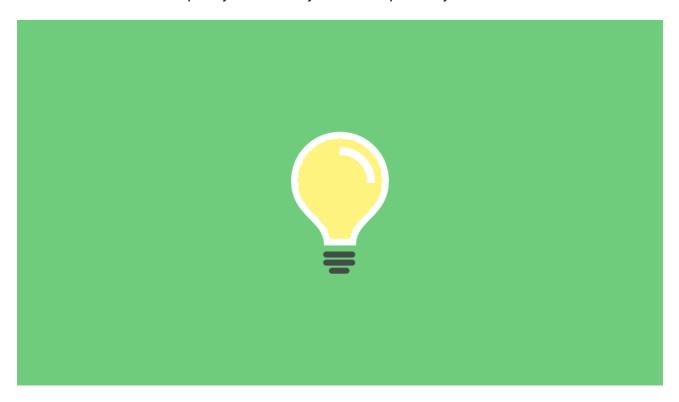# 10 Ways to Boost Your Confidence

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