

A portrait of Dwayne 'The Rock' Johnson, a muscular man with a shaved head, looking directly at the camera with a serious expression. He is wearing a dark green t-shirt. The background is a bright, cloudy sky.

**I was a SHY person  
for 23 years**

**Now I can show you  
how to be confident  
in 2 minutes:**

## **Everyone is human**

Remember that the people you think are 'cool' are actually no different to you.

Everyone has their own problems, insecurities and doubts.

Stop thinking they're better than you.

**(Swipe left)**

## **Take risks.**

I know it's scary, but you need to take risks.

If your dream looks too risky and scary, break it down into smaller parts.

Then it won't be as intimidating to pursue.

**(Swipe left)**

## **Believe in yourself.**

Even if you don't believe in yourself, you can trick your brain into believing.

Say "I am a confident person" 10 times before going to bed every night.

It will be programmed into your subconscious and you will trick yourself into becoming confident!

(Swipe left)

## **Less planning, more action.**

Too much planning can lead to overthinking and anxiety.

Take action instead!

Also, the more times you do something, the more confident you will get.

(Swipe left)



# **Allow yourself to make mistakes.**

As cheesy as it sounds, 'Rome was not built in a day'.

You're allowed to make mistakes.  
This is how we learn and grow as humans.

(Swipe left)

## **Get in shape and dress well.**

The easiest way to become confident is to look good.

If you don't like your appearance, you will shy away from social settings.

If you like your appearance you will be proud and confident in public settings.

(Swipe left)

## **Put yourself in uncomfortable situations**

This is the best way to overcome shyness. Join a club, go to events and put yourself out there.

These uncomfortable situations will soon become comfortable, and then you will become confident a person.

**(Swipe left)**



## **Give yourself credit**

Stop being so hard on yourself.

Remember all the good things you have done.

Remember how far you've come.

You're doing great, just remind yourself of it more often.

**(Swipe left)**