Daily Confidence Boosters

1. Practice *Positive Mindset*

At times we all talk to ourselves, however, it's how we talk to ourselves that matter. The words we use for ourselves matter. Are you telling yourself you don't look good, or you're not worthy? Or are you saying, I am amazing, I am beautiful, I am worthy?

We have control over what we think about ourselves.

Try this:

Think of a pink banana…do you have the image in your head?

Think of a flying dog…do you have the image in your head?

Think of a blue boat with purple sails…do you have the image in your head?

Of course you have the crazy images in your mind…because **you have control over your mind**.

Your mind will do whatever you tell it to do. If you say you can't do something, your mind will follow. Catch yourself when you are being negative and stop in that moment to find a positive version of what's in your head (hint: there always is a positive if you choose to see it).

No day is perfect and life happens, so I write on sticky notes and hang them on my mirror, refrigerator, desk (wherever I will see them) as a reminder to myself that I have control over how I speak to myself.

Start your day with a positive ***"I AM"*** statement…I am amazing, I am awesome, I am strong, I am brave, I am beautiful, I am worthy! Try it, I promise you will feel better about yourself in no time.

2. Practice *Self-Acceptance*

Accept your flaws, your quirks, your fallibility-we all make mistakes and they should be made with self-acceptance not self-condemnation. You are human. Instead of the "what's wrong with me attitude", how about " I am perfect exactly the way I am in this moment." Again this all goes back to ***changing the way you talk to yourself***.

Appreciate ALL that your body does for you to keep you going (from getting out of bed, to waking down the hall, to breathing, you name it, our bodies are amazing).

We seldom accept negative comments from others, however, we so often accept our own inner negative chatter. Oftentimes we are unaware of the actual impact this has on our lives And it DOES have an impact! Love Who YOU ARE, accept Who YOU ARE!

3. Practice ***Positive Body Language***

Smile more often. Smiling at someone, or something or at yourself triggers corresponding positive feelings in you and others. Stand up straight, sit up straight, there is nothing worthwhile to slouch about.

When you maintain a positive posture that makes you feel more alive and stronger, you will engage your mind to follow the positive effects of your body. You have the power to change how you are feeling by controlling the way your body moves and the way you show up. Now hold your head high, like the queen you are.

4. **Practice *Gratitude***

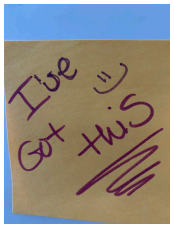
It is a great practice to be grateful for all the things and people in our lives, however it is equally, if not more important to be grateful for YOU! Be grateful for even the smallest of things in your life. We can't always control what happens to us, but we can control how we respond to it. The benefits of practicing gratitude are nearly endless, from sleeping better, to feeling better, to an overall sense of well-being and awaking of the everyday beauty around you. I often journal my thoughts of gratitude, it not only boosts my happiness it also cultivates an attitude of gratitude long after its gone. Gratitude as a practice is transformative.

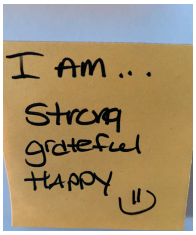
5. **Practice *Taking Action***

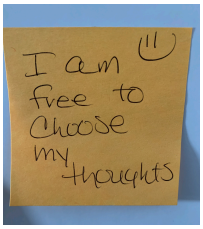
Start *By moving your body!* When you are moving, rather it be a walk (to the mailbox, to the car, to the backyard), a run, or whatever gets you out of your chair, you release endorphins that improve your mood and make you feel good. A 15-minute walk can make all the difference in your mental wellness. When I am in a funk, I get up and move and it makes all the difference for my positive mindset, self-acceptance, body language ***(because it makes me feel good)*** and then I'm grateful for having given myself some self-love.

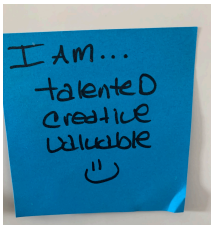
And finally laugh! Find something funny or just be silly and laugh at yourself. Humor is a mood lifter and helps with that all important body language of SMILING!

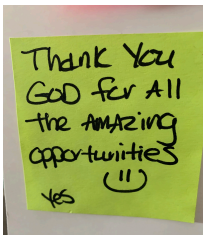
Now go out and be Awesome! You are Amazing!

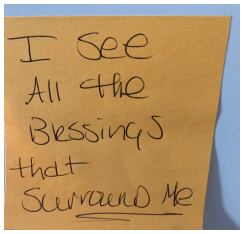












With Love and much Gratitude,
Confidence Strategist

Terrie Nathan