

## 10 Tips to Boost Your Confidence!

### 1. Focus on being YOU

This is your first best step towards having more confidence. Let go of any attempts to shape yourself into someone else's idea of what you 'should' be. Your goal is to be 100% comfortable in your own skin.

### 2. Find your voice

Begin to speak up when you previously haven't. Share your ideas, thoughts and opinions - even if they are in disagreement with what's being said around you. Start with something 'small' enough for you to do, but big enough to matter to you.

### 3. Develop comfortable eye contact with others

Others may see reduced eye contact as a small but significant sign of low confidence. Challenge yourself to gently look people in the eyes for increasingly longer periods of time while you speak with them.

### 4. Attach a helium balloon to the top of your head

Well, not literally! But imagine there is one there, gently lifting your head, stretching your neck, making your spine nice and long and straight. You'll gradually find your entire body posture changes to one that looks more confident to others, but more importantly, feels more confident for you!

### 5. Slow down

Often when we find ourselves in a situation where we lack the level of confidence we desire, our breathing becomes quick and shallow. Practice the art of slow, deep breaths - from your abdomen, not just the top of your lungs. In slowly through your nose, out slowly through your mouth. There ... that feels better, doesn't it?

### 6. Shake it out

If your lack of confidence is leading to stress and anxiety, go somewhere private (a cubicle in a bathroom works fine!) and shake your arms, hands and legs. Wiggle your shoulders and hips, rotate your ankles. Allow that tension to disappear out the ends of your finger tips and the bottom of your feet.

(Sound crazy? Well, trust me ... you won't know if this works for you until you give it a go!)

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## 7. Expand your Known Zone

You may have previously called this your 'Comfort Zone'. The bad part about this label is that when you go to do something new, your subconscious mind will automatically associate this with moving into your 'Discomfort Zone'! Not useful!

Experiment with new activities, new routes to work, sitting in a different train carriage, walking a different path to your usual one. Nothing is too small to alter. You'll increasingly realise you're very capable of doing things differently, and your confidence will expand.

If you trial this and find it doesn't seem to be working for you, it's time to up the ante. Take up a new hobby, say 'hello' to a stranger, go do karaoke, join a theatre group, learn a new sport. You want to set goals that will stretch - not break you.

## 8. Clarify your values

Sometimes, reduced confidence results from not living according to our own 'yardstick'. We've taken on other people's standards and principles which don't really fit with our thinking. Make 2 Values Lists:

(1) *Achievement Values*: things you want to do, accomplish and/or own in your life

(2) *Attribute Values*: characteristics you want to be known by - attributes people will always associate with you

Then regularly check if you are consistently living according to what you see in these 2 lists. Adjust your sails as required.

## 9. Give Unexpected Kindness and Gratitude

Sounds like this is more to boost someone's else's confidence than yours - but not true! Helping others - and expressing thanks when other people have helped you - does far more for the giver than the receiver, believe me.

What? You don't believe me? Do this consistently and committedly for 1 week ... then let me know how you feel ...

## 10. Create your Victory Journal

My favourite! Get a nice, small notebook. For the next 21 to 30 days, write in it every night before you go to sleep, listing all your 'victories' for the day.

You're not looking for earth-shattering, ground-breaking stuff here. Write about *anything you did that day you're proud of*. Meeting a seemingly impossible deadline at work, staying calm with your crying baby (or an angry customer!), making that phone call you've been putting off ... hey ... even just getting through the day is a victory sometimes, isn't it???

Of course you can keep going for longer than 21 or 30 days. That's the minimum time you need to start to 'program' your subconscious mind to realise what a good human being you are and how many great things you do.

And whenever you have 'one of those days', pull out your Victory Journal and start reading. You'll be smiling and feeling loads better before you know it!