

CONFIDENCE, BEST QUOTES ON

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

Listen, there are people who are gonna talk bad about you for no reason at all. Don't be so quick to clap back. Don't waste your time on reassuring, some people are just salty. They see something that they don't see in themselves. Remember, confidence is silent, insecurity is loud.

—*ifunny.co*

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

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.

--Publilius Syrus

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

--Cicero

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--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

The love, respect, and confidence of my children was the sweetest reward I could receive for my efforts to be the woman I would have them copy.
—Louisa May Alcott

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 C. Maxwell

We should place confidence in our employee. Confidence is the foundation of friendship. If we give it, we will receive it. Any person in a managerial position, from supervisor 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

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

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 *theChive*

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

Believe and act as if it were impossible to fail.

—Charles Kettering

Confidence isn’t walking into a room with your nose in the air, and thinking you are better than everyone else, it’s walking into a room and not having to compare yourself to anyone else in the first place.

—Internet Meme

If you were able to believe in Santa Claus for like 8 years, you can believe in yourself for like 5 minutes.

—Internet Meme

Confidence is not ‘They will like me.’ Confidence is ‘I’ll be fine if they don’t.’

—Internet Meme

It is chiefly to my confidence in men and my ability to inspire their confidence in me that I owe my success in life.

—John D. Rockefeller

You must never be fearful about what you are doing when it is right.

—Rosa Parks

The greatest gift that a teacher can give to a student: confidence and passion.

—Alec Baldwin

Your success will be determined by your own confidence and fortitude.

—Michelle Obama

There are so many people out there who will tell you that YOU CAN’T. What you’ve got to do is TURN AROUND and say WATCH ME.

—Internet Meme

Confidence is silence; insecurity is loud.

—*ifunny.co*

Whatever you have to do today, do it with the confidence of a 4-year-old in a Batman cape.

—Internet Meme

We define ourselves far too often by our past failures. That’s not you. You are this person right now. You’re the person who has learned from those failures. Build confidence and momentum with each good decision you make from here on out and choose to be inspired.

—Joe Rogan

Insecure people try to make you feel smaller. Confident people love to see you walk taller.

—*ihearts143quotes.com*

The most self-damaging words in the English language are: try, might, and if. These are words of uncertainty. Will you fail? That is possible. But continue doubting your abilities and you'll never succeed.

—Dannika Dark

What matters most in a child's development, they say, is not how much information we can stuff into her brain in the first few years. What matters, instead, is whether we are able to help her develop a very different set of qualities, a list that includes persistence, self-control, curiosity, conscientiousness, grit and self-confidence.

—Paul Tough

Parents think they can hand children permanent confidence—like a gift—by praising their brains and talent. It doesn't work, and in fact has the opposite effect. It makes children doubt themselves as soon as anything is hard or anything goes wrong. 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

Over the years, I have noticed that the child who learns quickly is adventurous. She's ready to run risks. She approaches life with arms outspread. She wants to take it all in. She still has the desire of the very young child to make sense out of things. She's not concerned with concealing her ignorance or protecting herself. She's ready to expose herself to disappointment and defeat. She has a certain confidence. She expects to make sense out of things sooner or later. She has a kind of trust.

—John Holt

Stop wondering if you're good enough. Know you are and start acting like it.

—Katie Wheeler

Stop letting your potential go to waste because you don't feel confident or ready enough. People with half your talent are making serious waves while you're still waiting to feel ready.

—Internet Meme

Education breeds confidence. Confidence breeds hope. Hope breeds peace.

—Confucius

Eating along in public restaurants is another whole level of loneliness.
Response: Eating alone in public restaurants is another whole level of
CONFIDENCE.

—*theChive*

Gestures of confidence include hands on hips, perhaps an inflated chest, and an overall posture in which the body takes up a good deal of space. Beyond this, the lifting of the chin is a muted cultural signal, at least in America, of competition or aggression.

—Todd James Pierce

Teach kids confidence through their personal strengths. A student's level of confidence in what they believe likely to happen will determine their ability to achieve. 'If I know I can do it, I owe it to myself to do it, and do it my best every time,' said Stephanie, a seventh grader. 'Having high expectations of yourself makes you feel confident that you can achieve your goals. It's saying, 'I can do it!'' 'Having high expectations is a great thing. It means that you are secure with yourself and are aiming for goals that you have set' said Joe.

Sarah, an eighth grader, claimed, 'Holding high expectations does not mean getting all A's. It's achieving something that you are others can be proud of.' It becomes apparent from some student responses, though, that significant adults must help kids develop the required confidence suited to expectations and goals based on their own strengths and abilities.

—Pamela Drummond

First, teachers confident of their own abilities actually build confidence for learning in students. Second, confidence inspires students to commit the effort necessary to improve. Third, that effort leads to real development, which becomes the foundation for increased confidence at the next level. Success increases confidence, and effort leads to more learning and success. Make no mistake: Instilling confidence is a vital key to learning and development....Research shows that student achievement is significantly and positively related to the faculty's collective conviction regarding their power to succeed with students. In fact, it has been found that a faculty's strong collective sense of confidence in its power to succeed with students has a much greater impact on student achievement than students' socioeconomic status. This means that the degree to which you believe in your own power to make a difference coupled with the sense of power shared with your colleagues to work together to find solutions, can increase students' ability to overcome the most serious learning obstacles.

—Paula R. Johnson

Quitting gets a bad rap in life, as it's associated with pessimism, laziness, and lack of confidence. In labor economics, however, quits signify the opposite; an optimism among workers about the future; an eagerness to do something new; and a confidence that if they jump ship, they won't drown but rather just land on a better, richer boat.

—Derek Thompson

With self-confidence, self-education and self-discipline, you can master the act in any chosen field.

—Lailah Gifty Akita

What separates artists from ex-artists is that those who challenge their fears, continue; those who don't, quit. Each step in the artmaking process puts that issue to the test.

—David Bayles

A quality education has the power to transform societies in a single generation, provide children with the protection they need from the hazards of poverty, labor exploitation and disease, and give them the knowledge, skills, and confidence to reach their full potential.

—Audrey Hepburn

The father's job is to teach his children how to be warriors, to give them the confidence to get on the horse to ride into battle when it's necessary to do so. If you don't get that from your father, you have to teach yourself.

—Cheryl Strayed

A surplus of effort could overcome a deficit of confidence.

—Sonia Sotomayer

Education is the ability to listen to almost anything without losing your temper or your self-confidence.

—Robert Frost

Values are the foundation of our character and of our confidence. A person who does not know what he stands for or what he should stand for will never enjoy true happiness and success.

—Lionel Kendrick

Confidence is the most valuable gift we can give.

—Todd Whitaker

When I was duck hunting with Bear Bryant, he shot at one but it kept flying. 'John,' he said, 'there flies a dead duck.' That's confidence.

—John McKay

When you have confidence, you can have a lot of fun. And when you have fun, you can do amazing things.

—Joe Namath

You've got to take the initiative and play your game. In a decisive set, confidence is the difference.

—Chris Evert, Tennis
Player

We live in a time of paradox, contradiction, opportunity, and above all, change. To the fearful, change is threatening because they worry that things may get worse. To the hopeful, change is encouraging because they feel things may get better. To those who have confidence in themselves, change is a stimulus because they believe one person can make a difference and influence what goes on around them. These people are the doers and the motivators.

—Buck Rogers

Confidence is what you have before you understand the problem.

—Woody Allen

A child who constantly hears 'Don't,' 'Be careful,' 'Stop' will eventually be overtaken by schoolmates, business associates, and rival suitors.

—Marcelene Cox

I wish I was 100-per cent confident in my own skin. It's always a process, but getting older, I've become more confident.

—Brittany Snow

Confidence is a plant of slow growth.

—Anna Leonowens

I was thought to be 'stuck up.' I wasn't. I was just sure of myself. This is and always has been an unforgivable quality to the unsure.

—Bette Davis

Self-trust is the first secret of success.

--Ralph Waldo Emerson

I am filled with confidence, not that I shall succeed in worldly things, but that even when things go badly for me I shall still find life good and worth living.

—Etty Hillesum

‘Who does she think she is?’

‘Well, it appears she is someone living her life unconcerned with who you think she is.’

—Brendon Burchard

Humor comes from self-confidence. There’s an aggressive element to wit.

—Rita Mae Brown

Success breeds confidence.

—Beryl Markham

Success can make you go one of two ways. It can make you a prima donna—or it can smooth the edges, take away the insecurities, let the nice things come out.

—Barbara Walters

Most successes are unhappy. That’s why they are successes—they have to reassure themselves about themselves by achieving something that the world will notice....The happy people are failures because they are on such good terms with themselves that they don’t give a damn.

—Agatha Christie

Is best in the theater to act with confidence no matter how little right you have to it.

—Lillian Hellman

[My] fortitude and steadfastness lie in a two-letter word. The word is ‘no,’ A number of no phrases [I’ve] used include saying no to bullying, no to unacceptable salaries and no to professional meetings in a hotel room....‘No’ helps define yourself, your boundaries and your goals.

—Kim Cattrall

The objectification and scrutiny we put women through is absurd and disturbing. The way I am portrayed by the media is simply a reflection of how we see and portray women in general, measured against some warped standard of beauty. We get to decide for ourselves what is beautiful when it comes to our bodies. That decision is ours and ours alone. Let’s make that decision for ourselves and for the young women in this world who look to us as examples.

—Jennifer Aniston

Being confident, in part, means being resilient to the nasty things people might say about you. It means recognizing that those negative comments, and the people who are saying them, simply aren't worth your time, because when all is said and done, you are who you are, and there's not much you can do to change it. You could put your energy into caring about what people say and trying to please them, but you could also focus your energy on accepting yourself for exactly the way you are.

—Julia Guerra

I'll tell you my secret, the one thing that has kept me going through the years, my superpower: delusion. This is something I may share with our president [Donald Trump], a fact that is both horrifying and interesting. Two years in, I think we can pretty safely say that he's not getting carved onto Mount Rushmore, but damn if that isn't a testament to how far you can get just by believing you're the smartest, most successful person in the world. My point is, you have to have insane confidence in yourself, even if it's not real.

—Mindy Kaling

People talk about confidence without ever bringing up hard work. That's a mistake. I know I sound like some dour older spinster on *Downton Abbey* who has never felt a man's touch and whose heart has turned to stone, but I don't understand how you could have self-confidence if you don't do the work....I have never, ever, ever, met a high confident person and successful person who is not what a movie would call a 'workaholic.' Because confidence is like respect; you have to earn it.

—Mindy Kaling

A general assumption about confidence is that women, particularly young women, will have very little of it, and girls will have zero of it. Just the attitude alone makes me sad: 'We have to help our girls and teach them to be confident.' Well, guess what, young girls. You aren't damsels in distress. You aren't hostages to the words of your peers. You aren't the victims that even your well-meaning teachers and advocates think you are....Work hard, know your shit, show your shit, and then feel entitled. Listen to no one except the two smartest and kindest adults you know, and that doesn't always mean your parents. If you do that, you will be fine.

—Mindy Kaling

Confidence can open a lot of doors. A lot of times, you can get away with more with some swagger than you otherwise would being meek about it.

—*theChive*

Humble enough to know I'm far from perfect. Confident enough to know I can do anything I set my mind to.

—Internet Meme

Some widely believed misconceptions about reading are that everyone learns how to read in kindergarten, that reading is easy for everyone or that we all learn the same way. When students keep moving up to the next grade level without their specific reading needs being met, they fall further and further behind their peers....Students who know they are behind in reading act out or lack confidence. Oftentimes, when a student struggles in reading, they try to earn peer and/or adult approval in other ways, in an effort to avoid being made fun of or laughed at. They may lash out during reading lessons, or try to distract the class so they can avoid doing a task they are not confident in. They may also avoid reading in casual social situations where their peers are involved, like reading the lunch menu.

—Angela Mosca

Confidence is a tool you can use in your everyday life to do all kinds of cool stuff, not least to stop second-guessing yourself, manage your fears and become able to do more of the things that really matter to you.

—<https://www.lifehack.org>

As we gain confidence in ourselves, red flags are no longer red flags. They are dealbreakers.

—Internet Meme

Do you know what happens when you decide to stop worrying about what other people might think of you?

You get to dance.

You get to sing.

You get to laugh loudly, paint, write, and create.

You get to be yourself.

And you know what?

Some people won't like you.

Some will laugh or mock or point out flaws...but it just won't bother you all that much.

—Doe Zantamata

When people get the confidence knocked out of them, I feel like it was probably false confidence because you can't, I don't think, get it knocked out of you when you are truly confident. I think you have to be able to have everything taken away from you and be sitting in a ditch and know you could build it up from scratch. That's how I feel and that's how I know it's true confidence.

—Mindy Kaling

Confidence is best communicated by showing someone what you're made of, rather than telling them directly. I started doing that when I was in elementary school and high school when I would audition for plays. Like anything else, it's show, don't tell. And if you feel like you need to tell your parents, 'It's in me, I just can't show it' then maybe you need to just show it for a while, and then come back to them and say, 'See?!?'

—Mindy Kaling

A rosy outlook leaves us overconfident. For example, homeowners who underestimated their chances of radon exposure were less likely to buy radon test kits than were those with a more realistic sense of risk—their optimism left them vulnerable.

—Neil D. Weinstein
and Judith E. Lyon

College is the best fresh start the world will give you. You are entering a world where there is no Prom Queen, there is no 'outcasts area,' and you can fairly easily avoid the people who made high school terrible—even in a small town. The pressure that comes with being popular can go, the isolation of being different matters less. Often, I see students come in with a lot of baggage from the social torture or expectation of high school, but college is your chance to figure out who you are away from the people you spent the last 4 to 13 years with. By not allowing that pressure to fuel you, you're going to be able to stick out and find the confidence to be you.

—Raylyn Paquin

Just be yourself. Let people see the real, imperfect, flawed, quirky, weird, beautiful, magical person that you are.

—Mandy Hale

Let them judge you.
Let them misunderstand you.
Let them gossip about you.
Their opinions aren't your problem.
You stay kind, committed to love,
and free in your authenticity.
No matter what they do or say,
don't you dare doubt your worth
or the beauty of your truth.
Just keep on shining like you do.

—Scott Stabile

Because I have professional confidence that comes from my business, ...calling me chubby cannot hurt me in the way it does so many, many girls, millions of women.
—Mindy Kaling

Hope is the power that gives a person the confidence to step out and try.
—Zig Ziglar

In life we do things. Some we wish we had never done. Some we wish we could replay a million times in our heads, but they all make us who we are. And in the end they shape every detail about us. So just live. Make mistakes. Learn. Grow. Have wonderful memories. But never ever second guess who you are. Where you have been, and most importantly, where it is you are going.
—Internet Meme

Three simple rules in life: If you do not go after what you want, you'll never have it. If you do not ask, the answer will always be no. If you do not step forward, you will always be in the same place.
—Nora Roberts

When you're feeling insecure, you typically don't notice the hundreds of people around you who accept you just the way you are. All you notice are the few who don't. Don't ever forget your worth. Spend time with those who value you. No matter how good you are to people, there will always be negative minds out there who criticize you. Smile, ignore them, and carry on. You might feel unwanted and unworthy to one person, but you are priceless to another.
—John Geiger

Why fit in when you were born to stand out?
—Dr. Seuss

Do not rely completely on any other human being, however dear. We meet all life's greatest tests alone.
—Agnes Macphail

Let nothing dim the light that shines from within.
--Maya Angelou

I am what I am. To look for reasons is beside the point.
--Joan Didion

Speak up for yourself, or you'll end up a rug.

--Mae West

Doubt whom you will, but never yourself.

--Christine Bovee

Humility is often misunderstood. It's not a matter of having low self-confidence. One of the Latin roots of humility means 'from the earth.' It's about being grounded—recognizing that we're flawed and fallible. Confidence is a measure of how much you believe in yourself. Evidence shows that's distinct from how much you believe in your methods. You can be confident in your ability to achieve a goal in the future while maintaining the humility to question whether you have the right tools in the present. That's the sweet spot of confidence.

—Adam M. Grant

Those who can't . . . don't know they can't. According to what's now known as the Dunning-Kruger effect, it's when we lack competence that we're most likely to be brimming with overconfidence.

—Adam M. Grant

Don't confuse confidence with competence.

—Adam M. Grant

You've probably met some football fans who are convinced they know more than the coaches on the sidelines. That's the armchair quarterback syndrome, where confidence exceeds competence.

—Adam M. Grant

It takes confident humility to admit that we're a work in progress. It shows that we care more about improving ourselves than proving ourselves.

—Adam Grant

Her confidence wasn't in her existing knowledge—it was in her capacity to learn.

—Adam M. Grant

We don't have to wait for our confidence to rise to achieve challenging goals. We can build it through achieving challenging goals.

—Adam M. Grant

To prevent overconfidence in your knowledge, reflect on how well you can explain a given subject.

—Adam M. Grant

The more successful people have been in the past, the worse they perform when they enter a new environment. They become overconfident, and they're less likely to seek critical feedback even though the context is radically different.

—Adam M. Grant

Beware of getting stranded at the summit of Mount Stupid. Don't confuse confidence with competence. The Dunning-Kruger effect is a good reminder that the better you think you are, the greater the risk that you're overestimating yourself—and the greater the odds that you'll stop improving.

—Adam M. Grant

The secret is to find something you're good at. The rewards and recognition that stem from being great at something will make you passionate about whatever that something is.

—Scott Galloway

I don't want to apologize for being a dorky, nerdy, offbeat person. I'm not looking for the broad path. I'm looking for my path.

—Hillary Casavant

Idealizing Daddy is grand when you're five; it's crippling when you're twenty-five or thirty-five. For if you still believe in Daddy's miracles, you may not believe that you can make your own dreams come true. Worse, you may not even be able to formulate them without his guidance.

—Victoria Secunda

Everyone has inside of him a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!

--Anne Frank

Let me listen to me and not to them.

--Gertrude Stein

Positive thinking isn't ignoring your problems. It's having confidence in your ability to deal with them.

—Internet Meme

My mom built my confidence every single day. She told me I could do anything I wanted to do, no matter how unachievable and ambitious it seemed. And in very specific ways we would talk about different leadership opportunities....We were always learning things together, playing games, exploring or having little adventures. This spirit prepared me to be an entrepreneur—to be proactive and see opportunities in the world.

—Jessica Jackley

Confidence visited me
And it reminded me
To not conceal or suppress my gifts and talents
In order to make others feel more comfortable
But to embrace what makes me me.

—Tahlia Hunter



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