

# Things Confident People Avoid Doing

Confidence is a state of mind that can be hard to master, but it's worth the effort. Confident people tend to do things differently and make different choices than those who are unsure of themselves. People who are confident in themselves and their abilities often have greater success in life.

## Toxic comparison

Comparing ourselves to other people can be dangerous. Comparing ourselves to others will only make us feel bad and lead us to believe that other people's lives are much better. Confident people prioritize their own personal growth without being influenced by what other people are doing or have achieved.



## Negative self-talk

When people talk negatively to themselves, they often focus on things they don't like about themselves, like their looks or abilities, instead of praising the things they do like about themselves.



## Seeking attention and Validation

Confident people understand that their sense of worthiness comes from within, and they don't rely on the approval of others.



## People that sabotage them

Three types of people that confident individuals choose to stay away from are those who are jealous, those who don't believe in them, and those who put them down.

