



# Confidence!

We all find ourselves in a situation that we need a boost of confidence (before a presentation, job interview, performance, test, big meeting, etc.) here are

## 25 ways to instantly boost your confidence



  
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1. **Sit up straight.** Lift your chin, and straighten your spine, and shoulders back.
2. **Strike a pose.** Superman or arms above your head in a "V" will increase testosterone (dominance hormones) and drop cortisol (stress hormone ) levels.
3. **Breathe deep.** Put your hands on your belly, feeling it push out on each inhale while keeping your chest still. Deep breaths relax and center you, shallow (chest) breaths can heighten anxiety.
4. **Big Smile.** Not just a grin, a big ol' exaggerated smile, it tells your brain it's all good.
5. **Re-read an atta boy.** Find a note of appreciation to remind yourself that you're awesome.
6. **Exaggerate the worst.** Go there and make it as silly as possible - what's the worst that could happen, the earth opens up and swallows you whole - get to the point you can laugh about it.
7. **Freshen up.** When you look good, you feel good. Take a minute to primp - brush your hair, put on your favorite shirt, or spritz the scent (90% of women feel more confident when wearing a scent vs. not).
8. **Do an unwanted.** We always have a whole list of should/have-to that we don't want to do - pick a tiny piece of one and do it (don't clean the whole house, hang up a coat). Check that off the list or after you do it - put it on the list then check it off!
9. **Feel the visualization.** Ask yourself, "What would it feel like if what I want to happen were happening?" Not everyone is good at 'seeing' so immerse yourself in the feeling sense.
10. **Pretend.** Put yourself right now in the role you want, role-play like it's yours NOW.
11. **Make a connection to let it go.** Say you haven't heard back about an interview you drove an hour for - stress! Connect that drive to a road trip you *loved*. When you think of the interview, make an intentional decision to switch gears to the trip you loved.
12. **Swear.** This does make you feel more confident, empowered, and in control (sorry Mom!) - just be careful of your surroundings.



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13. **Jam.** Music – especially music with a heavy bass - promotes power feelings. Rock on!
  14. **Compliment.** Give someone an authentic compliment, it will increase your feel-goods.
  15. **Rock your superstition.** If Michael Jordan had lucky shorts (he wore his NC shorts under his Bulls shorts in every game) then who is to say that lucky tie doesn't hold power for you?
  16. **Take up space.** –Stretch out those arms and legs (we get smaller when we get stressed).
  17. **Walk with swagger.** Take a John Travolta Staying Alive walk, own that disco confidence!
  18. **Sing your own mantra.** Pick a favorite tune and change the lyrics (*We Will, We Will Rock You!* becomes "*I will, I will CRUSH THIS!*")
  19. **Re-read your wins.** Hopefully, you have crafted your LinkedIn or resume to tout your awesomeness and re-read them. If you haven't - now is the time to start!
  20. **Reword it.** Say, "I'm not nervous – I'm excited because ...." and fill in the blank with why you are looking forward to a positive outcome. Excitement links to success.
  21. **Be generous.** Find a small opportunity to pay it forward - again, it ups your feel-goods.
  22. **Change cadence.** Adopt a command speech pattern: speak slower and lower, deep breaths from your belly, and keep your chest still.
  23. **Research.** Look up some abstract fact, it distracts you while learning something new, and now you'll have a cool random fact to share with someone.
  24. **Tidy your immediate space.** At your desk or front seat, environment impacts our mood.
  25. **Milk one thing.** Find *one* thing to appreciate right now, where you are - the changing leaves, a new pen, anything - then come up with 10 reasons why/how it makes you feel good.

**With small mind shifts or actions, you'll be**

*Confident*  
**in no time!**



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