

7 WAYS TO BUILD YOUR SELF-CONFIDENCE

1

VISUALIZE A CONFIDENT VERSION OF YOURSELF

Picture the person you want to be and work each day to become that person. You have to see it before you can achieve it.

2

INVEST IN YOURSELF

If your skillset is not where you want it to be, invest in classes to boost your confidence and increase your value.

3

STEP OUT OF YOUR COMFORT ZONE

Anything new or unfamiliar will cause you to be uncomfortable. Step out on faith and see what's on the other side of fear.

4

CREATE AFFIRMATIONS

Before you can believe it, you have to speak it. Create positive statements that support your vision.

5

FIND A SUPPORT SYSTEM

On the days when your confidence is low, get some cheerleaders around you to lift you up. Get people around you who believe in you!

6

STOP COMPARING

When you compare your situation to others, envy creeps in. Remind yourself how awesome you are, and nobody can do it like you!

7

TAKE CARE OF YOURSELF

It is hard to feel good about yourself if you are neglecting your body. Make self-care a necessity, and you will naturally feel confident.