



## Exuding Confidence – Ideas, Tips, and Strategies:

- ☐ Take an inventory of what you are good at. Share with a trusted friend, ask them to add to your list.
- ☐ Spend time with your positive and encouraging relationships. Eliminate negative / not encouraging relationships or at least limit your exposure to them.
- ☐ Assert your will/your needs in little daily things – for example, send back food that you ordered that is not how you ordered it.
- ☐ Say “no” to something that you do not want to do – just say “no” – no explanation needed on why you are saying no.
- ☐ Practice mindfulness or meditation daily – increase your inner calm daily. Download an app like Calm, Slowdrive, Insight Timer, etc
- ☐ Act confident – the “Fake It Until You Make It!” concept. Stand in the superhero pose & take 5 deep breaths before any stressful situation like a meeting or presentation.
- ☐ Never ever go into a meeting stressed or frazzled – Grasp your hands behind your back and take 1–2 minutes to breathe deeply. This quick effective tactic allows you to show up more calm, cool, and collected.
- ☐ Practice self-affirmations, such as “I am worthy”, “I am smart”, “I am capable”, etc. Post your affirmations where you can see them too!
- ☐ When you hear yourself doing negative self-talk, literally flick those nasty gremlins off your shoulder that are feeding you lies and say “BE GONE!”
- ☐ Read “*There’s Nothing to Fix*” by Suzanne Jones or “*The Mindful Self-Compassion Workbook*” by Kristin Neff and Christopher Germer