

Topic: Self-Confidence

Breathe



Feel more settled and calm by spending a few minutes focused on your breathing.

[3-minute Mindful Breathing Exercise](#)

Learn

Self-Confidence is about believing in one's own ability, trusting your own judgment and abilities, and that believing in your value feel worthy, regardless of any imperfections.

No one is born with limitless self-confidence, and there are many things that you can do to help improve your self-confidence.

Watch an interesting take on how your body influences your mind and feelings in: [Your body Language May Shape Who You Are](#)



Move

Crush this 10-minute HIIT workout! It's low impact, and only 10 minutes, but it gets the heart pumping!



[HIIT WORKOUT](#)

Grow

One of the ways to support self-confidence is the regular use of [positive self-affirmations](#), to deliberately install desired beliefs about yourself. Affirmations are uplifting statements that we say to ourselves. They are most effective if said out loud, so you can hear yourself say it.

One strategy to get your brain to accept the positive is to use a question. Brains are wired to seek answers to questions-try "Why am I so good at making friends" instead of "I am so good at making friends"

In your journal: What is a [positive message](#) you could tell yourself today? How could you remind yourself of this message daily?

For more read: [10 Things You Can Do To Boost Self-Confidence](#)