

Top tips for Confidence

By Helen Tiffany

1. Give yourself credit for what you do well

Reminding yourself of this sends your brain into reward mode and you get the good hormones flowing!

2. Stop comparing yourself to others/social media

YOU ARE GOOD ENOUGH!

3. Take care of your body

When you look good you feel good, keep moving.

4. Identify any negative thoughts that hold you back

Then challenge it and find evidence of the opposite.

5. Do more of what you love

This helps you build evidence of your strengths too.

6. Say no

Saying no to people and things that are negative or that overload you.

7. Set realistic and motivating goals

Achieving things builds your body of evidence that you ARE confident and you CAN do stuff.

8. Don't foster your imposter

If you want to stop feeling like an imposter, you have to stop thinking like an imposter.

9. Progress not perfection

Don't worry about being perfect, strive for progress.

10. Be Nice!

The person you spend most of the time talking to you is yourself – be nice.