

16 Confidence-Building Activities

To Improve Your Life



- ☐ Do something
- ☐ Walk tall, smile, and look others in the eyes.
- ☐ Each day, create one small task to stretch beyond your comfort zone.
- ☐ Do something unexpected on purpose to let go of your inhibitions.
- ☐ Seek out uncomfortable situations to help you grow.
- ☐ Create a good self-image.
- ☐ Be positive
- ☐ Speak slowly and distinctly.
- ☐ Study your expertise daily.
- ☐ Achieve small, easy-to-attain goals to help you feel successful.
- ☐ Change one small habit daily.
- ☐ At the end of the day, write down five things you are grateful for.
- ☐ Declutter your living and work space.
- ☐ Exercise.
- ☐ Try a new path.
- ☐ Be nice to others.

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