

HOW TO RAISE YOUR CONFIDENCE

If People Judge Your Personality Based On Some Certain Small Things, Then You Should Correspondingly Raise Your Confidence To Measure Up.

From the moment you meet someone for the first time, you quickly want to assess who the person is and what they represent. This is why you may be on the lookout for certain qualities like honesty, kindness and intelligence.

Paying attention to these things may even help you evaluate if you will want to pursue an intimate relationship with this person or not.

Such judgment of character could be helpful on major decisions such as pursuing a romantic relationship, employing an individual or accepting a job offer. Based on these things, this is how people judge your personality and determine who you are and who you might not be.

Understanding the following will help you raise your confidence and charismatic approach.

1. PUNCTUALITY

How early or late you show up for an appointment or a meeting could form an impression, either negative or positive, about your personality.

Being late for an important date means you are creating a negative impression about who you are, while being early for an appointment means you are considerate about other people's time, and are both mentally organized and self-motivated.

Have you noticed that being late for a meeting that has your superior(s) in attendance sometimes affect your confidence? For a lot of people, they struggle so hard to get back this confidence before the meeting ends while others never gain balance till the end.

2. HANDSHAKE

It has been discovered that people with a strong handshake exude confidence and reflect a strong and confident character. Such people are also more likely to be extroverted, being expressive of their emotions, and less likely to be placid.

People with weak handshakes, on the other hand, lack confidence and always tend to want the easy way out of a

challenge. Offering a handshake alone could be the difference between appearing standoffish or sincerely friendly. Mind you, it doesn't have to be extremely firm, you shouldn't hurt the other person in a bid to appear confident - In short, doing this is an abuse that reflects insecurity or low self-esteem.

3. FOOTWEAR

According to psychologists, you can correctly judge a person just by looking at their shoes. According to the lead researcher Omri Gillath from the University of Kansas, just by examining the cost, style, color and condition of the shoe, you can be able to guess about 90% of the owner's personal characteristics such as his or her income, political affiliation, gender, and even age.

How true do you think this is? Well, I will give Gillath's theory a 75%, I conveniently agree with him.

To appear good, it's not always about money but the wisdom to combine whatever you have well enough. You see, instead of getting four substandard low-cost footwears, why don't you add up the money to get just one or two that is of a good quality.

4. NAIL PICKING

Certain body-focused repetitive behaviors (BFRB) can say a lot about your personality. How your body reacts to situations, whether by pulling your hair, biting your nails or picking at your skin could elicit impatience, frustration, boredom and dissatisfaction.

Take nail picking for example. According to a research, it is suggested that those who bite their nails tend to be perfectionists, while also tense and often nervous.

In order to appear and stay confident, you will need to always put your BFRB under perfect control. This is important so you will not be perceived wrongly at any point in time.

5. EYES

Your eyes are the mirror to your soul. Your eyes can tell a lot about you, what you are thinking and feeling and if you are either deceitful or loyal.

Another way the eye gives you away is that a lack of steady eye contact would reveal a lack of self-control and a weak will.

Maintaining proper eye contact in conversations is a good way to express your confidence, focus and charisma.

6. COLOR

According to an article on Psychology Today, the color you frequently turn to for clothes or are more akin to says a lot about who you are. Research shows that people who frequently choose black are sensitive, artistic and attentive to details, while those who love red live life to the fullest and proactive in their endeavors.

People who love green are loyal and affectionate, while those who love white are organized and logical, and those who have blue as their favorite color are stable, sensitive and are considerate of others.

Nevertheless, irrespective of whatever your favourite is, just make sure you pick a color that makes you comfortable and ultimately empowers your confidence.

Put all these checks into practice immediately, I'm so sure you will be happy you did. I will be expecting your feedback. Please feel very free to contact me via any of my channels [Instagram, Facebook, Twitter, Email, Website].

Thank you for reading.

With Love,

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