

Boost Your Self Confidence



1. Confront your fears

There is no shortcut to gaining confidence. You have to face your fears.

You may fail initially and feel uncomfortable but who cares.

Fail, fail again, get up and try again.

Reprogram your subconscious mind by confronting your fears.

2. Dress sharp

If you look nice, you will automatically feel confident.

By dressing well you will start to feel much better and it will show and be seen on your face.

3. Get physical

How your body feels has a powerful impact on how you feel mentally and emotionally.

Every time you complete a workout, your brain delivers a signal that induces a sense of achievement which boosts your confidence directly.

4. Focus on good body language

Keep your chin up, chest out, back straight and remember to stand tall without tilting your head.

These effective hacks can lead to an overall feeling and belief of heightened confidence.

5. Own your strengths

Your self-confidence relies on your ability to focus on your talents, achievements and advantages.

Simply commit a little time each day to remind yourself of your strengths, this will boost your self-esteem and help build confidence.

6. Don't try to fit in

It's the greatest barrier on the path to building confidence.

It's not your job to concern yourself over the opinion of others.

Be yourself, there is nothing more attractive than authenticity.

7. Imagine yourself at your best

Imagine yourself in your best shape, healthy and successful.

How do you look?

How do you feel?

How do you carry yourself?

After imagining yourself as this person, you will begin to notice that you enter into a state of confidence, feel better and more energetic.