

GIVE ME

24

MINUTES AND  
I'LL BOOST YOUR  
CONFIDENCE BY

94%





## COMMUNICATION

- Be sure of your words
- Avoid being overly talkative
- Avoid interrupting conversations
- Use appropriate gestures when needed

## CULTIVATE A GOOD ATTITUDE

- Challenge your inner critic
- Maintain a positive support network
- Take pride in yourself
- Accept compliment gracefully
- Have something unique about you.





## DEALING WITH EMOTIONS

- Take nothing personally
- Be comfortable with fear
- Be patient with yourself
- Stop comparing with others
- Recognize and fix your insecurities
- Forgive yourself, you're learning
- Be grateful for everything you have

## **SET GOALS AND TAKE RISKS**

- Set small and achievable goals
- Control what you can
- Set simple rewards for yourself
- Approach attractive stranger
- Get into that scary deal





## CULTIVATE POSITIVE ATTITUDE

- Avoid gossip
- Never complain
- Talk good of others
- Criticize sparingly



## PRACTICE SELF CARE

- Mind your appearance
- Prioritize mental peace
- Exercise everyday
- Prioritize your health
- Have enough sleep





## **STRENGTHEN NON-VERBAL COMMUNICATION THROUGH BODY LANGUAGE**

- Open your shoulders and hands everytime
- Have a strong handshake/ hug tight
- Make eye contact

## Maintain an open body posture

- Sit upright and still (legs atleast a fit side)
- Walk on a paced motion
- Stand with your hands/shoulders open



THANK  
YOU

