

## 5 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. 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!

### 4. 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.

### 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?