



CONFIDENCE IS NOT GIVEN

IT IS BUILT

Building Self-Confidence

How small actions can create a stronger belief in yourself

English level : ★★☆☆☆

Many people think confidence is something natural. But confidence is something we can build. People gain confidence step by step. Trying new things helps us feel stronger. Small successes make us believe in ourselves. Practice also makes our skills better. Slowly, our confidence begins to grow.

confidence	اعتماد به نفس
build	ساختن
practice	تمرین
success	موفقیت

Confidence does not appear in one day. People need time and patience. Mistakes are part of learning. When we learn from mistakes, we grow. Support from friends can also help. Positive thinking makes us feel stronger. In the end, confidence becomes part of us.

patience	صبر
mistake	اشتباه
support	حمایت
positive	مثبت