# 关于自信的英语演讲稿范文

来源：网络 作者：深巷幽兰 更新时间：2024-06-16

*关于自信的英语演讲稿范文一　　Self-confidence Confidence is power--the power to attract, persuade, influence, and succeed. Imagine what...*

关于自信的英语演讲稿范文一

　　Self-confidence Confidence is power--the power to attract, persuade, influence, and succeed. Imagine what your life would be like if you had an abundance of selfconfidence ! Confidence isn\'t an inherited trait, it\' s a learned one. This means that you can have an abundance of self-confidence. Start here, right now.

　　Confidence starts in the mind.What you think of yourself very much influences the way you feel about yourself. This, in turn, affects the way you speak and act.

　　No one can make you feel inferior without your consent. The very first thing you have to do to create abundant

　　self-confidence is to start thinking ourselves with confidence. Pay attention to your internal dialogue, and learn to notice when you allow negativity or doubt to control the course of your thinking.

　　Your environment has a tremendous influence on you. The books you read, the people you spend time with, and the music you listen to all influence the way you think and feel about yourself and the world around you.

　　In a nutshell, your environment can either build up your self-confidence or drag it down.

　　If you\'re in a situation where you\'re discouraged, such as an unhealthy relationship or a miserable job, you have to change that situation if you want your self-confidence level to grow.

　　Create an environment that supports you if your desire to have abundant self-confidence. Spend time with confident people. Remember those, self-confidence can be yours. Take it!

　　自信

　　自信就是力量——吸引人、说服人、影响人并取得成功的力量。设想一下，如果你充满自信，你的生活会是怎样一番景象!

　　自信并非来自遗传，是需要后天学习的。这就意味着，你也可以充满自信。从现在、从这里开始。

　　自信必须首先从想法开始。你怎么样看待自己，很大程度就影响了你觉得自己怎样。转而也影响了你说话、做事的方式。 没有你的默认，谁也无法将你看低一等。

　　充满自信的第一步是要开始自信地看待自己。注意自己的内心对话，注意你什么时候让消极和怀疑控制了自己的思想。

　　你周围的环境对你有着莫大的影响。你读的书，和你呆在一起的人，你听的音乐都对你的思维方式、对自己的感觉以及对世界的看法产生影响。 一言蔽之，你的周遭环境不是增加你的自信就是打击你的自信。 如果你现在所处的环境让你备受打击，比如说有一段不健康的关系或者一份痛苦的工作，如果你想提高自信的话，你就要改变你现在的处境。如果你渴望充满自信，就创造一个支持你的环境，与自信的人多待在一起。 记住这些，自信就属于你。抓住它!

　　关于自信的英语演讲稿范文二

　　Self-Confidence Is Essential to Success自信是成功的决定因素

　　Nothing succeeds like confidence.When you are truly confident,it radiates from you like sunlight,and attracts success to you like a magnet.信心成就一切，当你真正自信时，它就像灿烂的阳光一样从你身上散发出来，就像磁铁一样将成功吸引到你身上。

　　It\'s important to believe in yourself.Believe that you can do it under any circumstances,because if you believe you can,then you really will.The belief keeps you searching for answers,which means that pretty soon you will get them.相信自己非常重要。要相信自己无论在任何情况下都会成功。因为如果你相信你能做到，那么你就真的会做到。这种信念促使你不断的去寻找答案，而不断的探索就意味着你很快就会找到答案。

　　Confidence is more than an attitude. It comes from knowing exactly where you are going and exactly how you are going to get there. It comes from acting with integrity and confidence.It comes from a strong sense of purpose.It comes from a strong commitment to take responsibility,rather than just letting life happen.信心不只是一种态度，它来源于你确切地知道自己要去干什么并且确切地知道怎么去干。它来源于正直和自信地去行动。它来源于强烈的目标感。它来源于强烈地勇于承担责任的许诺，而不是让生命放任自流。

　　One way to develop self-confidence is to do the thing you fear and to get a record of successful experiences behind you.培养自信的一种方法是去做你害怕做的事情，并将它做成功。

　　Confidence is compassionate and understanding.It is not arrogant. Arrogance is born out of fear and insecurity,while confidence comes from strength and integrity.信心是富有同情心和善解人意的。它一点都不傲慢自大。傲慢是由于害怕和缺乏安全感才产生的，而信心则出于坚强的决心和诚实正直。

　　Confidence is not just believing you can do it. Confidence is knowing you can do it.Know that you are capable of accomplish anything you want,and live your life with confidence.信心并不是仅仅认为你可能会成功，而是确信你一定能成功。确信你有能力实现自己的愿望，并充满信心的生活着。

　　Anything can be achieved through focused,determined effort and self-confidence.If your life is not what you want it to be,you have the power to change it,and you must make the changes on a moment by moment basis. Live your priorities. Live with your goals and your plan of action. Live each moment with your priorities in mind. Act with your own purpose,and you will have the life you want.如果你足够专心、坚决和自信，那么任何事都能做成。如果生活不像你预想的那样，你有力量去改变它，并且你必须一步一步的去实现这些改变。铭记你生命中最重要的事情。有目标并且有计划的去生活。为你的目标而奋斗，你就会拥有自己想要的生活。

　　关于自信的英语演讲稿范文三

　　Good morning,everyone! I`m very happy to have this chance to give my presentation. Before I start my speech, please let me ask you a question. Do you think you are confident in yourself? If you are, do please raise your hand.

　　My topic today is “ to Be a Confident Person.”

　　What is confidence? Confidence is to trust yourself. Confidence is to look upon yourself. It is not to indulge in self-admiration. It is not to get extremely arrogant. It is not to get dizzy with success or to be opinionated. It is just to inspire yourself ahead of a quality of mind, in high spirit, full of energy. It is to meet the challenges of life in a positive mood. It is to overcome your inferiority, farewell, to get rid of the trouble of a a ready-made panacea.

　　Remember, I have just entered junior high school. In the face of the challenge of new environment, in the face of so many new courses and learning contents, I lost faith in my own and gradually developed a psychological sense of inferiority. Achievement glided ceaselessly. It is a teacher and mother who encouraged me and let me regain confidence. Gradually, my grades got higher and higher and everything began to go on well. Gradually I adapted to the life in middle school.

　　Friends, let\'s say goodbye to inferiority. Let’s be a confident person. Because: only if you have self-confidence, can you control yourself; only if you have confidence, can you achieve success and create your a brilliant life of your own!

　　大家好!

　　今天我演讲的题目是：做一个自信的人。

　　什么是自信?自信，就是自己信得过自己，自己看得起自己。它，不是孤芳自赏，也不是夜郎自大，更不是得意忘形和自以为是;而是激励自己奋发进取的一种心里素质，是以高昂的斗志，充沛的干劲迎接生活挑战的一种乐观情绪;是战胜自己，告别自卑，摆脱烦恼的一种灵丹妙药。

　　还记得，我刚刚升入初中时，面对新的环境，面对那么多的新的课程和学习内容，我对自己失去了信心，逐渐产生了自卑心理，成绩不断下滑，是老师和妈妈及时帮助我、鼓励我，让我重新找回自信。渐渐的，我的学习成绩及各个方面都有明显进步，逐渐适应了初中的生活。

　　朋友们，让我们告别自卑，做一个自信的人吧。因为：只有拥有自信，才能拥有自我;只有拥有自信，才能走向成功，才能创造自己辉煌的人生。

本DOCX文档由 www.zciku.com/中词库网 生成，海量范文文档任你选，，为你的工作锦上添花,祝你一臂之力！