



FIVE SURE WAYS TO BOOST YOUR CONFIDENCE



Remember the 90/90 Rule.

Ninety percent of the impact you make when you meet someone for the first time is made within the first ninety seconds. Want to appear confident? Then act confident. Remember first impressions count. Greet people in a positive way, always smile and make eye contact

Silence the Inner Critic.

The most important person you will ever talk to is yourself. So quit beating yourself up when you make a mistake and instead think 'What can I learn from this and what will I do differently next time?' Confident people learn to coach not criticize themselves.



Invest in Your Image.

When you look good, you feel good. People do judge a book by it's cover, so dress by design and don't leave your image and the impact you make to chance.

Take Risks.

Routines can be great, but make sure you don't slip into a rut. Confident people know their self belief grows when they move out of their comfort zones. So try new things, visit new places and meet new people.



Communicate Your Needs.

People are not mind readers, so ask for what you want. Use clear 'I' statements about how you feel and what you think. As you do so, you will not only appear more confident, you'll also feel it as well.