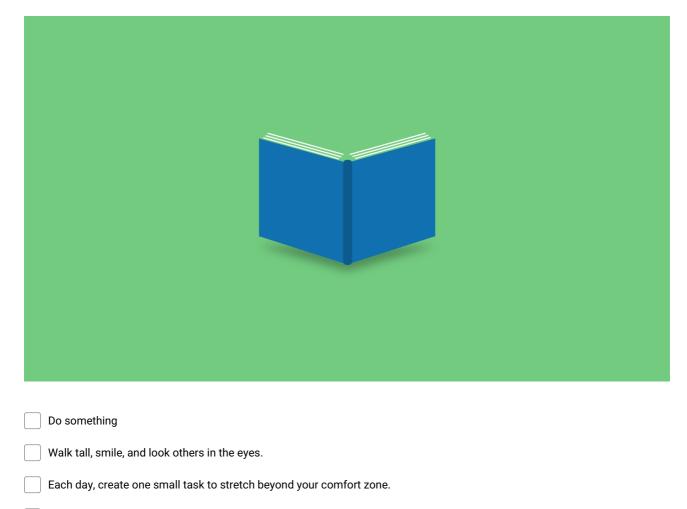
16 Confidence-Building Activities

To Improve Your Life



- 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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