

HOW TO INCREASE YOUR SELF-CONFIDENCE & SELF-BELIEF

with 7 Easy to Implement Daily Tips

1. Learn to Cut Yourself Some Slack

Most of us wouldn't speak to others the way we speak to ourselves sometimes. Remember, don't believe everything you hear, even in your own mind. We can be our own worst critics and this often unknowingly greatly affects our levels of confidence and esteem, especially when we're constantly reiterating these negative thoughts about ourselves. Give yourself permission to relax, be patient and empathetic with yourself and stop beating yourself up about what you perceive to be failures, no one is perfect. Over time, this will establish new positive neural pathways in your brain and support you on your self-confidence & belief journey.



2. Get Moving

The immediate endorphin rush will spur you on to continue moving each day and increase your self-confidence and your overall fitness levels. Whether it's running, jogging, walking, cycling, swimming, dancing, skating, weight training, or anything in between, you'll experience a more positive self-image, plus be a physically healthier version of yourself. It's a win win.

Remember to focus on realistic, achievable activities and build up gradually. Each time you manage to go further and for longer, your self-belief and confidence will be positively impacted.



3. Talk to Your Person

Prioritising helpful communication is key in building your self-confidence, esteem, belief and worth. Make sure you're surrounding yourself with your supporters, those who cheer you on, celebrate your achievements and lift you up. Make a conscious effort to spend less time (or avoid) those who like to belittle your accomplishments, focus on the negative and chip away at your confidence. Whether it's your best friend, a family member or a professional therapist, being able to speak to someone who listens selflessly and allows you to explore your feelings will enable you to step into your confident self.



4. Revitalise your Wardrobe

What makes you feel good? A power suit, a killer pair of heels, sexy underwear? Whatever works for you, do it. Transforming your wardrobe and what you wear each day, will translate into self-confidence. Take a look at what cuts and styles work for your shape and create a capsule wardrobe, so you don't overbuy! Make sure to shop at places that have your size and promote a positive body image, to reiterate your confidence and belief in yourself.

5. Focus on Achievable Daily Goals

So often we set massive annual goals, fall short of achieving them and feel disappointed and like we've failed. The key is consistency, by doing just 1% each day towards that goal can keep you focused and motivated, with a much better chance of success. Make sure you are setting smaller goals as well, which can be achieved daily or weekly to spur you on. Be realistic with time frames and enable your goals are attainable, but most importantly, have fun and celebrate every achievement, no matter how small.



6. Avoid Over Action

In today's society the accepted norm is being 'busy'. Whether it's work, your social life, home life, studies or hobbies, putting every single minute into something will ultimately leave you feeling stressed, burnt out and less likely to actually achieve success. Feeling accomplished is great, but not at the expense of your mental and physical health, as this will only decrease your self-confidence and self-belief. We all need a break, so give yourself at least 1 hour a day to do nothing (or the equivalent such as watching tv, scrolling social media, taking a nap etc).



7. Get Spiritual

Even if you feel like the most unspiritual person, getting in touch with your inner self or spiritual side can help to still your mind and get to know yourself better. Personal growth is a great way to increase both your confidence and belief in yourself, as it allows you to better self-reflect, be creative and inspired and see things from a different perspective. Perhaps consider guided meditation (there are plenty of apps available for this), yoga, breath work, sound baths or retreats to discover a deeper level of consciousness.

