

# THE MEDITATIVE PATH to Building Your Confidence

## The Meditative Path to Building Your Confidence

You probably know that meditation is an effective way to relax, but it can be used for many other purposes too. If you're trying to build your confidence, a daily mindfulness practice may help,

**Self-confidence is one of the most important ingredients for your happiness and success.** It makes you feel more motivated and energetic. It helps you to reach your goals. It can even strengthen your relationships and enhance your health.

Do you want to feel surer of yourself and your ability to face life's challenges? Learn how to use meditation to build your self-esteem and confidence.

## Using Meditation to Increase Your Awareness

Self-doubts can narrow your experiences and opportunities if you shy away from taking risks. Meditation creates a safe space for looking at yourself and your habits with honesty and courage.

### Try these strategies:

- 1. Scan your body. Your posture affects your confidence.** Start your meditation session by sitting up tall and taking deep breaths. Examine yourself from head to foot to spot any discomfort. Try squeezing your muscles and then releasing them.
- 2. Let go of judgements.** Notice your thoughts and feelings without criticizing them. **Embrace your strengths and weaknesses.**

3. **Challenge your assumptions.** Do you cling to outdated beliefs that hold you back? Rewire your thinking by examining your typical reactions and considering more constructive approaches.
4. **Make conscious decisions.** It's easy to wind up drifting along on autopilot. **Mindfulness practices help you to take charge of your life.**

### Using Meditation to Generate Compassion

You may be undermining your self-confidence without even realizing it. **Paying attention to your thoughts gives you an opportunity to transform the way you treat yourself.**

**These techniques can help you to be kind to yourself and boost your confidence:**

1. **Change your self-talk.** What does your internal chatter sound like? **Replace harsh messages with friendlier feedback.**
2. **Chant mantras.** Reciting uplifting words and phrases is a proven way to stay focused during meditation. Write your own encouraging affirmations or find inspiration in scriptures and self-help books.
3. **Nurture yourself.** Scheduling daily meditation time is a great way to start investing in your confidence and wellbeing. **Make healthy eating, regular exercise, and restorative sleep part of your routine too.**
4. **Seek support.** Childhood memories and other influences can make it difficult to show compassion for yourself. Consider listening to guided meditations or talking with a therapist if you need more assistance.

## Using Meditation to Accomplish More

True confidence comes from within and recognizing your achievements can give you a boost. Meditation teaches you to live more mindfully, and that can help you to excel in your personal and professional life.

### Consider these tips:

- 1. Slow down. The stress of rushing around can erode your confidence.** You'll probably accomplish more with less effort as meditation trains you to move more deliberately. Figure out your priorities and shorten your to do list. Take breaks throughout the day to prevent burnout.
- 2. Express gratitude. Being thankful makes you feel more secure and connected to others.** You'll have the confidence to take worthwhile risks and try new things. Your warm and relaxed attitude will also make it easier to collaborate with others.
- 3. Keep practicing.** Change is usually a gradual process. Be patient with yourself as you build your confidence. Expect some setbacks and evaluate your progress on a regular basis. You'll probably find that meditating is more productive on some days than others. You're a success as long as you keep trying.
- 4. Create balance. Meditation helps you to look at the big picture.** As you balance the various aspects of your life, your confidence and peace of mind increase.

Meditation can make your confidence soar. When you love and appreciate yourself for who you are, your life becomes richer and more rewarding.