

# Tips to Help You Grow Your Confidence

Thinking negatively is one way we limit ourselves and serves no purpose other than confirming your fears (FEAR = false, evidence, appearing, real) which prevents you from the success that is your true potential.

**So what can you do to end negative thoughts? Here are some simple suggestions:**

- When you find yourself being negative, question what you've just said to yourself or others. Ask yourself does this feel good? Then, how do I want to feel? You'll see its not truth but a distorted negative view
- If you've just heard yourself say two or three negative things then stop a moment and try, (no matter how hard it is), to reframe it into something positive. There is nearly always a positive side somewhere
- If you're really down try focusing on what is in your life to be thankful for and make a list. This will lift your mood and instantly you will feel less negative
- List what you have achieved so far in your life and plan what else you want to do. Becoming more focused on where you want to go will concentrate your mind on positive movement forward
- Build your confidence so that you will feel more positive towards whatever you need to do. See below
- Read or watch good inspirational books, videos and movies that model new habits. These can give you real strength and motivation to move on with your life and end your negative thoughts and old thinking patterns which hold you back
- Listen to music that feels good that makes your mood positive.
- Look for a model (someone who has a strong sense of self) and learn from them. What is it they do that makes them confident, how do they act?
- Focus on your achievements rather than your failures
- Act as if you are already confident, and you will feel more confident.
- Focus on who you are and what you like about yourself. Prepare thoroughly for any task so that you can be sure you are ready
- Work on any skills you need to do what you want, you can never be over-trained or over skilled for any challenge in life

- Work on your breathing and muscle relaxation, removing stress helps promote confidence
- Always smile and stand up straight, the world will smile with you
- Set reachable goals for yourself and break difficult tasks into smaller steps
- Reward yourself when you succeed no matter how small the achievement
- Compare yourself with no one else. Be yourself and accept that you are a unique gift to the world and there is no one quite like you!