



10 EASY TRICKS TO BOOST YOUR CONFIDENCE

(Swipe Left)

1. Walk 25% faster.

Throw your shoulders back, lift up your head, move ahead a little faster, and feel self-confidence grow.

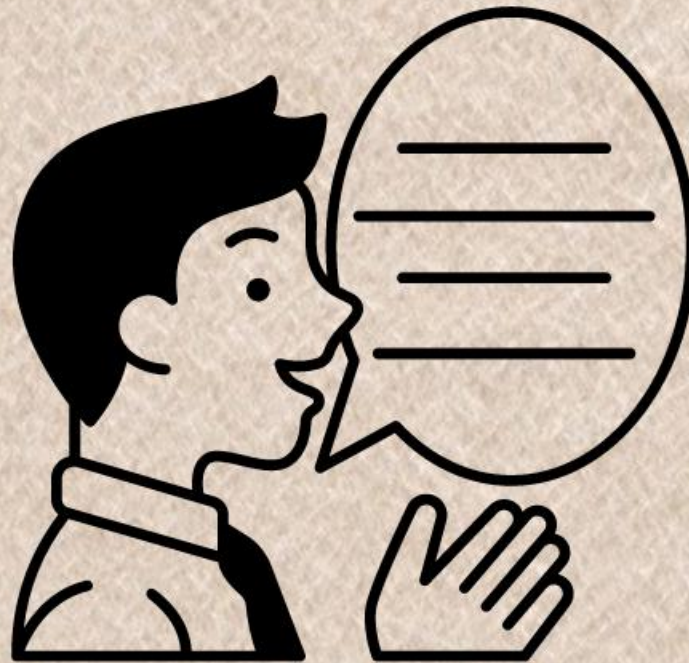


Raushan Kumar 
@raushan_kumar



2. Talk slowly.

People who feel they aren't worthy of being listened to tend to talk quickly. So ensure that you aren't rushing.



Raushan Kumar 
@raushan_kumar



3. Accomplish small goals.

Try making your bed in the morning.
You will feel accomplished and that
will pave the way for achieving bigger
goals.

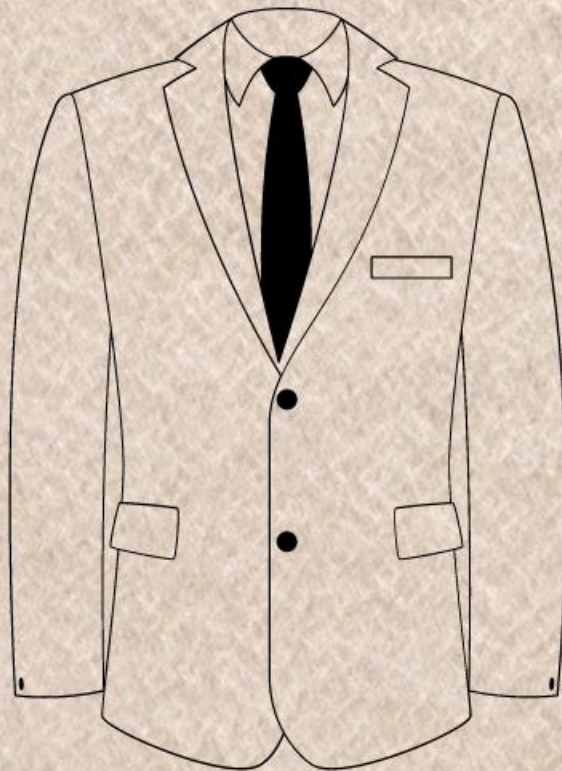


Raushan Kumar 
@raushan_kumar



4. Dress nicely.

This may come across as cliché. But when you dress nicely, you will most likely feel more confident.



Raushan Kumar 
@raushan_kumar



5. Empower yourself with knowledge.

Empowering yourself, in general, is one of the best strategies for building confidence.



Raushan Kumar 
@raushan_kumar



6. Be a front seater.

Ever notice in meetings how the back seats fill up first?

The reason is lack of confidence.

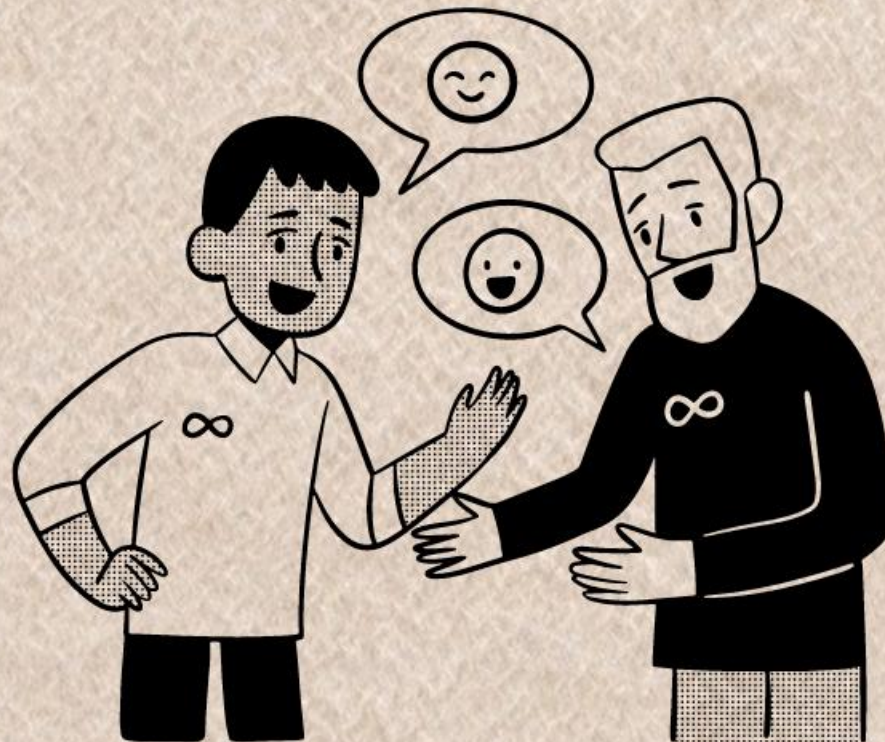


Raushan Kumar 
@raushan_kumar



7. Practice making eye contact.

Making eye contact builds trust, confidence, and connection during communication.

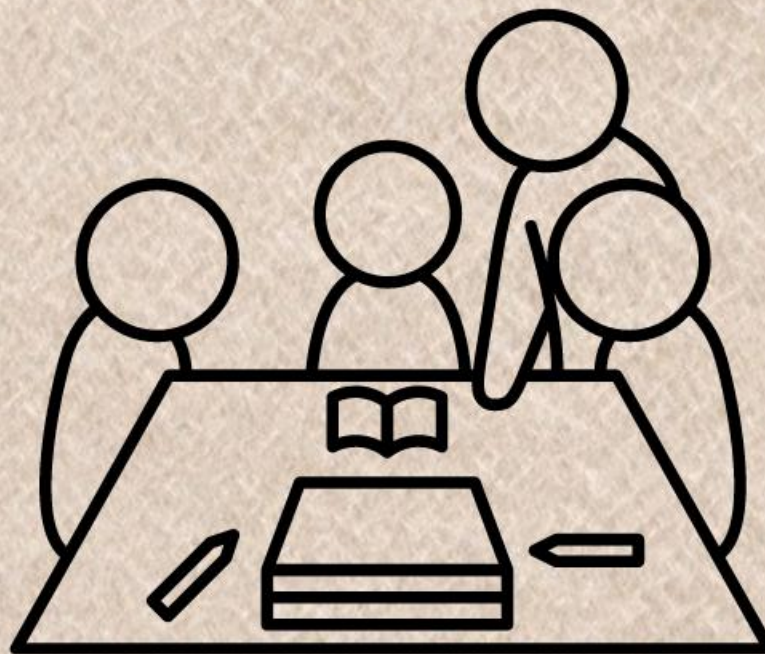


Raushan Kumar 
@raushan_kumar



8. Practice speaking up at every meeting.

When you are in a meeting. speak, comment, make a suggestion, ask a question.



Raushan Kumar 
@raushan_kumar



9. Exercise and Build a Good Physique

Working out is another great way to make yourself feel amazing and confident.



Raushan Kumar 
@raushan_kumar



10. Crack a SMILE

If there is one sure way to instantly boost your confidence, it's cracking a smile.



Raushan Kumar 
@raushan_kumar

