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Building confidence leads to success

Confidence is key to becoming a leader. Joel Garfinkle shares five ways you can build up your confidence:

1. **Take the leap.** Quit doubting your abilities and take a risk or two in your career.
2. **Realize what your strengths are and use them.** You'll be more confident when you play to your strengths, which helps with things you aren't strong in later.
3. **Watch your body language.** Realize when your body language is negative or positive, as well as the body language of your audience.
4. **Take credit when complimented.** Just thank people.
5. **You don't have to be perfect.** Confidence is about continuing to try and try new things, even if you aren't perfect.

— Adapted from *"The one trait successful leaders share,"* Joel Garfinkle, SmartBlogs.

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