

10 WAYS TO BOOST YOUR CONFIDENCE



SET GOALS FOR SELF ESTEEM

Self-esteem is enhanced when you set a goal that's meaningful and important to you, and you follow through to make it happen.
If you want to set yourself up for success, make sure your goals are **SMART**

FACE YOUR FEARS

Each time you face a fear and move forward, you will gain more confidence in yourself.

If you're afraid you'll embarrass yourself or you think that you're going to mess up, try it anyway. Tell yourself it's just an experiment and see what happens.

KNOW YOU WILL FAIL ... IT'S OK

You've got to make mistakes to **learn** and **grow**. Of course, it is disappointing at the time but try not beat yourself up over it.

Your mistakes as an opportunity to get it right next time.

SURROUND YOURSELF WITH SUPPORTIVE PEOPLE

Spend time with people who make you feel good about yourself, who make you smile and support your goals.

Avoid those who trigger your negative thinking.



BE NICE TO YOURSELF

Speak to yourself the same way you would speak to your friends.



Positive self-talk makes you feel good about yourself and the things that are going on in your life.

Can you write down 3 things you are good at?

Don't compare yourself to others



Do what makes you happy



Exercise daily. Physical activity releases serotonin - our feel good hormone



What do you love to do in your spare time? Is it to get outside and enjoy the outdoors? Or do you live for lying on the sofa and watching TV? Whatever it is you love, create space for it, because you need time to enrich your life and to recharge to be your best self.



Hobbies



Time with family and friends



Spend time outside



Acts of kindness

PRACTICE YOUR COMMUNICATION SKILLS

Make an effort to speak to new people or practise writing emails. When you feel good about your communication skills, you're mastering how to gain confidence with every interaction you have.



THE WELLBEING HUB

