



Self-Confidence

7 TIPS
+ TRICKS

1. DAILY AFFIRMATIONS AND MANTRAS

Affirmations and mantras are positive statements that can help you to challenge and overcome self-defeating thoughts. When you repeat them often, and believe in them, they can change your thinking patterns and help you to achieve your confidence goals.

2. BE KIND TO YOURSELF

If a loved one makes a mistake, you're not going to beat them up over it. Why would you beat yourself up for making mistakes? Whenever you feel like you're critical of yourself, take the time to step back and be kind to yourself!

3. LEARN TO SAY "NO"

Feeling like you have to say "yes" to things or constantly do things for others, it can be easy for other people to take advantage of you. You can quickly become overwhelmed and burnt out or resentful of others. Learn to say "no" whenever you are in a position where you need to. Your mental wellbeing is a priority!

4. STEP OUT OF YOUR COMFORT ZONE

Keeping yourself in the same box that you've been in for a while can help you build routines and feel comfortable with your day-to-day tasks, but it can also make new experiences more daunting. Step out of your comfort zone from time to time and give yourself the opportunity to experience new things and become a more confident you!

5. SURROUND YOURSELF WITH KIND PEOPLE

If your friends and the people you spend time with regularly make you feel less than or bad about yourself, it's time to find a new circle! Build relationships with people who make you feel supported and good about yourself. You'll be shocked at the difference in your confidence!

6. EAT A BALANCED DIET

If you're not eating well-rounded meals, you'll find that you not only have break-outs and physical changes affecting your confidence, but that you feel more lethargic and less ready to take on the day. Build a healthy diet that fits your lifestyle and take life by the horns!

7. HAVE SOME "ME" TIME

Taking time for yourself where you're able to do the things that make you feel good, whether it's reading a book or taking a bubble bath with a glass of wine, will help you feel rejuvenated. When you're less tired and overwhelmed, your confidence will shine through!

