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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