

## #015 Habits of a confident man

Dear boys,

Today I wanna enlighten us on some of the **habits of a confident man**

- **Excellent posture**

Confident men always stand straight and tall with their shoulders back hence have increased confidence, high self-esteem, high energy levels and are healthier.

- **Never degrades others**

A confident man never looks down upon others or degrades them in anyway but instead uplifts them if in a position to and helps them out in one way or the other. He is more of a strong tower to the weak and enhances their confidence in some way.

- **Gives genuine compliments**

A confident man gives genuine compliments without expecting anything in return unlike other men who'd give compliments with the intentions of receiving something in return. This habit is common among the "Nice guys" who give ladies compliments because they want them or want to sleep with them.

But confident men never want anything in return; they give Caesar what belongs to him without question.

- **Avoids his comfort zone**

Confident men avoid their comfort zones like a plague because they are aware that is not their safe zone. They always push themselves to do much in life no matter how hard it is. They try lots of new things, take risks, fail and rise again, gain insight and advance in life hence become men of value.

A man must always do something to become of value, for weak fearful men who'd rather dwell in their comfort zone never achieve much hence end up being average men with nothing much to offer to the society; but confident men are truly a blessing in disguise.

- **Never doubts himself**

Confident men are always sure of themselves, they never doubt themselves or allow people tell them what they can accomplish or what they can't accomplish. They decide all that by themselves hence are masters of their own destiny.

-“Don't doubt yourself, doubts kills son,” **Denzel Washington, *The Equalizer* film.**

- **Focuses on what matters**

Confident men don't waste time on things that don't matter hence will waste their time and energy. They know when to say yes or no, stick to their principles and boundaries hence gain more respect for that.