



Limitless Growth Strategies
Building Dreams, Growing Giants.

Ten Ways to Build Self-Confidence

How you perceive yourself, has a powerful impact on how others treat you. Not having confidence in yourself affects every area of your life. What can you do if you lack self-confidence? Three words can help change the way you see yourself, and how others perceive you.

Act as if!

Act the way a confident person behaves. Doing what a self-confident, assured person does, will help you to become more confident and self-assured. Here are some tips to get you started.

1. **Dress confidently.** When you look good, you feel good. This does not mean you must go out and spend a fortune on clothes.
2. **Walk faster.** People who walk confidently maintain a brisk pace. They have things to do and places to go. Simply quickening your step will help you feel more confident.
3. **Keep good posture.** The way you carry yourself says a lot about you. If you slump your shoulders, and cannot look people in the eye, you broadcast a powerful, negative, message and impression. Keep your head up, make eye contact, stand straight and tall.
4. **Be grateful.** Gratitude creates a state of peace, and a peaceful mind radiates confidence. Make a list of the things you appreciate about yourself, and be grateful for past successes.
5. **Compliment others.** In addition to appreciating what you have, it's also important to show others you appreciate them. Seeing the best in other people will bring out the best in you.
6. **Give back.** Helping others succeed will make you feel better about yourself. Help a friend or volunteer your time to help those in need through your favorite, local, charity.
7. **Don't be afraid to speak up.** Take an active role in discussions. Be thoughtful when you speak up and you will be recognized as someone with confidence, and someone who has plenty to offer.
8. **Exercise regularly.** When you work hard to create a better physical image, you not only become healthier, but also have more energy, and your self-confidence will be boosted.
9. **Sit in the front row.** Confident people sit up front, where they can fearlessly take part in discussions. When you have a choice of where to sit – sit up front!
10. **Take the plunge and try something new.** Learning a new hobby or activity will broaden your horizons, and make you feel “alive.” Stretching and improving your mind is a huge self-confidence booster.

The more self-confidence you build, the more you will succeed. You'll conquer tasks with enthusiasm, face setbacks without fear, and push on to reach your goals.