

# 10 WAYS TO BOOST YOUR CONFIDENCE



Remind yourself of your achievements and strengths



Understand what fuels your confidence so you can regularly build it



Invest time and energy into building your confidence



Reflect

Reflect regularly and learn from your mistakes



Comfort zone

Push yourself out of your comfort zone and take risks



Believe

Believe in your abilities and take pride in what you do



Thoughts

Learn to manage and challenge your negative thoughts



Demonstrate positive body language



Each night write down a list of 3 positive things you achieved in the day



Stop comparing yourself to other people