

Self Confidence Tips

Here is a list of tips on how to feel confident. Plan to work on a few of these at a time. Set Goals. Achieve them and feel good about where you are in life. Download this, print it, put it on your mirror and share it with others.

- Groom yourself
- Wear clothes you are comfortable in
- Stand Tall
- Smile more
- Exercise often
- Speak confidently
- Clear your desk at work or school
- Get an education
- Get active
- Think positively
- Laugh more
- Change Negative Habits
- Know your principles and live them
- Be kind and generous
- Acknowledge your achievements
- Set reasonable goals and follow up on them
- Be kind and generous
- Give to a charity
- Be grateful
- Volunteer
- Do something for yourself
- Make deliberate decisions, get off auto-pilot
- Push out the fear
- Ask for help, don't do everything on your own
- Take more risks
- Understand your strengths
- Understand your weaknesses

