



## 10 Ways to Build Self-Confidence

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### 1. Fulfill your needs.

According to sociologists, humans have the following needs: Subsistence, protection, affection, understanding, participation, leisure, creation, identity, freedom. Which of these have you left unfulfilled or tried to ignore? The energy you spend trying to deny a need would be better spent trying to figure out how to meet it.

### 2. Become Self-Reliant

Realize I don't have to make things go my way. I will be OK even if they don't. Rather than saying, "It must go this way." Say, "It would be better (or nice) if it went this way, but if it doesn't, I'll figure it out.") When we believe we can handle things that don't always go our way, we:

- Develop non-dogmatic preferences,
- Reevaluate "badness" (as unfortunate but an inevitable part of every life),
- Develop frustration tolerance.

### 3. Recognize your own true worth as a person.

When people say good things about you, what are they likely to say? What is it about your life, yourself, and your accomplishments that give you real pride? Daily reflect on the ways you are living true to your values.

### 4. Know and accept yourself.


Set realistic goals for yourself (Not "all or nothing", but "both/and.") Stop, analyze and correct bad decisions. See life as a learning experience and ask: How can I handle it differently next time? Get comfortable saying, "I'm sorry. I guess I was wrong." It may surprise you how others respond.

### 5. Stop fighting change.

How do you know when you're doing this? When you're stuck asking (whining) "WHY does it have to be like this???" Instead, notice what feels threatened. Ask yourself if what you're believing is really true? Or ask: Is it true I need \_\_\_\_ to be happy? Sometimes life has changed and we haven't yet caught up and changed too. Life moves on and unless we do too, we'll be left in the dust.

### 6. Keep company with positive people.

Who acknowledges your specialness? Who delights in you being you? Who values what you offer and offers what you value? Limit exposure to people who are difficult to be around and have a plan both going in and a plan to recharge afterward.



7. Concentrate on your assets and good qualities.  
Start with "What am I thankful for today?" Be specific. For instance: "I feel comfortable in my clothes today." Then answer "Why am I thankful for that?" For instance: "Being careful about what I eat is paying off." Finally notice: What does that say about me? "I take good care of my health." This will help you see the values you hold. What has meaning for you? What matters? What do you notice? The character you develop can never be taken away from you.

8. Give yourself a pep talk. Affirmations don't work unless they come from a genuine place inside. Most people think they like, love, accept and trust themselves, but subconsciously, they do not feel it. This will continue to sabotage their progress. Which of these can you say is true about yourself? (Notice the progression.)

- I think I can succeed.
- I allow myself to succeed.
- I choose to succeed.
- I am succeeding.
- I am successful.

Instead of noticing how far you have to go, look at how far you've come.

9. Imagine your "ideal you."

Think about a time when you were at your best. Remember what that was like, how you acted and felt, and how others responded. When you think of a challenging situation, consider: What would the confident version of YOU say or do in this situation?

10. Be your own best friend!

You'd probably never say to your best friend the things you tell yourself in your own head. "I should be better." Or "I'm not good enough." If your inner critic has been working overtime, counter it with some kindness. Meditate on these words as you say them to yourself:

- May I have ease.
- May I feel loved.
- May I be at peace.