; it is by this quality, that we gain the deference of other men, and it is this which commonly raises us more above them, than birth, rank, or even merit itself.

--La Rochefoucauld

Confidence placed in another often compels confidence in return.

--Livy

Confidence begets confidence.

--Latin Proverb

Confidence, like the soul, never returns whence it has once departed.

--Publius Syrus

Confidence is conqueror of men;  
victorious both over them and in them;  
The iron will of one stout heart shall make a thousand quail:  
A feeble dwarf, dauntlessly resolved,  
will turn the tide of battle,  
And rally to a nobler strife the giants that had fled.

--Martin Farquhar  
Tupper

Lack of confidence is not the result of difficulty; the difficulty comes from lack of confidence.

--Seneca

Confidence is never secure.

--Virgil

Confidence is the feeling you have before you fully understand the situation.

--Woody Allen

Confidence scarce ever returns to the mind it has quitted.

--Publilius Syrus

The confidence which we have in ourselves engenders the greatest part of that we have in others.

--La Rochefoucauld

If once you forfeit the confidence of your fellow-citizens, you can never regain their respect and esteem.

--Abraham Lincoln

Have confidence that if you have done a little thing well, you can do a bigger thing well too.

—David Storey

We must nurture our children with confidence. They can't make it if they are constantly told that they won't.

--George Clements

If you have no confidence in self, you are twice defeated in the race of life. With confidence, you have won even before you have started.

--Marcus Garvey

Every small, positive change we can make in ourselves repays us in confidence in the future.

--Alice Walker

Besides pride, loyalty, discipline, heart and mind, confidence is the key to all the locks.

--Joe Paterno

Use the talents you possess, for the woods would be very silent if no birds sang except the best.

--Henry Van Dyke

If you've made up your mind you can do something, you're absolutely right.

--Woodrow Wilson

The only limit to our realization of tomorrow will be our doubts of today.

--Franklin D. Roosevelt

What lies behind us and what lies before us are of no matter compared to what lies within us.

--Henry Stanley Haskins

The turning point in the process of growing up is when you discover the core of strength within you that survives all hurt.

--Max Lerner

Most happy he who is entirely self-reliant, and who centers all his requirements in himself alone.

--Cicero

Those who believe that they are exclusively in the right are generally those who achieve something.

--Aldous Huxley

Everybody wants to be somebody. The thing you have to do is give them confidence they can. You have to give a kid a dream.

--George Foreman

The lack of confidence to excel often leads to the acceptance of merely passing.

--Unknown

Confidence is the mother of incentive.

--Greg Henry Quinn

Humility is the greatest expression of confidence.

--Greg Henry Quinn

Confidence is the only bond of friendship.

--Publius Syrus



Most happy he who is entirely self-reliant, and who centers all his requirements in himself alone.

--Cicero

Those who believe that they are exclusively in the right are generally those who achieve something.

--Aldous Huxley

All you need in this life is ignorance and confidence, and then Success is sure.

--Mark Twain

I came to appreciate what good books really were and realized how much I needed them and they gradually gave me a stoical confidence in myself: I was not alone in this world and I would not perish!

--Maxim Gorky

A too modest man goes hungry.

--Ethiopian Proverb

My road to the top occurred because I stood up and was heard.

--Mary Hatwood Futrell

If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours.

--Henry David Thoreau

Confidence is the inner voice that says you are becoming what you are capable of being.

—Unknown

Nobody will think you're somebody, if you don't think so yourself.

--African-American  
Proverb

If you think you can, you can. And if you think you can't, you're right.

--Mary Kay Ash

I'm not afraid of storms, for I'm learning how to sail my ship.

--Louisa May Alcott

Confidence, like art, never comes from having all the answers; it comes from being open to all the questions.

--Earl Gray Stevens

The confidence we have in ourselves arises in a great measure from that which we have in others.

--Francois De La  
Rochefoucauld

Skills and confidence are an unconquered army.

--George Herbert

Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy

--Norman Vincent Peale

The best of life is conversation, and the greatest success is confidence, or perfect understanding between sincere people.

--Ralph Waldo Emerson

I've always had complete confidence in myself. When I was nothing, I had complete confidence. There were 10 guys in my writing class at Williams College who could write better than I. They didn't have what I have, which is guts. I was dedicated to writing, and nothing could stop me.

--John Toland

There is a particular crisis for women—a vast confidence gap that separates the sexes. Compared with men, women don't consider themselves as ready for promotions, they predict they'll do worse on tests, and they generally underestimate their abilities. This disparity stems from factors ranging from upbringing to biology. A growing body of evidence shows just how devastating this lack of confidence can be. Success, it turns out, correlates just as closely with confidence as it does with competence. No wonder that women, despite all our progress, are still woefully underrepresented at the highest levels.

--Katty Kay and Claire  
Shipman

Live your life each day as you would climb a mountain. An occasional glance toward the summit keeps the goal in mind, but many beautiful scenes are to be observed from each new vantage point.

—Harold V. Melchert

A review of personnel records found that women working at HP applied for a promotion only when they believed they met 100 percent of the qualifications listed for the job. Men were happy to apply when they thought they could meet 60 percent of the job requirements. At HP, and in study after study, the data confirm what we instinctively know. Underqualified and underprepared men don't think twice about leaning in. Overqualified and overprepared, too many women still hold back. Women feel confident only when they are perfect. Or practically perfect.

--Katty Kay and Claire  
Shipman

There's just a natural sort of feeling among the women that they will not get a prestigious job, so why bother trying. Or they think that they are not totally competent in the area, so they're not going to go for it. They end up going into less competitive fields, like human resources or marketing. They don't go for finance, investment banks, or senior-track faculty positions.

--Victoria Brescoll

In Cornell's math Ph.D. program there's a particular course during which the going inevitably gets tough. Male students typically recognize the hurdle for what it is, and respond to their lower grades by saying, 'Wow, this is a tough class.' That's what's known as external attribution, and in a situation like this, it's usually a healthy sign of resilience. Women tend to respond differently. When the course gets hard, their reaction is more likely to be 'You see, I knew I wasn't good enough.' That's internal attribution, and it can be debilitating.

--Katty Kay and Claire  
Shipman

Confidence is the stuff that turns thoughts into action,. If the action involves something scary, then what we call courage might also be needed. Or if it's difficult, a strong will to persist might also be needed. Anger, intelligence, creativity can play a role. But confidence, is essential, because it applies in more situations than these other traits do. It is the factor that turns thought into judgments about what we are capable of, and that then transforms those judgments into action.

--Richard Petty

The natural result of low confidence is inaction. When women don't act, when we hesitate because we aren't sure, we hold ourselves back. But when we do act, even if it's because we're forced to, we perform just as well as men do.

--Katty Kay and Claire  
Shipman

Whatever we expect with confidence becomes our own self-fulfilling prophecy.  
—Brian Tracy

Be like the bird who, pausing in her flight awhile on boughs too slight,  
Feels them give way beneath her,  
And yet sings, knowing she hath wings.  
—Victor Hugo

Life is not easy for any of us, but what of that? We must have perseverance and,  
above all, confidence in ourselves.  
—Marie Curie

Fake it until you make it.  
—Steven Tyler

Keep away from people who belittle your ambitions. Small people always do that,  
but the really great make you feel that you too can become great.  
—Mark Twain

It's easy to say young people should believe in themselves, but the number one  
thing is recognizing that it's a journey, that you have to build confidence in yourself.  
—Andrew Shue

No matter how brilliant a man may be, he will never engender confidence in his  
subordinates and associates if he lacks simple honesty and moral courage.  
—J. Lawton Collins

A good leader has the ability to instill within his people confidence in himself. A  
great leader has the ability to instill within his people confidence in themselves.  
—John Maxwell

We should place confidence in our employee. Confidence is the foundation of friend-  
ship. If we give it, we will receive it. Any person in a managerial position, from su-  
pervisor to president, who feels that his employee is basically not as good as he is  
and who suspects his employee is always trying to put something over on him, lacks  
the necessary qualities for human leadership—to say nothing of human friendship.  
--Harry E.  
Humphreys, Jr.

Average people have wishes and hopes. Confident people have goals and plans.  
—Unknown

I wouldn't describe myself as lacking in confidence, but I would just say that - the ghosts you chase you never catch.

—John Malkovich

He who has lost confidence can lose nothing more.

—Pierre-Claude-Victor  
Boiste

It's not what you are that holds you back, it's what you think you are not.

—Denis Watley

Day after day, I could feel the confidence drain from my body. I was not what these guys wanted. They wanted thinner, blonder, dumber ... My sassy one-liners were only working on the cafeteria employees, who I was visiting all too frequently, tacking on not the Freshman 15, but the 30, in record-breaking time, which led my mother to make comments over winter break like, 'You look healthy!'

—Amy Schumer

I have nothing but confidence in you. And very little of that.

—Groucho Marx

You're going to have naysayers, and I'll tell you, you will throughout your life have people who will tell you you're not good enough. Maybe they're jealous. Maybe they think you aren't. Maybe they've had a bad day. But ultimately you have to believe in yourself.

—Meredith Vieira

The most important thing...is not to let the naysayers steal your dreams. The world is chockfull of negative people. They have a thousand reasons why your dream won't work, and they're ready to share them with you at the drop of a hat. You just have to believe in your ability and make your dreams come true.

—Barbara Grogan

It is the fear of not being able to learn which makes students reject learning. It is our job to give students the light to have confidence in their ability.

—Unknown

An exceedingly confident student would in theory make a terrible student. Why would he take school seriously when he feels that he can outwit his teachers?

—Criss Jami

The greatest obstacle to growth and development, to learning and to improved function, or even to continued function on the level already reached is discouragement, doubt in one's own ability.

--Russell Dreikurs

The compulsive overachievement of today's elite college students - the sense that they need to keep running as fast as they can - is not the only thing that keeps them from forming the deeper relationships that might relieve their anguish. Something more insidious is operating, too: a resistance to vulnerability, a fear of looking like the only one who isn't capable of handling the pressure. These are young people who have always succeeded at everything, in part by projecting the confidence that they always will. Now, as they get to college, the stakes are higher and the competition fiercer. Everybody thinks that they are the only one who's suffering, so nobody says anything, so everybody suffers. Everyone feels like a fraud; everybody thinks that everybody else is smarter than they are.

—William Deresiewicz

To overcome fear is the quickest way to gain your self-confidence.

—Roy T. Bennett

Success produces confidence; confidence relaxes industry, and negligence ruins the reputation which accuracy had raised.

—Ben Jonson

By the time these students enter the workforce, many of the jobs they will apply for will be in industries that don't even exist yet. That's a hard future to prepare someone for. Teachers have their sights set on the real goal: not to produce Ivy League graduates, but to encourage the development of naturally curious, confident, flexible, and happy learners who are ready for whatever the future has in store.

—Taylor Mali

Life is not easy for any of us. But what of that ? We must have perseverance and, above all, confidence in ourselves. We must believe that we are gifted for something, and that this thing, at whatever cost, must be attained.

—Marie Curie

Go confidently in the direction of your dreams. Live the life you have imagined.

—Henry David Thoreau

Confidence is going after Moby Dick in a rowboat and taking tartar sauce with you.

—Zig Ziglar

Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.

—Norman Vincent Peale

Action is a great restorer and builder of confidence. Inaction is not only the result, but the cause, of fear. Perhaps the action you take will be successful; perhaps different action or adjustments will have to follow. But any action is better than no action at all.

—Norman Vincent Peale

It is best in the theatre to act with confidence no matter how little right you have to it.

--Lillian Hellman

Censorship reflects a society's lack of confidence in itself.

--Potter Stewart

Children are wonderfully confident in their own imaginations. Most of us lose this confidence as we grow up.

—Sir Ken Robinson

If I have lost confidence in myself, I have the universe against me.

—Ralph Waldo Emerson

There can be no friendship without confidence, and no confidence without integrity.

—Samuel Johnson

Ignorance more frequently begets confidence than does knowledge: it is those who know little, and not those who know much, who so positively assert that this or that problem will never be solved by science.

—Charles Darwin

The basis of effective government is public confidence.

--John F. Kennedy

Life is full of challenges, seen and unseen, so to look and feel great, you must hold your head up each day and project your inner confidence.

—Cindy Ann Peterson

Project a confident image through good body posture.

—Cindy Ann Peterson

Stand tall and be proud. Realize confidence is charismatic and something that is something money can't buy, it radiates from within you.

—Cindy Ann Peterson

There's just a natural sort of feeling among the women that they will not get a prestigious job, so why bother trying. Or they think that they are not totally competent in the area, so they're not going to go for it. They end up going into less competitive fields, like human resources or marketing. They don't go for finance, investment banks, or senior-track faculty positions.

--Victoria Brescoll

There's no better makeup than confidence.

—Shakira Ripoll

Success can morph into a virus of overconfidence. When things go right for several years, people start to spend and invest as if nothing can go wrong.

--Hyman Minsky

Logic is a way to go wrong with confidence.

--Charles F. Kettering

Almost everyone is overconfident--except the people who are depressed, and they tend to be realists.

—Joseph T. Hallinan

We build confidence by daring to step outside our comfort zone in small increments.

—Sam Owen

Clarity and simplicity help us to build confidence; keep things clear and keep them simple.

—Sam Owen

Being your authentic self exudes a quiet confidence.

—Sam Owen

Confident people generally handle people with respect, compassion and integrity.

—Sam Owen



Building confidence comes from overcoming the voice in your head that says you are not capable; silence the noise and then prove it wrong.

—Sam Owen

Most people think that if you do not love yourself fully, no one else will. That is not true. People are perfectly capable of giving love even if they feel less confident about themselves.

—Anna Agoncillo

As cliché as it might sound, I'd rather lose than win by cheating. The latter is a much deeper, more personal loss in that one is admittedly whispering to himself his lack of competence. His cheating then begets more cheating, as he is ever-privately, ever-subconsciously insulting himself; thus, gradually deteriorating any remaining confidence.

—Criss Jami

The percentage of mistakes in quick decisions is no greater than in long-drawn-out vacillations, and the effect of decisiveness itself 'makes things go' and creates confidence.

--Anne O'Hare  
McCormick

Action is a great restorer and builder of confidence. Inaction is not only the result, but the cause, of fear. Perhaps the action you take will be successful; perhaps different action or adjustments will have to follow. But any action is better than no action at all.

--Norman Vincent Peale

Once you get into your thirties, you stop giving a fuck what people think about your opinions. You're more confident.

—Aaron B. Powell

Psychologically, the senior-high-school pupil has emerged from the crisis of adolescence either as victor or as vanquished. In the crisis, he has either lost or gained a great deal of confidence in himself and others. He may have given up his creative attempts to may have gained new vigor and new vision. In either instance, however, he is a new creature. He is almost an adult, who must be treated as such and from whom much should be expected with due consideration for his personality, which is by now fairly well-established.

--Italo de Francesco

Real happiness provides you the confidence that you never thought was obtainable.  
—Asa Don Brown

People will always prefer black-and-white over shades of grey, and so there will always be the temptation to hold overly-simplified beliefs and to hold them with excessive confidence.

—Thomas Gilovich

Social scientists and psychologists are conducting research studies that clearly show that when we behave and act as if we are happy, confident, healthy or in love, we become happy, confident, healthy and in love.

—Cynthia Sue Larson

Nothing inspires confidence in a business man sooner than punctuality, nor is there any habit which sooner saps his reputation than that of being always behind time.

--William Mathews

I teach English at a rural high school. The biggest issue for 2017 students is that they have almost zero self-confidence. I don't know if this is a product of culture, or if this is just a fluke with my students. However, they are unwilling to try anything challenging or new without an extreme amount of one-on-one guidance. And that's very difficult to give in a classroom of 30.

—Teacher on *The Chive*

Accept everything about yourself—I mean everything, You are you and that is the beginning and the end—no apologies, no regrets.

--Henry A. Kissinger

I have often wished I had time to cultivate modesty... but I am too busy thinking about myself.

--Edith Sitwell

There is a vitality, a life force, an energy, a quickening, that is translated through you into action, and because there is only one of you in all time, this expression is unique.

--Martha Graham

Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life, but define yourself.

--Harvey S. Firestone

I'm glad I've got delusions of grandeur. It makes me feel a lot better about myself.  
--Jane Wagner

Look well into thyself; there is a source of strength which will always spring up if thou wilt always look there.  
--Marcus Aurelius

You have brains in your head.  
You have feet in your shoes.  
You can steer yourself any direction you choose.  
You're on your own.  
And you know what you know.  
And you are the guy  
Who'll decide where you go.  
-- Dr. Seuss

What is more mortifying than to feel that you have missed the plum for want of courage to shake the tree?  
--Logan Pearsall Smith

The first and great commandment is 'Don't let them scare you.'  
--Elmer Davis

The source of all power is within yourself. Although external circumstances may occasionally hamper you, true movement comes solely from within yourself. The source is latent in everyone, but anyone can learn to tap it. When this happens, power rises like a shimmering well through the center of your body.  
--Deng Ming-Dao

Have patience with all things but first with yourself. Never confuse your mistakes with your value as a human being. You're a perfectly valuable, creative, worthwhile person simply because you exist. And no amount of triumphs or tribulations can ever change that. Unconditional self-acceptance is the core of a peaceful mind.  
--St. Francis de Sales

If you don't run your own life, someone else will.  
--John Atkinson

To know oneself, one should assert oneself.  
--Albert Camus

The best thing you can wear is self confidence.

—Auliq Ice

Since you are like no other being ever created since the beginning of Time, you are incomparable.

--Brenda Ueland

Above all things, reverence yourself.

--Pythagoras

He who undervalues himself is justly undervalued by others.

--William Hazlitt

Insist on yourself; never imitate... Every great man is unique.

--Ralph Waldo Emerson

I live in my own little world, but it's OK. They know me here.

—Lauren Myracle

Mirror, mirror on the wall...

It does not matter if I'm short or tall...

If I have skinny legs or my hips are wide...

It only matters who I am inside...

Blue eyes, brown eyes, black or green...

What makes me most beautiful cannot be seen...

When you look at me, don't judge me by my parts...

The most beautiful thing about me is my heart.

—Unknown

As I began to love myself I understood that at any circumstance, I am in the right place at the right time, and everything happens at the exactly right moment. So I could be calm. Today I call it 'SELF-CONFIDENCE.'

—Charlie Chaplin

The earth is my stage and the sun is my spotlight.

—Joshua Teya

Strong people have a strong sense of self-worth and self-awareness; they don't need the approval of others.

—Roy T. Bennett

It's your life; you don't need someone's permission to live the life you want. Be brave to live from your heart.

—Roy T. Bennett

Believe you can and you're halfway there.

—Theodore Roosevelt

Nobody will believe in you unless you believe in yourself.

—Liberace

You don't have to defend or explain your decisions to anyone. As long as you do no harm to others, each voice is yours and yours alone.

—Unknown

I celebrate myself, and sing myself.

—Walt Whitman

Without self-discovery, a person may still have self confidence, but it is a self confidence built on ignorance and it melts in the face of heavy burdens. Self discovery is the end product of a great challenge mastered, when the mind commands the body to do the seemingly impossible, when courage and strength are summoned to extraordinary limits for the sake of something outside the self--a principle, an onerous task, another human life.

—Kurt Hahn

Don't let someone who did you wrong make you think there's something wrong with you. Don't devalue yourself because they didn't value you. Know your worth even if they don't.

—Trent Shelton

Let people know what you stand for—and what you won't stand for.

—H. Jackson Brown, Jr.

Pause and remember— The only person you need to believe in you is — you!

—Jenni Young

Don't wait for someone to bring you flowers. Plant your own garden and decorate your own soul.

—Mario Quintana

Ignore people who say you can't do it, even if this person is yourself.

—Martha Reed

I don't care if YOU like me...I like me.

—Ged Backland

Don't lower your standards for anyone. If they can't see the best in you, they don't deserve to be in your life.

—*WomenWorking.com*

You know what outfit looks the best on everybody? Self-confidence. Rock it and own it.

—Ged Backland

You can't let people scare you. You can't go your whole life trying to please everyone else. You can't go through life worried about what everyone else is going to think. Whether it's your hair, clothes, what you have to say, how you feel, what you believe and what you have. You can't let the judgment of others stop you from being you. Because if you do, you're no longer you. You're someone everyone else wants you to be.

—Unknown

One important key to success is self-confidence. An important key to self-confidence is preparation.

—Arthur Ashe

Let the world know why you're here, and do it with passion.

—Dr. Wayne Dyer

To have that sense of one's intrinsic worth... is potentially to have everything.

—Joan Didion

Always be a first rate version of yourself and not a second rate version of someone else.

—Judy Garland

I am learning how to walk away from people and situations that threaten my peace of mind, self respect, or my self worth.

—Unknown

He who allows himself to be insulted deserves to be.

—Pierre Corneille

It's easy to say young people should believe in themselves, but the number one thing is recognizing that it's a journey, that you have to build confidence in yourself.

—Andrew Shue

Trust in yourself. Your perceptions are often far more accurate than you are willing to believe.

—Claudia Black

I don't want other people to decide who I am. I want to decide that for myself.

—Emma Watson

Just trust yourself, then you will know how to live.

—Johann Wolfgang von  
Goethe

I love the person I've become, because I fought to become her.

—Kaci Diane

Above all, be the heroine of your life, not the victim.

—Nora Ephron

There is no meaning to life except the meaning man gives his life by unfolding of his powers.

—Erich Fromm

I'm not interested in trying to work on people's perceptions. I am who I am, and if you don't take the time to learn about that, then your perception is going to be your problem.

—Jim Brown

You just have to do your own thing, no matter what anyone says. It's your life.

—Ethan Embry

When I feel good about myself, things start happening for myself. When you look up, you go up.

—Herschel Walker

It's better to be yourself and have no friends than to be like your friends and have no self.

—Unknown

We simply need to believe in the power that's within us, and use it.

—Benjamin Hoff

Think highly of yourself, for the world takes you at your own estimate.

—Kurt Hahn

You've got to follow your passion. You've got to figure out what it is you love--who you really are. And have the courage to do that. I believe that the only courage anybody ever needs is the courage to follow your own dream.

—Oprah Winfrey

Life's challenges are not supposed to paralyze you; they're supposed to help you discover who you are.

—Bernice Johnson  
Reagon

The man who follows the crowd will usually get no further than the crowd. The man who walks alone is likely to find himself in places no one has ever been.

--Alan Ashley-Pitt

There is a road, no simple highway,  
Between the dawn and dark of night,  
And if you go no one may follow,  
Don't compromise even if it hurts to be yourself.

--Toby Keith

That path is for your steps alone.

--The Grateful Dead

Let nothing dim the light that shines from within.

--Maya Angelou

Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind.

--Dr. Seuss



There is such a scarcity of good leaders, it may be wisest to lead yourself.

--Unknown

Be the heroine of your own story, not the victim.

--Nora Ephron

There is an applause superior to that of the multitudes: one's own

--Elizabeth Elton Smith

Be yourself and love who you are and be proud, because you were born this way.

--Lady Gaga

Be true to your own art, and congratulate yourself if you have done something strange and extravagant and broken the monotony of a decorous age. It was a high counsel that I once heard given to a young person: Always do what you are afraid to do.

--Ralph Waldo Emerson

The best way to predict your future is to create it.

--Abraham Lincoln

The privilege of a lifetime is being who you are.

--Joseph Campbell

The ultimate aim of the ego is not to see something, but to be something.

--Muhammed Iqbal

I see myself as a huge fiery comet, a shooting star. Everyone stops, points up and gasps 'Oh look at that!' Then- whoosh, and I'm gone...and they'll never see anything like it ever again... and they won't be able to forget me—ever.

--Jim Morrison

And above all things, never think that you're not good enough yourself. A man should never think that. My belief is that in life people will take you at your own reckoning.

--Isaac Asimov

We must overcome the notion that we must be regular. It robs you of the chance to be extraordinary and leads you to do the mediocre.

--Uta Hagen

Other people may not have had high expectations for me ... but I had high expectations for myself.

--Shannon Miller

Attitude is more important than the past, than education, than money, than circumstances, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company, a church, a home.

--Charles Swindoll

It is believing in yourself, and that thing nobody can teach you. I have never heard of a University of Bravery.

--Manuel Benítez Pérez

Confidence is always the best accessory. Own the moment. Own your space.

—Andrena Sawyer

Self-trust is the first secret of success.

--Ralph Waldo Emerson

I was successful because you believed in me.

--Ulysses S. Grant to  
Abraham Lincoln

When girls feel bad about their looks, 60 percent avoid normal daily activities like raising their hand in class or even going to the doctor. That means that girls do not show up for life when they don't feel good enough or pretty enough. A role model can help girls see beauty as a source of confidence, not anxiety.

—Mandy Moore

How to conquer envy? A confident front is half the answer. The other half is to commit to being the best you can possibly be; to do at least most of the things you want to do; to meet and exceed the goals you set for your life. Throw regret to the dogs and meet every day without excuse or self-doubt.

—Elizabeth Sims

Be YOU. There is nothing sexier than someone who is confident enough to be themselves, quirks and all. It is often your unique nature that separates you from the crowd in the best way possible for your romantic match to notice you.

—Alaric Hutchinson

For those uneasy with the world, solitude is the only guarantee of confidence.  
—Terri Guillemets

The enduring differences in how men and women communicate still have ramifications that range from hurt feelings to missed promotions and fewer pay raises. No news here: Men are supposedly blunter and more aggressive and appear self-confident even when they don't know what they're talking about. Women are more tentative in voicing their opinions and appear unsure of themselves even when they know very well what they're talking about. As bosses, men tend to be more authoritarian and women more collaborative. Men don't give much feedback; women want too much feedback. Men are thought not to ask enough questions; women are thought to ask too many questions. And so forth.  
--Alina Tugend

The ability to form friendships, to make people believe in you and trust you is one of the few absolutely fundamental qualities of success. Selling, buying, negotiating are so much smoother and easier when the parties enjoy each other's confidence. The young man who can make friends quickly will find that he will glide instead of stumble through life.

--John J. McGuirk

Change has a considerable psychological impact on the human mind. To the fearful it is threatening because it means that things may get worse. To the hopeful it is encouraging because things may get better. To the confident it is inspiring because the challenge exists to make things better.

—King Jr. Whitney

The fundamental trouble with marriage is that it shakes a man's confidence in himself, and so greatly diminishes his general competence and effectiveness. His habit of mind becomes that of a commander who has lost a decisive and calamitous battle. He never quite trusts himself thereafter.

--H. L. Mencken

It is best not to leave a lover sole master of one's affections, for fear that, in the absence of any rivals, his love slumbers through overconfidence.

--Moliere

I think, head up and shoulders back. Not only does it make you look taller and thinner but it gives you confidence and boosts your self-esteem.

—Shelley Long

Somehow, people with nice faces inspire me with much more confidence than those who I am assured have beautiful minds. One can see their faces—that makes so much difference.

--E. F. Benson

That's the key, you know, confidence. I know for a fact that if you genuinely like your body, so can others. It doesn't really matter if it's short, tall, fat or thin, it just matters that you can find some things to like about it. Even if that means having a good laugh at the bits of it that wobble independently, occasionally, that's all right. It might take you a while to believe me on this one, lots of people don't because they seem to suffer from self-hatred that precludes them from imagining that a big woman could ever love herself because they don't. But I do. I know what I've got is a bit strange and difficult to love but those are the very aspects that I love the most! It's a bit like people. I've never been particularly attracted to the uniform of conventional beauty. I'm always a bit suspicious of people who feel compelled to conform. I personally like the adventure of difference. And what's beauty, anyway?

—Dawn French

Regardless of how you feel inside, always try to look like a winner. Even if you are behind, a sustained look of control and confidence can give you a mental edge that results in victory.

—Diane Arbus

Home is the one place in all this world where hearts are sure of each other. It is the place of confidence. It is the spot where expressions of tenderness gush out without any dread of ridicule.

--Frederick W. Robertson

Whenever anyone says 'I can't,' it makes me wish he'd get stung to death by about ten thousand bees. When he says 'I'll try,' five thousand bees. ('I can,' one bee.)

—Jack Handey

I should understand the land, not as a commodity, an inert fact to be taken for granted, but as an ultimate value, enduring and alive, useful and beautiful and mysterious and formidable and comforting, beneficent and terribly demanding, worthy of the best of man's attention and care... [My father] insisted that I learn to do the hand labor that the land required, knowing—and saying again and again—that the ability to do such work is the source of a confidence and an independence of character that can come no other way, not by money, not by education.

--Wendell Berry

Confidence cannot find a place wherein to rest in safety.

—Virgil

I don't think there's any artist of any value who doesn't doubt what they're doing.

—Francis Ford Coppola

In addition to providing students with opportunities to experience cultural diversity, theatre education enables them to develop self-confidence and to improve their communication skills—two invaluable qualities for the twenty-first century.

—Timothy Dyer

The way to develop self-confidence is to do the thing you fear and get a record of successful experiences behind you.

—William Jennings  
Bryan

Confidence is a big issue for many people and they suffer in their personal and professional lives because of it. People excel in the work world not only because of their intelligence or creativity, but because an employer sees confidence within them. Confidence comes with competence. Once children feel competent in their own abilities, confidence will come naturally. If we help children build leadership skills, confidence will follow. Theatre improvisation exercises are a great way to build a child's confidence.

—Lisa Phillips

You learn so much from competition. You gain confidence every time you have to step up and perform.

—Natalie Gulbis

Self-image is the main determinant of whether a child becomes successful in life. No other factor—not IQ, communication skills, knowledge, experience, or even 'who you know'—plays as important a role in leading a productive life. A healthy self-image and resulting confidence arise from positive interactions with adults right from the beginning.

—Mary King

Confidence is the underwear of achievement

—Ibrahim Hanif

Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.

—Hellen Keller

I have never seen someone walk so confidently in the wrong direction like an American can.

—Ehis Osifo

‘CONFIDENCE’ isn’t thinking everyone will like you, it’s knowing that you’ll be just fine even if they don’t.

—<https://theheartysoul.com>

How a child gets along with other children is ‘the single best childhood predictor of adult adaptation.’ Friends provide several important functions in child development. First, children who have friends have a much-needed emotional resource—a security system, you might say—that helps them be brave instead of timid. In school, having friends could give a child the courage to sign up for a classroom play or volunteer to explain a math problem in front of the room. A child’s confidence, boosted by friends, can also make it easier to meet new people and handle stresses outside of the classroom, such as living in a trouble household. And kids with friends tend to laugh and smile more often, a sign that they’re enjoying life and having fun.

—Willard Hartrup

Chasing a man is not winning. The only thing you win is the loss of your dignity. Confidence is knowing your value, instead of expecting a man’s love to provide you with value.

— Shannon L. Alder

Insecurities make girls believe they don’t have voices and they can’t say what they need to say. The more they know the importance of their voices and gain confidence, the better chances of greatness the world will have.

—Paballo Seipei

Confidence isn’t thinking you are better than everyone else, it’s realizing that you have no reason to compare yourself to anyone else.

—Maryam Hasnaa