

Assertiveness and Self-Confidence Skill – are very important positive personality traits displayed naturally by Successful People when you meet them.



Believe you can, and you will succeed. The worst obstacle to your success is self-doubt. Being confident allows you to set and reach your goals. It provides stability when you're faced with challenges; it gives you energy to overcome difficulties. It gives you the stamina to stand up to face challenges and to pick yourself up when you fall.

Believe in yourself, your abilities and your judgment. When you believe you can make a difference in a situation, you are much more likely to succeed.

As a self-confident person, you walk with a bounce in your steps. You can control your thoughts and emotions to influence others. You are more prepared to tackle everyday challenges and recover from setbacks.

With self-confidence, you become an assertive person. An assertive person is direct in dealing with others without punishing, threatening or putting down one another.

An assertive person will stand up for the legitimate rights without violating the rights of others. Assertive people feel connected to other people – making statements of needs and feelings clearly, appropriately, and respectfully.

When you are assertive and confident, you are in control; you speak in calm and clear tones, and always maintain good eye contact when speaking to others. You can create a respectful environment for others, and do not allow others to abuse or manipulate you. This is a skill to make you feel stronger for others to believe in you, your abilities and your judgment. Behave like all successful people. Be assertive and confident of yourself.

Self Confidence
The Foundation of all
great Success and
Achievement.



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