

14 Ways to Boost Your Confidence

CHEAT SHEET

1. Look good, feel great.

- Be a sharp dresser
- Stay in shape

2. Let your body language show confidence.

- Stand up straight
- Be relaxed and open
- Walk quickly
- Hold your head up
- Make eye contact
- Smile and the world smiles with you

3. Use positive self-talk throughout your day.

- Make use of affirmations
- Keep your inner dialogue positive

4. Set SMART Goals.

- Specific
- Measurable
- Attainable
- Realistic
- Timely

5. Maintain positive relationships.

- Give compliments
- Receive compliments graciously
- Follow the Golden Rule
- Be honest
- Show kindness and love
- Sandwich constructive criticism in between good points
- Look for the best in others and bring it out
- Admit your mistakes and apologize when you're wrong
- Eliminate gossip

6. Look within yourself.

- Strengthen your strengths
- Determine your passions and pursue them
- Write a "me" speech
- Improve your weaknesses

7. Do things you enjoy.

- Reinforces your value
- Sharpen your skills

8. Feel gratitude.

- Reflect on the good
- Keep a gratitude journal

9. Speak up and be noticed.

- Sit in the front
- Have something to say

10. Seek the company of positive people.

- Surround yourself with like-minded individuals
- Avoid negative people

11. Live by your principles.

- Know what's important to you
- Always do what you believe is the right thing
- Desire things because you want them, not because someone else does
- Don't compare yourself. Your worth doesn't depend on others

12. Challenge yourself.

- Expand your comfort zone
- Set ambitious goals

13. Celebrate frequently.

- Reward yourself for a job well done
- Become more aware of each success along the way

14. Act confident.

- "Fake it 'til you make it"
- Smile
- Help someone
- Dress for success