10 Ways to Boost Your Confidence

Do you believe in yourself 100%? Confidence is the feeling of believing in yourself - totally and completely. So how do you become positively confident?



- [ ] List your strengths
- [ ] Accept your limitations
- [ ] Don't "should" yourself
- [ ] Gain some perspective
- [ ] Try something new
- [ ] Celebrate your wins
- [ ] Practice positive self-talk
- [ ] Accept compliments
- [ ] Show others how to treat you
- [ ] Be kind to you

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