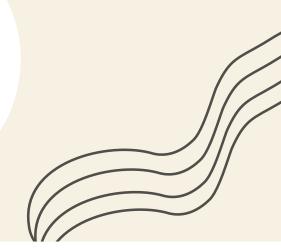
# HOW TO IMPROVE CONFIDENCE

We all sometimes struggle with maintaining or increasing our selfconfidence. Luckily, there are several methods we can implement to improve our self-esteem and build up that confidence.

### **Identify Your Strengths**

Find your talents and the activities you enjoy doing and celebrate them



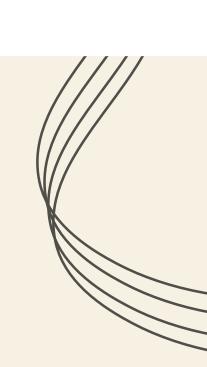


# Create a Positive Environment

Fill your life with positive people who uplift and support you



Set yourself an achievable goal and celebrate your success after completion





#### Be Assertive

Practice assertively expressing your thoughts, opinions, feelings, and fears



Start complimenting yourself and practicing positive self-affirmations



# HOW TO IMPROVE CONFIDENCE

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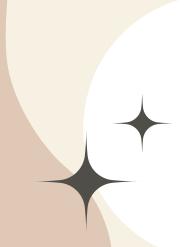
### Kill Negative Self-Talk

Challenge negative self-talk with examples that counter the harmful thought



## Stop Comparing Yourself

Do your best to stop comparing something you are self-conscious about to that of others



#### **Accept Yourself**

Learn to accept, revel in, and fall in love with every part of yourself, especially your flaws



What are methods you use to raise your self confidence?

SO ABOUT YOUR ADVICE

