

# HOW TO STAY **CONFIDENT** **IN ANY SITUATION**





**EVERYONE IS HUMAN**

**REMEMBER THAT THE PEOPLE YOU  
THINK ARE 'COOL' ARE REALLY NO  
DIFFERENT THAN YOU.**

**EVERYONE HAS THEIR OWN  
PROBLEMS, INSECURITIES AND  
DOUBTS.**

**STOP THINKING THAT THEY ARE  
BETTER THAN YOU**



**GIVE YOURSELF CREDIT**

**STOP BEING SO HARD ON YOURSELF.**

**REMEMBER ALL THE GOOD THINGS YOU'VE  
DONE.**

**REMEMBER HOW FAR YOU'VE COME.**

**YOU'RE DOING GREAT, JUST REMIND  
YOURSELF OF IT MORE OFTEN**



# **PUT YOURSELF IN AN UNCOMFORTABLE POSITION**

**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 A CONFIDENT PERSON.**

# **BELIEVE IN YOURSELF**

**EVEN IF YOU DON'T BELIEVE IN YOURSELF,  
YOU CAN TRICK YOUR BRAIN INTO BELIEVING.**

**BEFORE BED EVERY NIGHT SAY "I AM A  
CONFIDENT PERSON" 10 TIMES.**

**IT WILL BE PROGRAMMED INTO YOUR  
SUBCONSCIOUS AND TRICK YOU INTO  
BECOMING CONFIDENT!**

# **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.**

# **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.**

**ALLOW YOURSELF TO  
MAKE MISTAKES**

**AS SWEET AS IT SOUNDS, 'ROME WAS  
NOT BUILT IN A DAY'.**

**YOU ARE ALLOWED TO MAKE MISTAKES.**

**THIS IS HOW WE LEARN AND GROW AS  
HUMAN BEINGS.**