

(Another) 5 Tips to Boost Your Confidence!

1. 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.

2. 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.

3. 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.

4. Give Unexpected Kindness and Gratitude

Sounds like this is more to boost someone 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.

5. Create your Victory Journal

My favourite! Get a nice 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 ...

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!