

Mind hacks to boost your confidence

1 Declutter your life in every way you can think of.

This includes people, 'stuff' you no longer need, the little jobs you've been putting off, and everything else that annoys you. Remind yourself that you deserve better.

2 Do something you're good at.

As Roald Dahl says: 'Everyone is born, but not everyone is born the same. Some will grow into butchers, bakers, or candlestick makers. Some will only be good at making jello salad.' What are you good at? If making fantastic jello salad is your thing, do it as often as you can!

3 Project confidence, even if you don't really feel it yet.

Your body language affects how you feel and studies show that a stooped posture encourages you to think negatively. Think about someone you know who always seems to be confident. Mimic their movements and posture and see how much more confident you feel.

4 Make a list of your positive qualities.

If you struggle with this one, ask your friends or family to list three things they like about you. The idea of this exercise isn't to feel big-headed or egotistical but to recognise your own very real skills, talents and abilities.

5 Make a list of goals you have reached in the past (however small).

Compare this with the list above and see how your positive qualities got you to those goals. Think about how they can get you to others.

. If you would like help with confidence or self-esteem, please contact me:

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