

It happens. Due to circumstances, it may happen gradually or over time, but sometimes we can lose our confidence. So, let's get it back.

1. Find Your Comfort Zone - Everyone has a comfort zone, whether it's food, music, art, a favorite book, movie, TV show, a specific geographic location, or a group of people. Whatever it is that makes you feel comfortable, get into that zone. Find what brings you JOY!

2. Change Your Thoughts & Be Kind to Yourself - *Be kind to yourself*: be mindful for one week of your self-talk, comments you make when someone compliments you, the second-guessing what someone might be thinking about you. She is wonderful, be kind to her.

Actively make a conscious decision to change your thought processes. Every time you doubt yourself, counter those thoughts with ways you can overcome them. Remember most of your problems are in your head. That's not to say they don't exist – merely that you're allowing them to affect you. **Stand up to and for yourself**, as you're worth it!

3. Smile Like You Mean It - A smile goes a long way. Even if you're not fully sure of yourself, you'll exude a sureness that encourages people to perceive you as a confident person. You'll be seen as a positive person whose energy glows.

4. Surround Yourself with Positive People- Energy attracts energy. So hang out with positive people! Negativity is toxic to you. Spiritually, mentally, physically, and emotionally. Protect yourself and stay away from negativity.

5. Set A Plan of Action - *Nothing changes if nothing changes*. If you want change to happen, then do it! Write down your plan. What you want to accomplish. Make sure they are realistic goals. Start with yearly, then monthly, then weekly goals. Focus on your path and stick to it. If you can do this with a buddy, you'll have more success. It always helps to have someone to be accountable to.

6. Clean Up Your Appearance - Do your best to always look your best. You'll **feel** great if you look great. You don't need a lot of money to look good.

7. Embrace Mistakes - Mistakes are a blessing. We learn from them and move on. Hopefully, we don't make the same mistakes.

8. Socialize - Talk things out with friends and family – they're normally happy to help you regain confidence. If they are the reason you lack confidence, expand your social circle. Go to public places and interact with strangers. If this is hard for you, go with a friend. Practice makes perfect.

9. Do More of What Brings You Joy - Make time for what brings you joy. Put it in your calendar. Do it every week. Life isn't about paying bills and working. There has to be a balance.

10. Practice Gratitude - Learn to appreciate everything around you. By practicing gratitude, you'll change your perspective. Instead of being upset about losing an important client or failing a test, you'll be grateful for the air you breathe, the water you drink, the food you eat, and the people you love. **Focus on the now, because it's all you truly have.**

Yearly Goal Setting

"INHALE CONFIDENCE. EXHALE DOUBT."

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