

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.



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

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