

Be Confident. Don't Give Up!

Wisdom Quotes Illustrated 4

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Introduction

As is our confidence,



so is our capacity.

William Hazlitt

*Too many people overvalue what they are not
and undervalue what they are.*

Malcolm Forbes

Everyone wants confidence. In fact, it was a desire for greater confidence that led me to produce this book. I have good news. It's not as if you either have confidence pretty much from birth, or you might as well forget about it. No! Confidence can be acquired through practice and—as an essential first step—by taking a hard look at the negative thoughts that are undermining you.

What's the goal here? What will a greater sense of self-confidence allow you to do? It will enable you to stop comparing yourself with others. Instead of shining a judgmental light on what you are not and detracting from yourself, you will gain the advantage of emphasizing the unique

strengths you can bring to bear, while realistically working on areas that need improvement. Having confidence will increase your willingness to take action, even when a decision involves a degree of risk. By the same token, confidence will let you admit having made a mistake and put you in a position to learn from it. You'll be optimistic because a lesson learned takes you a step closer to your goal and doesn't necessarily spell defeat.

And another thing. Confidence has been called the first prerequisite for great accomplishment, so it is extremely personal and focused. But it also has an effect on others. A self-confident person is very likely to inspire confidence in others. Nice!

Here's hoping this compilation of quotes and illustrations will help you discover your very own ways of building confidence and developing the strength to persevere through difficulties. I admit the collection is brief. It does not pretend to be comprehensive. Rather, it's meant as a pocket companion. Keep this book somewhere handy, say, on your smart phone. Then, if you need a confidence boost, have a look. Please don't forget . . .

Few people come anywhere near exhausting the resources within them.

There are deep wells of strength that are never used.

Admiral Richard E. Byrd

Connecticut, USA

February 28, 2017

As is our confidence . . . “[African Lions](#)” by [Kaytronika](#) is licensed under [CC BY 2.0](#).

Confidence



To be yourself in a world
that is constantly trying
to make you something else is
the greatest accomplishment.

Ralph Waldo Emerson

Believing in yourself is magic; if you can do that you can achieve anything.

Johann Wolfgang von Goethe

Don't downgrade your dream just to fit your reality. Upgrade your conviction to match your destiny.

Stuart Scott



It takes a great deal of bravery to stand up to our enemies, but just as much to stand up to our friends.

J. K. Rowling

Speaking of the person who is truly a master, the *Tao Te Ching* declares:

Because he believes in himself, he doesn't try to convince others.
Because he is content with himself, he doesn't need others' approval.
Because he accepts himself, the whole world accepts him.

“The moment will arrive
when you are comfortable
with who you are,
and what you are
—bald or old or fat or poor,
successful or struggling—
when you don't feel the need
to apologize for anything
or to deny anything.
To be comfortable in your
own skin is the beginning of
strength.”

Charles B. Handy

Accept yourself
and grow strong.



Believe you can and
you're halfway there.

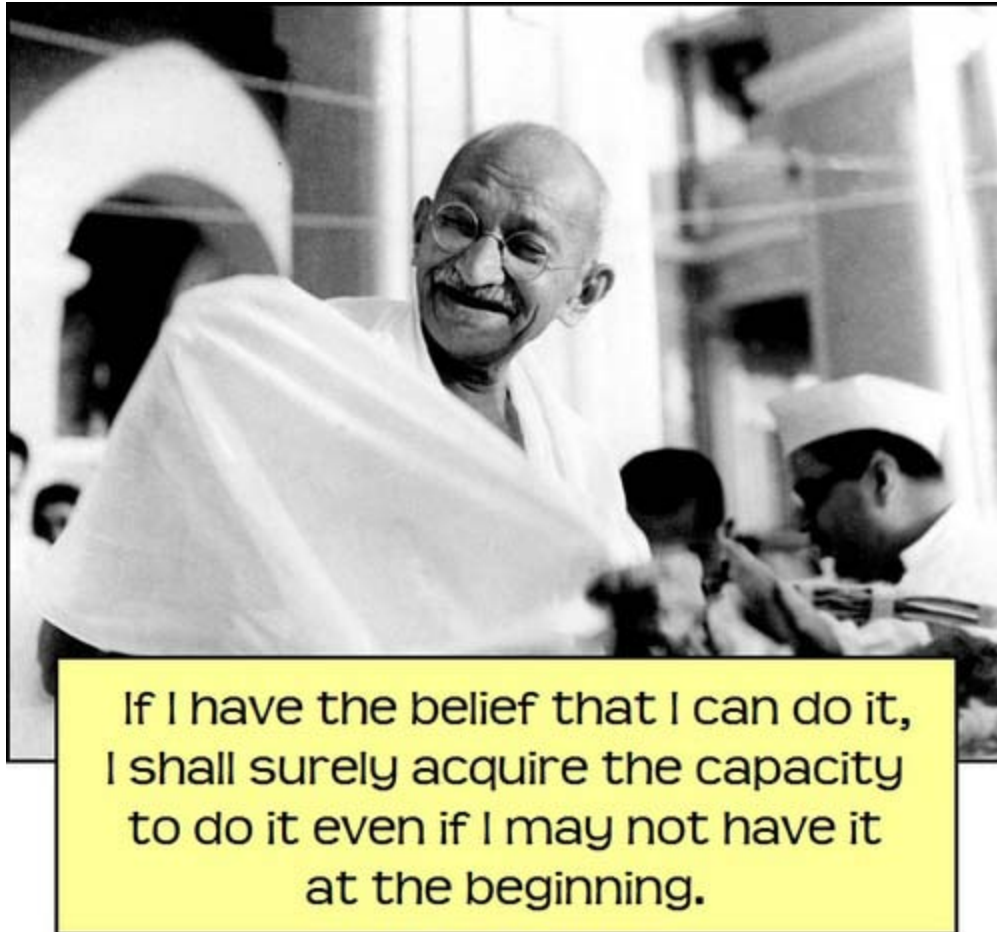
Theodore Roosevelt

Look well into thyself; there is a source of strength which will always spring up if thou wilt always look.

Marcus Aurelius

What the mind can conceive and believe, and the heart desire, you can achieve.

Norman Vincent Peale



If I have the belief that I can do it,
I shall surely acquire the capacity
to do it even if I may not have it
at the beginning.

If you stand for something, you will have people for you and people against you. But if you stand for nothing, you will have nobody for you and nobody against you.

Maurice Saatchi

A belief is what you hold, but a conviction is what holds you.

Unknown

Don't be satisfied with stories, how things have gone with others. Unfold your own myth.

Jalaluddin Rumi



Sometimes you need to walk away
not to make someone else realize
how worthy you are but for you
to understand and acknowledge
your own self worth.

Knowing when to walk away is wisdom. Being able to is courage. Walking away with your head held high is dignity.

Unknown

There comes a time in your life, when you walk away from all the drama and people who create it. You surround yourself with people who make you laugh. Forget the bad and focus on the good. Love the people who treat you right, pray for the ones who do not. Life is too short to be anything but happy. Falling down is a part of life, getting back up is living.

José N. Harris



It took me a long time not to judge
myself through someone else's eyes.

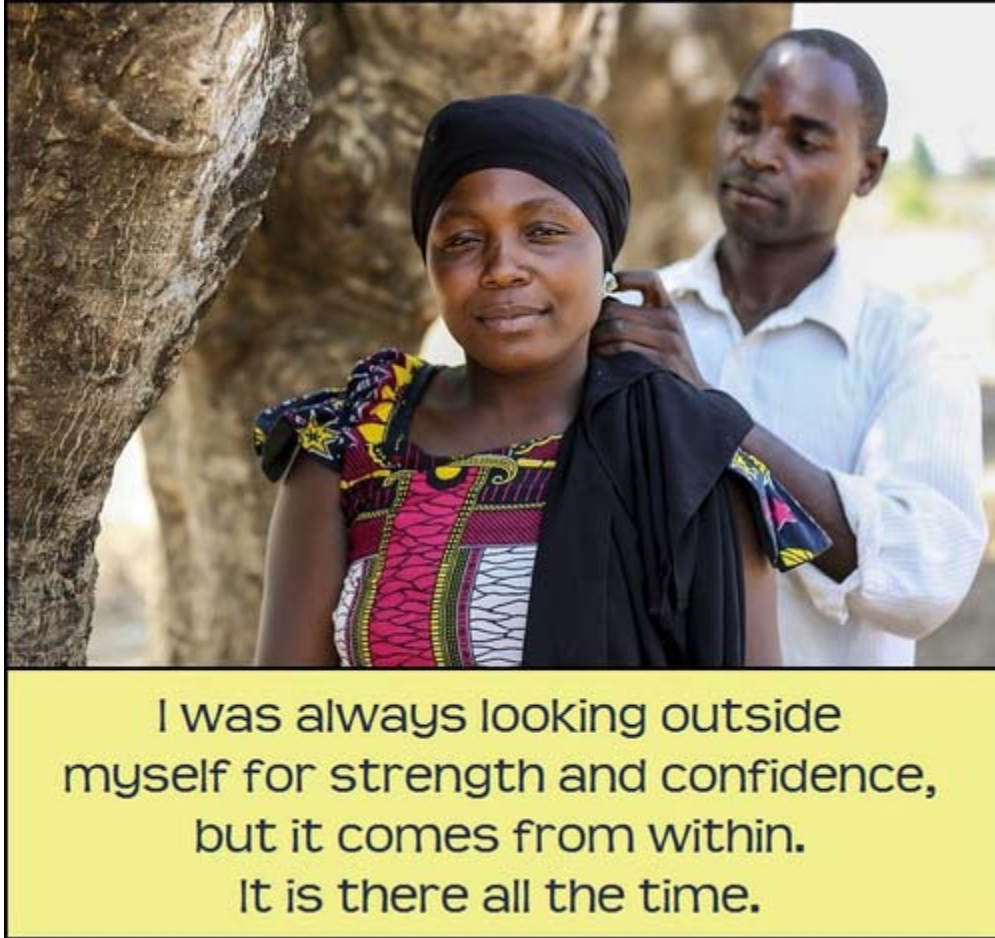
Sally Field

Start doing the things you think should be done, and start being what you think society should become. Do you believe in free speech? Then speak freely. Do you love the truth? Then tell it. Do you believe in an open society? Then act in the open. Do you believe in a decent and humane society? Then behave decently and humanely.

Adam Michnik

Confidence is contagious. So is lack of confidence.

Vince Lombardi



I was always looking outside
myself for strength and confidence,
but it comes from within.
It is there all the time.

To free us from the expectations of others, to give us back to ourselves—there lies the great, singular power of self-respect.

Joan Didion

That you may retain your self-respect, it is better to displease the people by doing what you know is right, than to temporarily please them by doing what you know is wrong.

William J. H. Boetcker

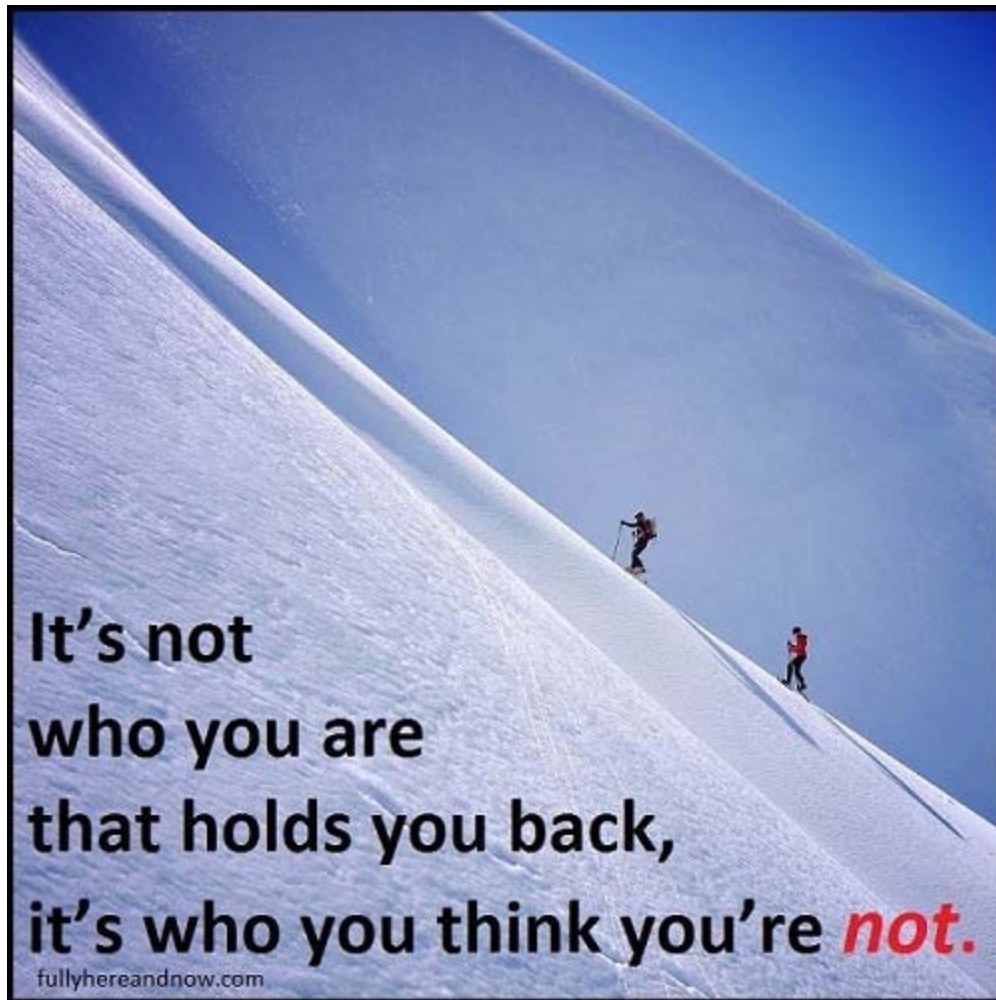


Change has a considerable psychological impact on the human mind. To the fearful it is threatening because it means that things may get worse. To the hopeful it is encouraging because things may get better. To the confident it is inspiring because the challenge exists to make things better.

King Whitney, Jr.

You have to have confidence in your ability, and then be tough enough to follow through.

Rosalynn Carter.



Doubts in your mind are a much greater roadblock to success than obstacles on the journey.

Orrin Woodward

Don't let the opinions of other people determine the image you have of yourself. There is no need to feel either appreciated or understood. Be even-minded. What you think about yourself is everything. What others think about you has no value at all, unless you choose to give it value.

Shantidasa



Conversation

They say it's hard to have your own opinions, but that may not be entirely correct. At the risk of splitting hairs: it's easy to *have* your own opinions, the hard part is gearing your life to them. When people in your environment see that your ideas stray from what is generally accepted, they begin to perceive you as a threat to their comfort zones. In spite of the conflict, if you don't stand up for what you believe in, you will ultimately come up short.

We tend to make concessions because we fear criticism and disapproval. We don't enjoy the sense of not fitting in, so we hesitate to assert ourselves against the tide of opinion. We repress unique aspects of our personalities so that we don't stand out.

This comes at a cost. We may create the appearance that we are part of a group, but deep inside we're unable to convince ourselves that we truly belong. We think we can make ourselves comfortable by downplaying who we are, but in the end we still feel alienated.

We are very social beings. So social, in fact, that separation from the group or tribe was used as severe punishment in historical times, when people were banished for their misdeeds.

If you have a strong sense of being your own person, remember that you have greater freedom to make choices—especially in today's world—than you have been led to believe. The kind of life

you lead is up to you. Granted, family, friends, spouses, and significant others influence us. That can't be avoided. Yet the final decision is yours: determine your goals, dream your dreams, pursue your own brand of happiness, and live by your own convictions.

Now, choices can be a two-edged sword. It feels good to have the freedom to choose, but it also comes at a price. Once you make up your mind and act, you can be held accountable. You will bear the weight of responsibility. What if people close to you don't accept your right to make choices—quite aside from the choices themselves? You may have to rethink certain relationships and find a way to reconcile your choices with the views of those who have traditionally been close to you—and even consider whether maintaining these relationships is worthwhile. Ouch!

When you have a moment, ask yourself a few questions. Why do you so often strive for the approval of others? Do you believe in yourself? Are you content? What would need to happen for you to accept what you really are? What's stopping you from taking a few simple steps in that direction and then gradually building confidence from there?

* * *

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Authenticity



A cat doesn't try to be a tiger, and you shouldn't try to be something you aren't. You are a process, not a product. Your job is to discover what you are and to create that creature. You still won't be perfect, but success isn't about perfection—it is about authenticity. You are a success if you are being your real, authentic self.

Bernie Siegel

To think is easy. To act is difficult. To act as one thinks is the most difficult.

Johann Wolfgang von Goethe

You're beginning to understand, aren't you? That the whole world is inside you: in your perspectives and in your heart. That to be able to find peace, you must be at peace with yourself first; and to truly enjoy life, you must enjoy who you are; and once you learn how to master this, you will be protected from everything that makes you feel like you can not go on, that with this gift of recognizing yourself, even when you are alone, you will never be lonely.

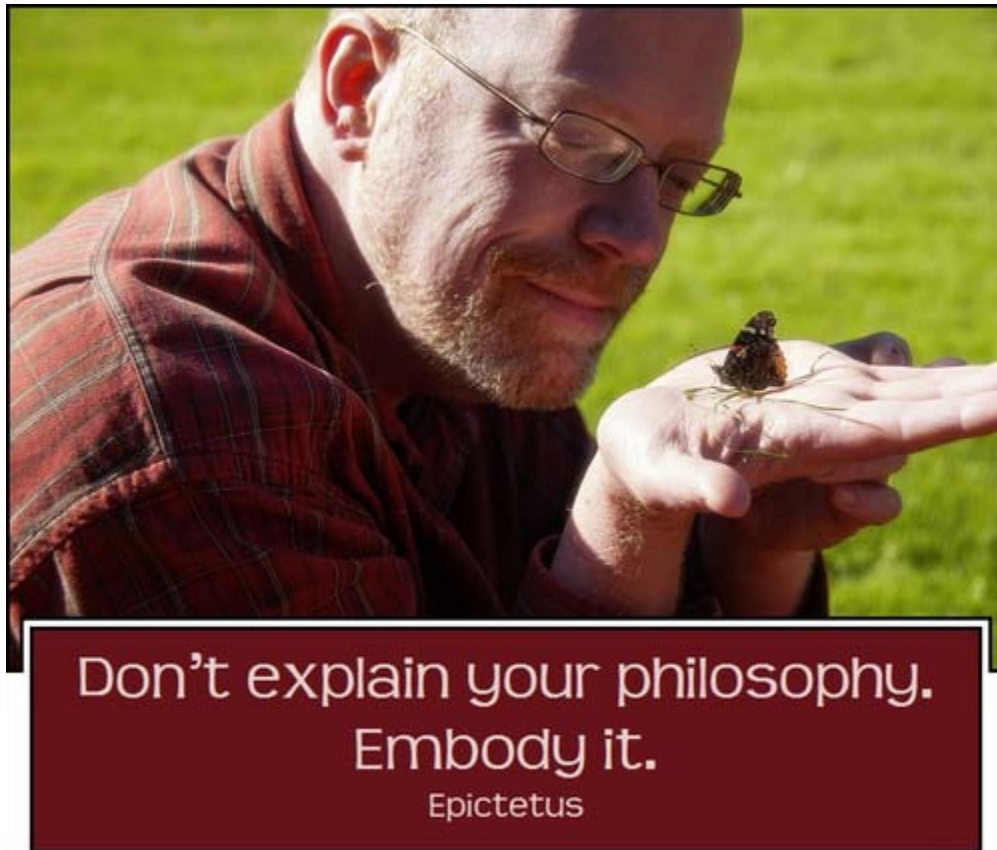
~Unkown

How desperately difficult it is to be honest with oneself. It is much easier to be honest with other people. What is true is invisible to the eye. It is only with the heart that one can see clearly.

Antoine de Saint-Exupery

To be nobody but myself—in a world which is doing its best, night and day, to make me somebody else—means to fight the hardest battle any human can fight, and never stop fighting.

e.e. cummings



Just be what you are and speak from your guts and heart—it's all a man has.

Hubert Humphrey

No one man can, for any considerable time, wear one face to himself, and another to the multitude, without finally getting bewildered as to which is the true one.

Nathaniel Hawthorne

A happy life is one which is in accordance with its own nature.

Seneca



Don't compromise yourself. You're all you've got.

Janis Joplin

Amid a world of noisy, shallow actors it is noble to stand aside and say, 'I will simply be.'

Henry David Thoreau

Remember always that you not only have the right to be an individual, you have an obligation to be one.

Eleanor Roosevelt

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