



CONFIDENCE CHECK-LIST

1) BUILD A POSITIVE ENVIRONMENT

Surround yourself with positive people

Avoid negative people (when you can). List the people in your life who believe in and support you. Plan to spend more time with them.

Accept compliments

Don't brush off people's compliments! Simply smile and say thank you.

Seek positive as well as negative feedback

Don't just hear or defend negative comments. Hear and embrace positive comments. Focus on how constructive feedback can help you develop and improve your skills.

Surround yourself with positive symbols

Keep positive mementos visible. Recreate positive memories and feelings by having trophies, awards, photos, certificates etc. nearby and in plain sight.

2) CREATE POSITIVE EXPECTATIONS

Set goals

Goals don't have to be huge or numerous. List the (small) steps you will take to achieve each one. Believe that you will do it. Review your progress weekly.

Trust your decision making

Stop seeking a perfect decision. Good enough is good enough. Make your decision then tell yourself it will work out fine. Accept your decision then make it work.

Expect good things to happen

Rather than worrying about how difficult, risky, or bad something might be, tell yourself that things will work out well and you will be fine.

Stop saying you lack confidence!

Notice when you do it. Then change your narrative to "I am building my confidence".

3) DEVELOP POSITIVE HABITS

Create positive 'anchors'

When you need a confidence boost, recall moments of happiness and achievement.

Overwrite negative self-talk

Notice when your inner voice is negative. Change your self-talk, in the moment, to a positive statement about something you did (or do) well.

Use positive body language

Use confident strong poses (for 2 minutes) before going into a stressful situation.

Fake it until you make it!

Pretend to be confident. This will trick your brain (and you) into feeling confident.