

## **Ways to Improve Your Self-Confidence**

Most people have some faith in themselves, but could use some improvement. It is important to work on having confidence in yourself each day. Choose to believe in your own ability to face life. That may sound easier said than done, but every journey begins with a single step. Here are some suggestions to get started.

### **Fake it till you make it.**

Act as if you are a person full of self confidence and very often you start to be exactly that. Dress sharply, sit straight and walk tall. Look people in the eye. Pretend you have unlimited faith in yourself even when you're quaking in your shoes. You'll find that when you "fake it", and later tell people how nervous you were, they often will say "I couldn't tell. You didn't appear nervous at all."

### **Praise yourself.**

When you decide to improve your confidence, your tendency to be self-critical has to end. Look for what you do right each and every day. Don't miss an excuse to lavish yourself with praise, even if all you can say is that you've been trying awfully hard.

### **Think positive.**

You have to take charge of your own mind. What are the thoughts that fill your head in the course of the day? Negative self-talk cannot be allowed to stay. When it starts, immediately replace it with a positive thought. Think about what you've done right and what you like about yourself. Think about the goals that you are in the process of accomplishing.

### **Help others.**

Nothing builds self confidence like extending a hand to someone in need. By thinking of the needs of others, you will stop dwelling on your flaws. This is an easy thing to accomplish: most people can use some kind of help from carrying groceries to washing their car to painting their house to just being a willing ear for someone that is lonely or stressed.

### **Choose your friends wisely.**

If there are people in your life who spend their time telling you that you can't do whatever you're trying to do, deliberately choose to limit your time with them. Seek out positive people, people who are encouraging, people who notice what you're doing right.