

BUILDING YOUR SELF-CONFIDENCE

Self-confidence can be learned, practiced and become a core part of who you choose to be.

- ☑ **Prepare and practice.** Do your homework. Preparation and practice is one of the most important actions you can take to raise your level of self-confidence.
- ☑ **Express yourself through body language.** Your posture and the manner you engage with others can send a strong message that says you are engaged, ready for action and committed to this exchange or event.
- ☑ **Speak with a deliberate voice.** Speak with a strong, resolute and passionate voice. Speak slow enough to ensure you are not only heard but also understood.
- ☑ **Promote positive self-talk; eliminate negative self-talk.** You are listening to yourself; programming yourself. Give yourself respect.
- ☑ **Do not be controlled by what others think about you.** Never allow your source of self-confidence to come from someone else.
- ☑ **Listen to your own advice.** You have great self-confidence advice to give to a close friend or family member; apply that advice to yourself.
- ☑ **Be a good actor.** Once you know how you wish to be, then act on that image. Behavior is changed through repetitive acting.
- ☑ **Avoid being around people who are toxic to you.** They can take away from you developing into the best version of you.
- ☑ **Do something risky.** Step out of your comfort zone and take on something you typically would avoid. When you do, you will experience an inner excitement that has likely eluded you.

“Ideas to help you become more successful.”™