



# UNLOCK YOUR POTENTIAL

Confidence is a trait that can help us believe in ourselves and face life's experiences head-on. Having a healthy level of self-confidence can help you become more successful in your personal and professional life.

## CHARACTERISTICS OF A CONFIDENT PERSON

- Celebrate other people's success
- Open-minded
- Optimistic
- Realistic
- Self-Aware
- Willing to take risks
- Laugh at themselves
- Decisive
- Always learning and growing
- Admit mistakes
- Accept responsibility
- Assertive
- Don't fear Confrontation



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