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The Secret to True Self-Confidence Why most efforts to boost self-confidence fail, and what you should do instead. By Jessica Stillman, Contributor, Inc.com @EntryLevelRebel.

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If self-confidence is ' I can ' and self-esteem is ' I am ' , then pride is ' I did ' . To feel proud is to take pleasure and satisfaction from the goodness of our past actions and achievements.

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## ~~The Secret of Self-Esteem | Psychology Today~~

Confidence is not a personality trait or quality. It ' s not something that you either have or haven ' t. Being confident is a skill.

Everyone can build their confidence if they know what to do.

Confidence comes from being clear, ready and focusing on the right things. Task clarity, focusing on what you can control, recalling your achievements, knowing how you ' ll use your strengths, and feeling as prepared and ready as you can be; these are the foundations of solid confidence.

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