

31 Strategies to Strengthen Your Self-Confidence

Self-Confidence comes not from some inner gift, but from the things you do. Use these strategies to become more self-assured.



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| ☐ Strive for excellence instead of perfection | ☐ Use positive self-talk |
| ☐ Celebrate every success | ☐ Smile and look people in the eye |
| ☐ Make time to do what you love | ☐ Take control. Live your life with purpose |
| ☐ Change your approach to get more of the results you desire | ☐ Know your strengths |
| ☐ Give genuine compliments to others | ☐ Accept your imperfections |
| ☐ Accept compliments | ☐ Set goals and work to achieve them |
| ☐ Look at the big picture. Focus on what's more important to you | ☐ Avoid trying to impress others. It's you that counts! |
| ☐ Believe in yourself. You can do it! | ☐ Stick up for yourself, your rights, and your beliefs |
| ☐ Think positive thoughts | ☐ Ask for help when you need it. The ability to ask is actually a sign of strength |
| ☐ Engage in a kind act | ☐ Tackle goals one step at a time |
| ☐ Relax: take a few deep breaths and refocus your mind | ☐ If you're struggling at a task, keep trying until you get it right |
| ☐ Try hypnosis | ☐ Step out of your comfort zone in favor of something more exciting |
| ☐ Nip negative thoughts in the bud | ☐ Start the day right with a positive morning routine |
| ☐ Express Gratitude | ☐ Fake it! You'll be surprised how much more confident you feel! |
| | ☐ Be prepared so you feel like you know what you're doing |

☐ Excel at work

☐ Take care with your appearance. When you know you look great, you can feel a little more confident.

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