31 Strategies to Strengthen Your Self-Confidence

Self-Confidence comes not from some inner gift, but from the things you do. Use these strategies to become more self-assured.





- [ ] Strive for excellence instead of perfectoin
- [ ] Celebrate every success
- [ ] Make time to do what you love
- [ ] Change your approach to get more of the results ou desire
- [ ] Give genuine compliments to others
- [ ] Accept compliments
- [ ] Look at the big picture. Focus on what's more important to you
- [ ] Believe in yourself. You can do it!
- [ ] Think positive thoughts
- [ ] Engage in a kind act
- [ ] Relax: take a few deep breaths and refocus your mind
- [ ] Try hypnosis
- [ ] Nip negative thoughts in the bud
- [ ] Express Gratitude
- [ ] Use positive self-talk
- [ ] Smile and look people in the eye
- [ ] Take control. Live your life with purpose
- [ ] Know your strengths
- [ ] Accept your imperfections
- [ ] Set goals and work to achieve them
- [ ] Avoid trying to impress others. It's you that counts!
- [ ] Stick up for yourself, your rights, and your beliefs
- [ ] Ask for help when you need it. The ability to ask is actually a sign of strength
- [ ] Tackle goals one step at a time
- [ ] If you're struggling at a task, keep trying until you get it right
- [ ] Step out of your comfort zone in favor of something more exciting
- [ ] Start the day right with a positive morning routine
- [ ] Fake it! You'll be surprised how much more confident you feel!
- [ ] Be prepared so you feel like you know what your doing

- [ ] Excel at work
- [ ] Take care with your appearance. When you know you look great, you feel great about yourself as well.

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