



Tips to Increase Self Confidence

- **Get to know yourself**

- Start listening to your thoughts. Start writing a journal about what you like and dislike about you. Know who you are and what you want to change.

- **Get Prepared**

- It's hard to be confident in yourself when you don't think you'll do well at something. Prepare as much as possible; whether it's for a test, assignment or presentation, the more prepared you are the more confident you will be.

- **Set a small goal and achieve it**

- Set small attainable goals; the more you achieve small goals, the better you will feel about taking on the big ones.

- **Change a small habit**

- Challenge yourself to do things differently; wake up 10 minutes earlier, make your bed every morning, drink more water, etc. Changing small habits will help shape you in becoming the person you want to be.

- **Focus on solutions**

- Focus on how you can solve the problem. Figure out what can be done differently. Focusing on solutions will motivate you to think outside the box; once the problem is solved, you will feel accomplished.

- **Be grateful**

- Be grateful for everything even if you don't like something about you. Ex. I'm grateful for my nose as it helps me smell. I'm grateful for my stomach as it reminds me when I'm hungry. Appreciate who and what you are.

