

8 Activities That Build Your Self-Confidence

Everything becomes easier when you're brimming with self-confidence. *As soon as self-doubt enters your mind, your ability to act is compromised.* Self-confidence might seem to rise and fall in a random fashion, but there are steps you can take to increase the level of confidence you experience on a regular basis.

Enhance your self-confidence and accomplish more with these techniques:

1. **Achieve a goal.** Start small. Your goal might be to arrive to work on time every day this week or to eat a piece of fruit each day. Easy goals are easy to accomplish. When you accomplish something, you feel more confident. *Choose easy goals that make a difference.* The accomplishment of many, small goals will change your level of confidence.
2. **Make a list of your accomplishments.** It's interesting that our failures are easy to list, but our accomplishments require a little more pondering. Make a list of your accomplishments and review them each day. Remember how great you felt in that moment.
3. **Groom yourself to a higher standard.** Get a better haircut. Spend a little more time and attention on your grooming each morning. Learn how to apply your makeup more effectively. Trim your beard in a more attractive manner. Trim those stray ear and nose hairs. You'll be

surprised how much better you look and feel.

4. **Be assertive. *Having more control over your life results in greater self-confidence.*** One of the quickest ways to increase the level of influence you have over your life is to be more assertive. Give yourself small tasks to accomplish that require assertiveness. A few examples you might consider:
 - Walk into a fast-food restaurant and ask for a cup of water without ordering anything else. It doesn't matter whether your request is granted. Just ask.
 - Tell your boss one thing you'd like to change about your job or your work environment.
 - Make one suggestion to your significant other that would enhance your relationship.
5. **Dress nicer.** We all feel more confident when we're dressed well. Up your game and put the "nice clothes" in your closet to work for you. Think of your friend or coworker that dresses the best. Shoot for a similar level of clothing while maintaining your own style. It takes the same amount of time to put on a nicer shirt.
6. **Practice. *Practice breeds confidence.*** You'll be much more confident if you practice your speech ten times instead of five. Whether you practice your flirting skills or your ability give presentations, your confidence will increase with practice.
7. **Drop one thing from your life.** The odds are high that you're currently stuck with an obligation in your life that you don't enjoy. While there are some things in life you have to do, there are just as many that you don't. ***Take control and drop one of these non-essential activities that you prefer not to do anyway.***

8. **Find a mentor.** The right mentor can make all the difference. Knowing that you have an expert on your side is sure to boost your confidence. A good mentor will provide the support and guidance necessary to reach your goals. Good mentors aren't easy to find, but well worth the effort to locate.

Some of us are blessed with a high level of self-confidence while others must learn to cultivate it. ***Focus on your accomplishments, be more assertive, and find a mentor.*** Spend time each day growing your self-confidence and experience real personal growth.