

Confidence Quotes To Help You Believe In Yourself

The dictionary defines confidence as “the feeling or belief that one can rely on someone or something; firm trust.”

When we feel confident in others, we know and trust in their ability to do what they have promised.

When we feel confident in ourselves, we are able to trust in our own abilities, qualities, and judgement.

Self-confidence is important to both your physical health and your [psychological well-being](#). When you believe in yourself you're more likely to try new things, devote your time and energy to tasks that matter, make good lifestyle choices, and foster healthy relationships.

Many of us struggle with confidence issues. In an age of social media, it can be difficult not to compare ourselves with other people. We might lack confidence at work, in public speaking, or in meeting new people, which makes us fear that we aren't taken seriously or that we won't meet new friends or a significant other.

But the great news is, we can do many things to help boost our self-confidence levels. From taking better care of our bodies to journaling, [quitting social media](#) and reading confidence-boosting quotes, there are plenty of ways to build trust in ourselves. Here at [keepinspiring.me](#), we want to help you reach a whole new level of self-confidence!

Confidence Quotes

“Confidence is the most beautiful thing you can possess.” – Sabrina Carpenter

In fact, the confidence of the people is worth more than money.

Carter G. Woodson

When you have a lot of confidence and you feel like nobody can beat you, it's game over for everyone else.

Jason Day

As is our confidence, so is our capacity.

William Hazlitt

Confidence is contagious. So is lack of confidence.

Vince Lombardi

When you have confidence, you can do anything.

Sloane Stevens “All you need in this life is ignorance and confidence, and then success is sure.” – Mark Twain

Faith is a living, daring confidence in God's grace, so sure and certain that a man could stake his life on it a thousand times.

Martin Luther

Confidence is everything. Confidence is what makes that simple white tee and jeans look good.

Ciara

Confidence is a lot of this game or any game. If you don't think you can, you won't.

Jerry West

Skill and confidence are an unconquered army.

George Herbert

Confidence comes from hours and days and weeks and years of constant work and dedication.

Robert Staubach

The most beautiful thing you can wear is confidence.

Blake Lively

“Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.” – Norman Vincent Peale

Confidence is that feeling by which the mind embarks in great and honorable courses with a sure hope and trust in itself.

Cicero

Confidence is a very fragile thing.

Joe Montana

Confidence comes from discipline and training.

Robert Kiyosaki

Confidence... thrives on honesty, on honor, on the sacredness of obligations, on faithful protection and on unselfish performance. Without them it cannot live.

Franklin D. Roosevelt

Confidence is when you believe in yourself and your abilities, arrogance is when you think you are better than others and act accordingly.

Stewart Stafford “Confidence comes not from always being right but from not fearing to be wrong.” – Peter T. McIntyre

Confidence isn't optimism or pessimism, and it's not a character attribute. It's the expectation of a [positive](#) outcome.

Rosabeth Moss Kanter

When you have confidence, you can have a lot of fun. And when you have fun, you can do amazing things.

Joe Namath

Experience tells you what to do; confidence allows you to do it.

Stan Smith

Confidence. If you have it, you can make anything look good.

Diane Von Furstenberg

“With confidence, you have won before you have started.” – Marcus Garvey

If you don't have any confidence, you're not going to do anything.

Stefon Diggs

Success gave me confidence as an artist. And now I'm able to do what I want without anybody thinking it's dumb.

Amy Lee

The circulation of confidence is better than the circulation of money. James Madison

“Confidence is preparation. Everything else is beyond your control.” – Richard Kline

Confidence Building Quotes

Now we know what some of the world's great and good have described confidence as being, it's time to start boosting those confidence levels!

Confidence means believing in yourself, feeling comfortable with who you are, and recognizing that you have worth.

When you feel confident, the way you present yourself to the world changes. People believe in you. You are more likely to be successful in work, sports, or other activities.

What's more, the way you present yourself can have a profound impact on the new opportunities that come your way.

These quotes are all about building confidence and adopting the “get up and go for it” mentality.

“Don't live down to expectations. Go out there and do something remarkable.” – Wendy Wasserstein

Get more confidence by doing things that excite and frighten you.

Jessica Williams

Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.

Lao Tzu

No one can make you feel inferior without your consent.

Eleanor Roosevelt

Doubt can motivate you, so don't be afraid of it. Confidence and doubt are at two ends of the scale, and you need both. They balance each other out.

Barbra Streisand

“You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, ‘I lived through this horror. I can take the next thing that comes along.’” – Eleanor Roosevelt

A fit body gives you confidence. And there's nothing more impressive than a great attitude, which you can wear on your sleeve. But you'll have to remember the difference between being rude and being confident.

Virat Kohli

Action is a great restorer and builder of confidence. Inaction is not only the result, but the cause, of fear.

Norman Vincent Peale

I have a confidence about my life that comes from standing tall on my own two feet.

Jane Fonda

Find what makes you feel comfortable. The confidence you wear your clothes in is what's really going to shine.

Hayley Hasselhoff

The level of confidence women are able to build in women-only groups is important.

Mae Jemison

“If you’re presenting yourself with confidence, you can pull off pretty much anything.” – Katy Perry

Confidence is the most important single factor in this game, and no matter how great your natural talent, there is only one way to obtain and sustain it: work.

Jack Nicklaus

I’ve always had confidence. It came because I have lots of initiative. I wanted to make something of myself.

Eddie Murphy

I think about trust and confidence as something that you earn every day, and we will keep at it, earning it every day.

Lynn Good

For if you train hard and responsibly your confidence surges to a maximum.

*Floyd Patterson***“You have to have confidence in your ability, and then be tough enough to follow through.” – Rosalynn Carter**

There’s a confidence and sense of self that comes with age that I didn’t anticipate.

Jillian Michaels

Successful people often exude confidence – it’s obvious that they believe in themselves and what they’re doing. It isn’t their success that makes them confident, however. The confidence was there first.

Travis Bradberry

Whether you think you can or think you can’t, you are right.

Henry Ford

For me, so far, confidence has been a journey, not a destination.

Jessica Williams

Along with age comes more confidence, so it kind of works out.

Leslie Mann

“When you win, you don’t get carried away. But if you go step by step, with confidence, you can go far.” – Diego Maradona

Confidence is one of the sexiest things in guys and girls.

Danica McKellar

Concentration comes out of a combination of confidence and hunger.

Arnold Palmer

Sometimes, if you fake confidence long enough, you’re going to be confident.

Elle King

I think the best way to have confidence is not to allow everyone else’s insecurities to be your own.

Jessie J

Confidence comes with maturity, being more accepting of yourself.

Nicole Scherzinger

“If you are surrounded by your competition and you are outworking these people, outmaneuvering these people, it’s hard not to let your confidence take over. It just builds and builds and builds.” – Conor McGregor

Confidence comes from knowing what you’re doing. If you are prepared for something, you usually do it. If not, you usually fall flat on your face.

Tom Landry

Through my [education](#), I didn’t just develop skills, I didn’t just develop the ability to learn, but I developed confidence.

Michelle Obama

I taught myself confidence. When I’d walk into a room and feel scared to death, I’d tell myself, ‘I’m not afraid of anybody.’ And people believed me. You’ve got to teach yourself to take over the world.

Priyanka Chopra Jonas

For me, it’s always been about preparation, and the more prepared I can be each week, the less pressure I feel and the more confident I am. As your confidence grows, it’s only natural that the pressure you feel diminishes.

Aaron Rodgers

“It is best to act with confidence, no matter how little right you have to it.” – Lillian Helman

You just have to be yourself and go full with confidence and be courageous.

Gabby Douglas

Life is not easy for any of us. But what of that? We must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something and that this thing, at whatever cost, must be attained.

Marie Curie

You are the only person on earth who can use your ability.

[Zig Ziglar](#)

Confidence is key. Sometimes, you need to look like you're confident even when you're not.

Vanessa Hudgens

Nothing builds self-esteem and self-confidence like accomplishment.

Thomas Carlyle

“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.” – Helen Keller

It takes a lot for you to find your confidence, but you shouldn't let someone else be the person to find it for you.

Justine Skye

Have confidence that if you have done a little thing well, you can do a bigger thing well too.

David Storey

“A calm mind brings inner strength and self-confidence, so that's very important for good health.” – Dalai Lama

Self-Confidence Quotes

It is certainly true that confidence is attractive. A person who believes in themselves and what they are doing is definitely more attractive than a person who cowers on the sidelines hoping no one will notice them.

There is, however, a fine line between confidence and arrogance.

[Psychology Today](#) tells us: “the best kind of confidence is like a classical virtue: it strikes the “golden mean” between self-doubt and arrogance, allowing a person to embody his or her positive traits without bragging about them.”

While some of us are much quieter and less open than others, it doesn't mean that we can't work on becoming more confident in ourselves. These quotes are all about finding self-confidence, facing the fear, and doing it anyway.

“Each time we face our fear, we gain strength, courage, and confidence in the doing.” – Theodore Roosevelt

*Because one believes in oneself, one doesn't try to convince others.
Because one is content with oneself, one doesn't need others' approval.
Because one accepts oneself, the whole world accepts him or her.*

Lao Tzu

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

Marianne Williamson

“I was always looking outside myself for strength and confidence but it comes from within. It is there all the time.” – Anna Freud

I never had confidence – never. The hardest thing to know is your own worth, and it took me years and years to find out what mine is.

Peggy Lipton

If you have no confidence in self, you are twice defeated in the race of life.

Marcus Garvey

People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within.

Elisabeth Kübler-Ross

Trust yourself. You know more than you think you do.

Benjamin Spock

Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit.

E.E. Cummings

“Always be yourself, express yourself, have faith in yourself, do not go out and look for a successful personality and duplicate it.” – Bruce Lee

I’ve studied the lives of the 20th century’s great businessmen and concluded self-confidence was instrumental in all their [success](#).

Alex Spanos

You’ve got to put in the work. And you’ve got to play with confidence. You’ve got to believe in yourself.

Paul Pierce

Self-confidence is the first requisite to great undertakings.

Samuel Johnson

You have to expect things of yourself before you can do them.

[Michael Jordan](#)

Trust yourself. Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement.

Golda Meir

“You wouldn’t worry so much about what others think of you if you realized how seldom they do.” – Eleanor Roosevelt

Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy.

Dale Carnegie

If you hear a voice within you say ‘you cannot paint,’ then by all means paint, and that voice will be silenced.

Vincent Van Gogh

It is confidence in our bodies, minds, and spirits that allows us to keep looking for new adventures.

Oprah Winfrey

Always remember, you are braver than you believe, stronger than you seem, and smarter than you think.

Christopher Robin

One important key to success is self-confidence. An important key to self-confidence is preparation.

Arthur Ashe

“You, yourself, as much as anyone in the entire universe deserves your love and affection.” – Buddha

Noble and great. Courageous and determined. Faithful and fearless. That is who you are and who you have always been. And understanding it can change your life because this knowledge carries a confidence that cannot be duplicated any other way.

Sheri L. Drew

To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.

[Ralph Waldo Emerson](#)

Don't wait until everything is just right. It will never be perfect. There will always be challenges, obstacles and less than perfect conditions. So what. Get started now. With each step you take, you will grow stronger and stronger, more and more skilled, more and more self-confident and more and more successful.

Mark Victor Hansen

To love yourself right now, just as you are, is to give yourself heaven. Don't wait until you die. If you wait, you die now. If you love, you live now.

Alan Cohen

“Self-confidence is the memory of success.” – David Storey

It's all about confidence and how you feel about yourself. There's no such thing as a perfect woman. I like imperfections – that's what makes you unique.

Hayley Hasselhoff

Whatever we expect with confidence becomes our own self-fulfilling prophecy.

Brian Tracy

Don't take anything for granted. If you don't believe in yourself, nobody else will. Have a little more confidence.

Cathy Moriarty

With the realization of one's own potential and self-confidence in one's ability, one can build a better world.

Dalai Lama

“Think like a queen. A queen is not afraid to fail. Failure is another stepping stone to greatness.” – Oprah Winfrey

Life is ten percent what you experience and ninety percent how you respond to it.

Dorothy M. Neddermeyer

Wouldn't it be powerful if you fell in love with yourself so deeply that you would do just about anything if you knew it would make you happy? This is precisely how much life loves you and wants you to nurture yourself. The deeper you love yourself, the more the universe will affirm your worth. Then you can enjoy a lifelong love affair that brings you the richest fulfillment from inside out.

Alan Cohen

Don't you dare, for one more second, surround yourself with people who are not aware of the greatness that you are.

Jo Blackwell-Preston

We have to learn to be our own best friends because we fall too easily into the trap of being our own worst enemies.

Roderick Thorp

If you put a small value on yourself, rest assured that the world will not raise your price.

Anonymous

“Just believe in yourself. Even if you don't, pretend that you do and, at some point, you will.” – Venus Williams

A man cannot be comfortable without his own approval.

Mark Twain

If you are insecure, guess what? The rest of the world is, too. Do not overestimate the competition and underestimate yourself. You are better than you think.

T. Harv Eker

Self-Belief Quotes

A big part of being and feeling confident is believing in yourself! Self-esteem, self-value, self-respect, self-love... they all start with you!

Believing in yourself, having the confidence to live the life you've always imagined, is the ultimate goal for many people. But a journey of a thousand miles starts with a single step. If believing in your own abilities, qualities, and judgement isn't something that comes naturally to you, start small.

Challenge yourself to do something new.

Whether it's getting off the sofa to go out for a run, making friends with a stranger you see everyday, jumping into charity work, or even starting a new business... you don't have to get it right first time. **What matters is that you stick with it and have faith in yourself.**

These quotes are all about finding a sense of self-belief, and valuing and loving yourself for exactly who you are.

"When you start living the life of your dreams, there will always be obstacles, doubters, mistakes and setbacks along the way. But with hard work, perseverance and self-belief there is no limit to what you can achieve." – Roy T. Bennett

Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world.

Lucille Ball

Life is too short to waste any amount of time on wondering what other people think about you. In the first place, if they had better things going on in their lives, they wouldn't have the time to sit around and talk about you. What's important to me is not others' opinions of me, but what's important to me is my opinion of myself.

C. Joybell C.

Love who you are, embrace who you are. Love yourself. When you love yourself, people can kind of pick up on that: they can see confidence, they can see self-esteem, and naturally, people gravitate towards you.

Lilly Singh“ As soon as you trust yourself, you will know how to live.” – Johann Wolfgang von Goethe

It is an absolute human certainty that no one can know his own beauty or perceive a sense of his own worth until it has been reflected back to him in the mirror of another loving, caring human being.

John Joseph Powell

Believe it can be done. When you believe something can be done, really believe, your mind will find the ways to do it. Believing a solution paves the way to solution.

David J. Schwartz

Depression weighs you down like a rock in a river. You don't stand a chance. You can fight and pray and hope you have the strength to swim, but sometimes, you have to let yourself sink. Because you'll never know true happiness until someone or something pulls you back out of that river—and you'll never believe it until you realize it was you, yourself who saved you.

Alysha Speer

“It doesn't matter if thousands of people believe in you, unless You believe in You.” – Maddy Malhotra

The person in life that you will always be with the most, is yourself. Because even when you are with others, you are still with yourself, too! When you wake up in the morning, you are with yourself, laying in bed at night you are with yourself, walking down the street in the sunlight you are with yourself. What kind of person do you want to walk down the street with? What kind of person do you want to wake up in the morning with? What kind of person do you want to see at the end of the day before you fall asleep? Because that person is yourself, and it's your responsibility to be that person you want to be with. I know I want to spend my life with a person who knows how to let things go, who's not full of hate, who's able to smile and be carefree. So that's who I have to be.

C. Joybell C.

Self respect, self worth, and self love, all start with self. Stop looking outside of yourself for your value.

Rob Liano

The best lightning rod for your protection is your own spine.

Ralph Waldo Emerson

“If you think you can then you can.” – Stephen Richards

Role models are only of limited use. For no-one is as important, potentially powerful and as key in your life and world as you.

Rasheed Ogunlaru

Believe that you can make your way. Or don't. Either way, you are right.

Jennifer Donnelly

Never let success go to your head, and never let failures go to your heart.

Anthony Joshua

We established most of our self-beliefs during our childhood, but they were based on our limited understanding of the world around us. They are either flawed or have become outdated. We can't take these beliefs at face value anymore.

Yong Kang Chan

Self-belief is not self-centred. We can only fight effectively for others if we already believe in ourselves.

Carla H. Krueger

How strongly you believe you really can will play the biggest part in determining if you actually will.

Lorri Fa

“If you are to succeed in life, you must believe that you can succeed. That self-belief lifts you up.” – Benjamin Kofi Quansah