

**15 TIPS TO BOOST CONFIDENCE
IN YOUR ABILITY TO BE
COMPLETELY SELF SUPPORTIVE
CHECKLIST**

Feeling confidence in your ability to be completely self-supportive means you are comfortable handling your own problems and taking care of yourself. You feel like you can tackle any problem that comes your way and make decisions based on your best interests.

✓ **Keep a list of all the times you've done something positive or beneficial for yourself in the past**

- When you feel your confidence in yourself beginning to drop, jot down a list of times in the past where you've made good decisions regarding your health and wellbeing.
- Keeping a list of reminders is an excellent way to give yourself a quick confidence boost in your ability to be completely self-supportive.
- When you're going through an especially difficult time, it can be challenging to feel that confidence in yourself – having some examples handy will help you remember that you've done well at taking care of yourself in the past, and you are capable of doing it again.

✓ **Don't confuse memories with the actual facts**

- Memories can be deceitful. Sometimes your emotions can cloud the facts of what really happened in a past situation, which affects how you remember them.
- When you have a difficult time remembering your past instances of being self-supportive and taking care of yourself, focus on the hard facts of the situation.
- For example, if you pushed yourself through a hard time and found success after the fact, it can be easy to let yourself remember the emotions and difficulties you faced during the hard time. It can become easy enough to forget that, while the situation was challenging, you did make it through to the end.
- When your confidence is wavering in your ability to be completely self-supportive, remind yourself of those important facts.

✓ Be prepared and always have a plan

- Prepared people are also confident people. Because they've already imagined different outcomes and events that could happen to them in the future, they've pre-planned multiple ways to handle a challenge should it ever arise.
- Preparing yourself and having backup plans is an excellent way to build more confidence in your ability to be completely self-supportive.
- You know you'll be able to take good care of yourself, no matter what, as long as you have some emergency plans in place. With good preparation and a backup plan, you can rest assured that you'll have a smart route to follow should you find yourself in trouble.

✓ Learn how to sit with your emotions and feel uncomfortable

- Dealing with emotions can be brutal. Often, people tend to believe the easiest way to deal with their challenging emotions is to ignore them entirely or bury them, believing that if they're out of sight, they're gone for good. This is never the case with hiding, or repressing, challenging emotions.
- Learning how to feel your emotions, sit with them, and experience that discomfort is a big step toward building your confidence in being completely self-supportive. A person who can get through the discomfort of big, difficult emotions has the power to take good care of themselves.
- The hard emotions are what makes any situation feel impossible or challenging. If you can develop a stronger sense of feeling your emotions and actually processing them, you're a big step closer to getting through the problem at hand and taking care of yourself in the process.

✓ Acknowledge your strengths as well as your weaknesses

- Everyone has a unique set of strengths and weaknesses. Understanding what yours are and how they work is a big part of feeling confident in your ability to be completely self-supportive.
- By understanding your strengths, you can use them to your advantage to take good care of yourself and make good decisions. In a sense, you can purposely “play toward your strengths,” or make decisions where your strengths will be able to help you through the situation.
- Similarly, understanding your weaknesses is also important. When you know where your weaknesses lie, you can work harder toward improving them and avoid situations where your weaknesses may cause you serious detriment.

✓ Conquer your negativity bias

- Most people fall subject to their negativity biases, or the tendencies to think and center around negative thoughts, from time to time. Having a negativity bias is a natural survival tactic the human brain learned and instilled within us all long ago.
- When you have a negativity bias, it means you tend to lean toward the potential harmful or negative outcomes of a situation, which causes you to be more careful. While this is useful for self-preservation, it can also wreck your confidence in your own ability to be self-supportive.
- Learn to counter your negative thinking with positive or more truthful thoughts. Often, negative thoughts spring out of fear or anxiety, which is rarely rooted in truth and reality.
- When you feel yourself spiraling into negative thinking, counter those thoughts with a truthful statement to protect your confidence.

✓ Allow yourself plenty of space to be curious

- Reframing your thought process to be curious is an excellent method for boosting your confidence in your ability to be self-supportive. People who stay curious are constantly seeking new knowledge and experiences – they also learn how to approach situations with a curious mindset rather than a fearful one.
- Let yourself be curious. Those feelings will drive you to continue moving forward, learning new things, and taking healthy risks for your own good.

✓ Kick self-doubt to the curb

- Doubting yourself and your abilities is a major confidence killer. It's tough to have confidence in yourself to be completely self-supportive when you don't think you're strong or capable enough to actually do it.
- Develop a self-supportive attitude by reminding yourself of how being self-supportive has served you in the past. These reminders that you are capable of supporting yourself and therefore capable of tackling any challenges that come your way to excel and thrive in life.
- Continue to be self-supportive, even in the little ways in every day life.

✓ Work on conquering your fears

- Fears can be major roadblocks to being self-supportive. It's hard to feel confident in your ability to support yourself when you have major fears affecting your daily life.
- Whatever your fears may be, learning to move past them and conquer them for good is the first step toward regaining that sense of confidence. When your fears are no longer a problem holding you back, it's easier to push through challenges.

✓ Fake it until you make it

- One of the best methods to boost your confidence in your ability to be completely self-supportive is to “fake it ‘til you make it.” This method simply refers to acting with confidence....even if you don’t really, truly feel that confident.
- When you act the part of a confident person, you’ll soon notice the “act” will start to feel a lot more real. This is a psychology trick: By acting the part of a confident person, you’ll notice your mind starting to adopt that role more seriously. Eventually, you’ll be a full-fledged confident person.

✓ Adopt a growth mindset

- A person with a growth mindset always wants to continue learning, evolving, and growing as a person. Because of this, they have a lot of confidence in their ability to be completely self-supportive. They understand that learning more is a key component of being able to handle anything that comes their way and care for themselves adequately.
- A growth mindset can take many forms. For some people, it involves improving themselves through therapy or self-care rituals. For others, it involves taking classes and learning new hands-on skills. Regardless of how a person approaches a growth mindset, harboring one is an excellent confidence booster.
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✓ Stop getting in your own way

- One of the biggest roadblocks to feeling confident in your ability to be completely self-supportive is often yourself!
- When you place limiting beliefs on yourself and your ability to do certain things, you create a “self-fulfilling prophecy” situation – this is similar to “predicting the future.” When you constantly tell yourself “I can’t do this,” you begin to adopt that mindset as the truth.

- By placing self-limiting beliefs on yourself, you may begin to truly believe that you can't be self-supportive. Begin to identify and acknowledge those self-imposed limitations so you can begin challenging and removing them from your life.

✓ **Set yourself up for success**

- If you ever look at your dirty laundry and think "that can wait until next weekend" or see your list of chores and think "I can get started on those tomorrow," think again. A great way to boost your confidence in your ability to be self-supportive is to do more in the present to set yourself up for success in the future.
- For example, consider the dirty laundry. If you go ahead and get started on it now, you'll save yourself the worry of having to do it next weekend. By acting on the task in the present, you are supporting your future self by taking the task off your to-do list then.

✓ **Make yourself a top priority in your own life**

- People lead busy lives. Between your kids, your career, your spouse, your social calendar, your other family members, your errands, and anything else vying for your time, you may find it challenging to squeeze in any time to take care of yourself.
- While your other obligations are important, taking care of yourself should be a top priority. When you're caring for yourself properly, you boost your confidence in your ability to be self-supportive.
- If you can't trust yourself to get enough sleep and get yourself to your doctor's appointments, you can begin to lose trust in yourself to be appropriately self-supportive!

✓ **Reach out to a mental health professional**

- Getting professional mental health help is a great way to boost your confidence in your ability to be completely self-supportive. A therapist can be especially helpful when esteem is very low which naturally effects your ability to be self-supportive.

- Self-support comes from a feeling of self-love and respect, when those elements of a person are damaged a professional can help you to effectively address those issues.
- Speaking to a person who can be objective about your fear and anxiety about supporting yourself can help you devise a plan to help you overcome those challenging feelings and feel more confident.