

**15 TIPS FOR DEVELOPING
A STRONGER SENSE OF
SELF CONFIDENCE
CHECKLIST**

Self confidence is defined as having a strong sense of trust in your own abilities, qualities, and judgment. A self confident person believes in themselves; they know they're able to make good choices because they trust their abilities to do so.

✓ **Always keep track of your successes**

- Document them, revisit them, and give yourself credit for what you've accomplished – no matter how big or small those wins might be.
- Every success is worth acknowledgement. No, you won't be making giant strides and massive wins every single day, but you accomplish lots of small wins each day that are absolutely worth celebrating.

✓ **Break down your bigger goals into smaller, more manageable ones**

- Having big goals and ambitions is fine – dreaming big is a wonderful way to keep yourself motivated but sometimes having those big goals looming over your head can feel intimidating, making it tough to continue believing in your ability to actually meet them.
- Consider breaking down those bigger goals into something smaller and more manageable.

✓ **Write a list of twenty aspects about yourself that you admire**

- Twenty individual things may seem like a long list, but really challenge yourself to come up with them all.
- Your twenty things don't have to be anything excessive, major, or over-the-top, even the small things matter

✓ **Practice taking compliments to heart whenever you receive them**

- Instead of shooing away these kind comments, learn how to accept compliments and really take them seriously.

✓ **Carve out some time every day to practice some self care**

- Treating yourself to a favorite meal or treat from a restaurant you enjoy
- Taking a long nap
- Taking a hot, steamy bath or shower
- Spending time engaging in an activity you enjoy doing, such as reading, crocheting, scrapbooking, etc.
- Catching up on your favorite TV shows
- Treating yourself to a manicure or pedicure (or both!)
- Giving yourself permission to turn off your emails and cell phone notifications in the evenings
- and many more!

✓ **Create a positive mantra (or two) you can recite every day. Write it down somewhere where you'll see it regularly**

- Mantras are powerful meditation tools with a history that stretches backward centuries in time.
- Your mantra doesn't need to be lengthy or complicated. For example, it can be as short and simple as "I believe in myself" or "I know I can do good things."

✓ **Find a trusted group of people to serve as your support system**

- Spending time with people in your support system is excellent for your self confidence. While this support is coming from outside of yourself, your support system will help reinforce positive thinking within you – as you speak with them, spend time with them, and enjoy their company, you're allowing that positivity to spread over into your own thinking.

✓ **Find something new and interesting you can learn more about**

- Learning something new is a great way to raise self confidence.
- Getting yourself involved in learning about a new topic or skill boosts your self confidence because it grows your abilities and knowledge.

- When you know and understand more, you feel better about yourself.

✓ **Determine what your personal boundaries are and establish them where they're needed**

- Personal boundaries not only do they protect your sanity and your comfort from outside intrusion, but they're also great for keeping your self confidence intact.
- Determine your personal boundaries and begin enforcing them where you need to do so.

✓ **Give yourself permission to try a new look or style that interests you**

- Changing up your personal style in a way that interests you is a great way to give yourself an instant shot of power to your self confidence.
- Feeling good in your own skin is important; if you want to try that hair cut or new outfit, go for it and enjoy those feel-good vibes from your new look!

✓ **Practice turning your negative thoughts and self talk into something positive (and likely more truthful)**

- Negative thinking is a self confidence killer. If you find yourself regularly trapped in a pattern of negative thinking, learning how to stop those thoughts and replace them with more positive and truthful thinking is important to protect your self confidence.

✓ **Practice saying one kind thing to yourself every day**

- You may feel silly actually saying these things out loud, but it serves as positive reinforcement for your mind. The more frequently you hear yourself talking positively to yourself, the more you'll feel your self confidence soar.

✓ **Do a kindness for someone who needs it**

- Spreading kindness to others is a great way to boost your own self confidence. Not only does reaching out to help others in need give them support, but it also supports your self confidence.
- Seeing yourself doing good for someone else and being a positive force in the world helps you view yourself more positively as well.
- Spreading kindness to others, whether you're helping a friend, getting involved in a cause that matters to you, or helping a stranger out in public, is always a self confidence booster.

✓ Focus on your personal strengths

- Everyone has a unique set of strengths and weaknesses. Even the most confident people have weaknesses and shortcomings – it's a normal part of being a human!
- While you may have weaknesses, a great way to boost your self confidence is to focus on your strengths. Consider all the things you do well and let those be your “driving force.” Use your skills and talents to do good in the world whenever you can.

✓ Practice accepting criticism with grace

- Learning how to accept criticism gracefully is a great way to boost your confidence.
- For example, instead of allowing yourself to immediately feel upset or depressed when someone tells you something about yourself that you find upsetting, allow yourself to consider what that person is really saying – is there truth to it? If so, take a critical look at yourself and your actions.
- This criticism may be valuable information you can use to improve yourself.