



10 EASY TRICKS TO BOOST YOUR CONFIDENCE

(Swipe Left)



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1. Walk 25% faster.

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



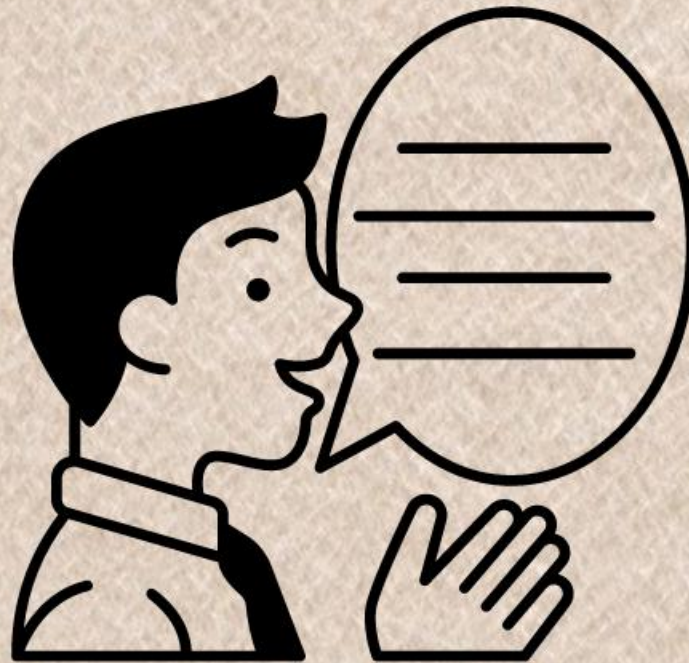
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@raushan_kumar



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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.



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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.



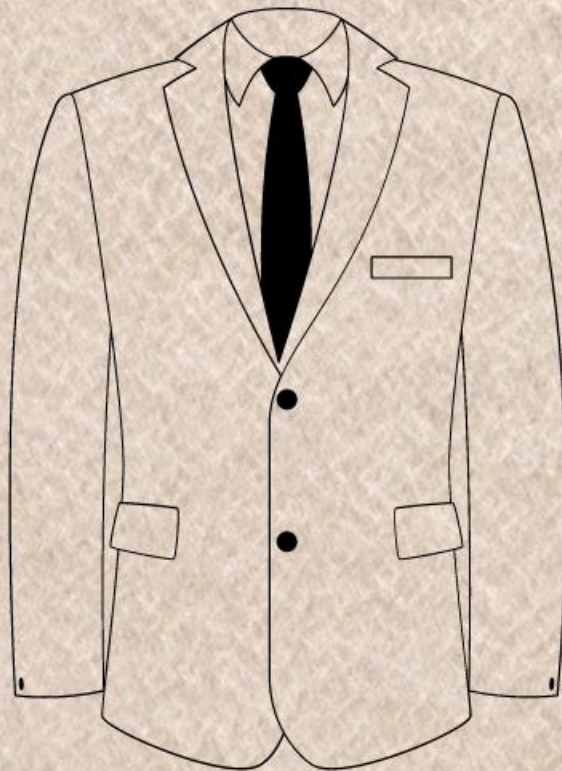
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4. Dress nicely.

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



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5. Empower yourself with knowledge.

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



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6. Be a front seater.

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

The reason is lack of confidence.



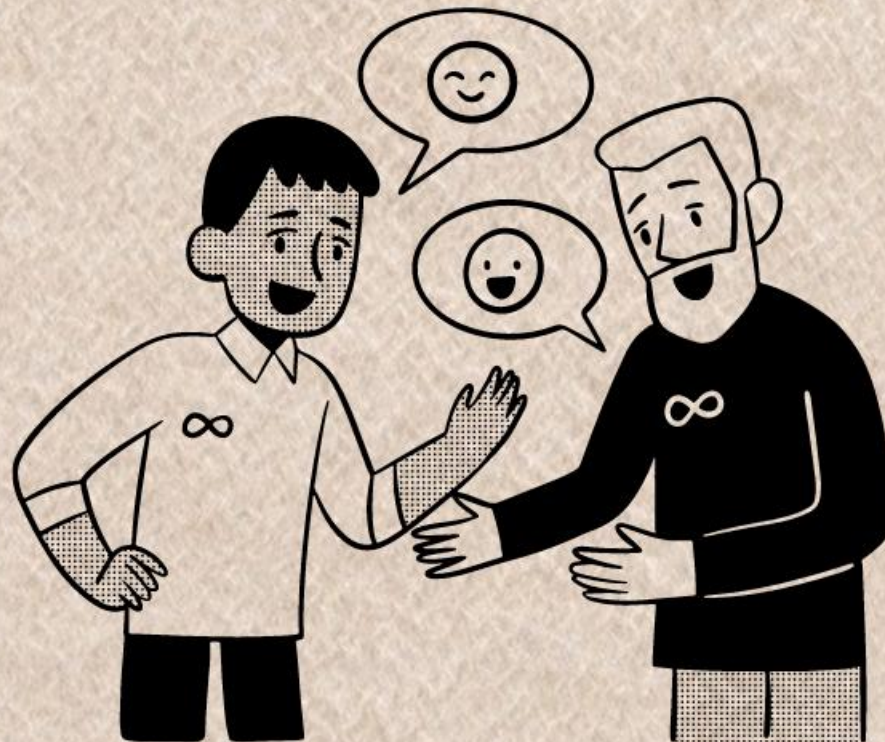
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7. Practice making eye contact.

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



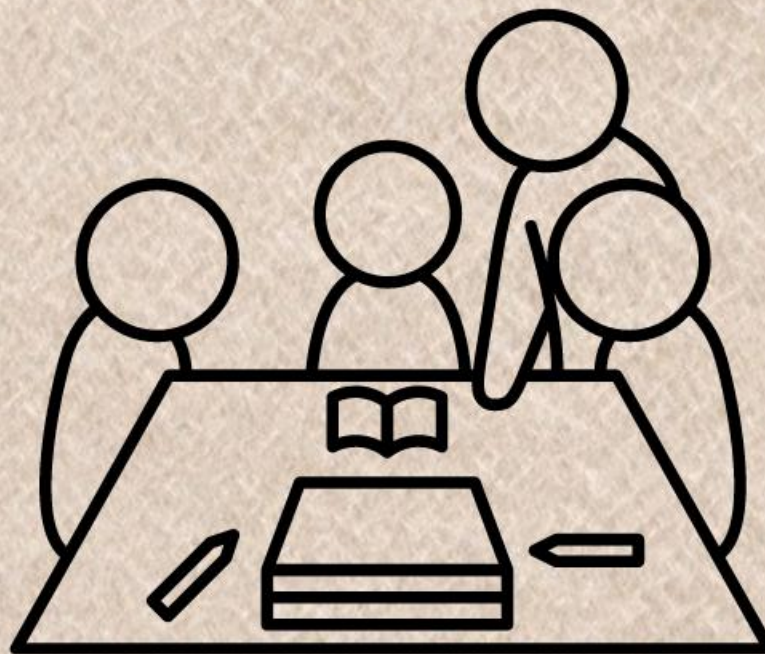
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8. Practice speaking up at every meeting.

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



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9. Exercise and Build a Good Physique

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



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10. Crack a SMILE

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



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