

WOMEN AND CONFIDENCE

Did You Know?

74% of girls say

they are under pressure to please everyone

98% of girls feel

there is enormous pressure from outside sources to look a certain way

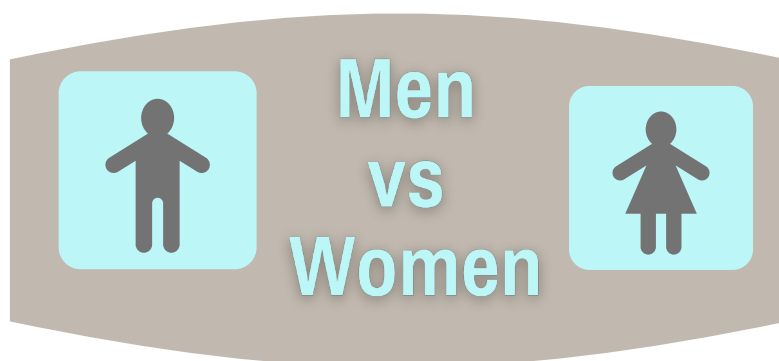
92 % of teen girls

want to change something about their looks, with body weight ranking the highest

GIRLS WHO ARE UNHAPPY WITH THEIR BODIES

By age 13 → 53%

By age 27 → 78%



Men overestimate their abilities and performances while women underestimate both, but their performances do not differ in quality

Men don't let their doubts stop them as often as women do

Women applied for a promotion only when they met 100% of the qualifications

VERSUS

men who applied when they met only 50% of the qualifications

Reasons Why Women Lack Confidence



2/3 OF WOMEN
surveyed said they were cautious about sharing their point of view at work or taking steps to become a leader



LESS THAN 50%
were taught leadership skills growing up

This may be caused by puberty. As girls age, their confidence level drops, whereas boys in the same age group maintain or increase their confidence. Which could be due to the fact that boys get a huge testosterone boost, which reinforces their ability to take charge, take risks—thus increasing their confidence. Whereas, society has taught girls that if they are assertive, that equates with being brash—thus making them timid and apprehensive about sharing how they truly feel.

Mothers of girls should teach their daughters (at a young age) to look internally and to Christ for their validation, not to their friends, social media, etc. Teach them to look within to find their own voice and strength and walk in them without timidity.

Simple Ways to Boost Confidence

Stop comparing yourself to others - When you do this, you'll always be on the short end of the receiving stick. Instead, start comparing yourself to yourself. Focus on how you have improved over time. This motivates you to keep improving and helps build your self esteem.

Help others - This makes you shift your focus away from your situation, and appreciate your life more. Instead of focusing on your own flaws, you'll begin to feel good about making someone else feel good, which builds your confidence.

Appreciate yourself - Learn to appreciate who God created you to be. Recognizing your good qualities and attributes makes you happier, thus helps build your self confidence.

Create healthy boundaries - Learn to say 'no!' The more control you have over your own life (deciding what you want and don't want), the more confidence you'll start to gain.

Develop a positive outlook - An optimistic outlook promotes positivity about life and makes you more confident to deal with any challenges that may come your way.