

**Assalamu Alaikum wa Rahmatullah.**



I'm Sabit Raihan, and welcome to Sabit International. Today, I'm going to talk about confidence. Yes, I need more of it. I want to improve it. I want to increase it. What about you?

If you truly want to build your confidence, follow the steps I'm about to share with you.

### **1. Understand the Root of Your Insecurities**

- Identify the areas where you lack confidence.
- Write down your weaknesses (e.g., lack of knowledge, poor communication skills, fear of public speaking).
- Clarity is power! Once you know your weaknesses, you can work on them.

### **2. Set Small, Achievable Goals**

- Big dreams require small steps.
- Don't overwhelm yourself with massive action in the beginning.
- Achieve small milestones to create momentum and build confidence gradually.

### **3. Practice Self-Compassion**

- It's important to push yourself, but don't overwork like a machine.
- Take breaks, spend time with family, and allow yourself to rest.
- Balance is key—work hard, but also take care of your well-being.

### **4. Step Out of Your Comfort Zone**

- While rest is necessary, don't stay in your comfort zone for too long.
- Face challenges, solve problems, and take action to grow.
- Growth happens when you embrace discomfort and push yourself forward.

### **5. Focus on Your Strengths**

- Where focus goes, energy flows.
- Identify and nurture your talents instead of dwelling on your weaknesses.
- Avoid comparing yourself to others—your only competition is yourself.

### **6. Improve Your Skills and Knowledge**

- Think of yourself as a warrior—without preparation, you can't win the battle.
- Keep learning and developing expertise in your field.
- Mental strength is just as important as physical strength.

### **7. Develop Confident Body Language**

- Walk, talk, and act confidently—even before you feel it.
- "Fake it until you make it"—over time, confidence will become natural.
- Your actions shape your identity, so behave like the person you want to become.

### **8. Surround Yourself with Positive Influences**

- Follow the OQP rule: **Only Quality People.**
- A confident person can inspire confidence in you.
- Avoid negative, lazy, or toxic people who drain your energy.

### **9. Take Care of Your Physical and Mental Health**

- A strong body supports a strong mind, and vice versa.
- Stay connected with fitness experts and mindset trainers.
- Prioritize both mental and physical well-being.

## 10. Celebrate Small Wins

- You started your journey alone, so be the first to celebrate your progress.
- Over time, others will acknowledge your success, but it begins with self-recognition.

## 11. Seek Feedback and Learn from Mistakes

- No one is perfect—mistakes are part of the journey.
- Ask experts for feedback and learn from your failures.
- "Every publicly rewarded person works hard in private." Keep improving.

## 12. Practice Gratitude

- You are not alone—your family, friends, and team support you.
- Appreciate and acknowledge those who help you along the way.
- Gratitude strengthens relationships and prevents loneliness.

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### **Keynotes:**

- **Identify weaknesses** and gain clarity.
  - **Start small** and set realistic goals.
  - **Balance work and rest**—push yourself but avoid burnout.
  - **Step out of your comfort zone** and embrace challenges.
  - **Focus on strengths** instead of weaknesses or comparisons.
  - **Keep learning** and improving your skills.
  - **Act confidently** until confidence becomes natural.
  - **Surround yourself** with positive and inspiring people.
  - **Take care** of your mind and body.
  - **Celebrate small wins**—your journey starts with self-recognition.
  - **Learn from mistakes** and seek feedback for growth.
  - **Practice gratitude**—appreciate the support around you.
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If you apply these principles daily, confidence will become a natural part of your personality.

**Stay tuned with Sabit International, move with mind power, keep improving, keep learning, and keep helping millions of people.**

**Assalamu Alaikum wa Rahmatullah.**