**BEING CONFIDENT**

*14pt, bold, underline, centre* ✓✓✓✓

Some of us might want to put up a false illusion of self-confidence to the world, when really the opposite is true. Such people can be quite convincing to others and they start believing it themselves.

The benefits of self-esteem are there for all to see. When your self-esteem is at a high, everything becomes that much easier. You become confident around the people you meet. You are a pleasure to be around other people. You go out of your way to do things for people. You are a much more pleasant person and you feel that you are prepared to tackle anything that comes your way.

When there is a lack of self-esteem, everything seems to be an effort. Try to work harder, as this can be worthwhile and life-changing. Gaining or recovering your self-esteem requires a few changes. Change the way you do and think. ***Positive thinking*** and ***optimism*** are the key words.

*3 paragraphs: Alignment justified (full)* ✓✓✓

*Bold, italic* ✓✓

*Save as CONFIDENT2. ✓*

*[10] Marks for manipulation*