



THE EVEREST *Leadership Academy*

Eight Things That Set Truly Confident People Apart

Travis Bradberry

www.everestla.org



- Successful people often exude confidence – it is obvious that they believe in themselves and what they’re doing. It isn’t their success that makes them confident, however. The confidence was there first.
 - Doubt breeds doubt – why would anyone believe in you, if you don’t believe in yourself?
 - It takes confidence to reach for new challenges – people who are fearful or insecure tend to stay within their comfort zones. They get stuck
 - Unconfident people often feel at the mercy of external circumstances. Successful people aren’t deterred by obstacles



- No one is stopping you from what you want to accomplish but yourself. It's time to remove any lingering self-doubt.

Embracing the following behaviors of truly confident people will help get you there

1. They take an honest look at themselves:

- Confidence is earned through hard work, and confident people are self-aware
- Strengthen your weak skills / find ways to minimize the negative impact



2. They don't seek attention:

- Being yourself is much more effective than trying to prove that you're important
- Don't crave approval or praise because they draw their self-worth from within

3. They seek out small victories:

- Challenge themselves and compete
- A series of small victories will boost your confidence



4. They speak with certainty:
 - It is difficult to get people to listen to you if you don't have conviction
5. They exercise:
 - Rated body image and self-esteem higher
6. They dress for success:
 - Clothing reflects who you are and the image you want to project



7. They are assertive, not aggressive:
 - Aggressiveness isn't confidence, it's bullying
 - Insecurity is reflective of aggressiveness
8. They get right with the boss:
 - Hard to develop confidence if your boss is always criticizing you