

HOW TO BUILD YOUR CONFIDENCE



1. THINK POSITIVE

Start by avoiding negativity, including people in your life who might put you down or sway your self-confidence. Even if you aren't feeling it yet, be positive – focus on the solutions and not the problems in your life.



2. CHECK YOUR BODY LANGUAGE & IMAGE

Posture, smiling, and speech can all make others feel more comfortable around you. Speak slowly and surely, and maintain eye contact. Think of the 'you' you aspire to be and dress the part.



3. DON'T LET FAILURE GET TO YOU

Failing at something can be a huge blow to your confidence, but don't let it ruin your efforts. Stop negative thoughts in their tracks – the next time 'I'm not good enough' comes into your head, turn it around with a positive affirmation until you truly believe it.



4. BE PREPARED

When you have learned everything there is to know about the new job or presentation – anything that feels a little daunting – you'll feel much more confident with the knowledge you can back it up.



5. REVISIT YOUR ACHIEVEMENTS

Sometimes it's easy to overlook how far we've come already with our goals. Write down a list of what you've already achieved on your journey for an instant self-confidence boost.