

Be Confident

— IN YOUR —

CONFIDENCE

CONFIDENCE: [KON-FI-DUH-NS]

**BELIEF IN ONESELF AND ONE'S POWERS OR ABILITIES; SELF-CONFIDENCE; SELF-RELIANCE;
ASSURANCE**

“SHE’S BRIMMING WITH CONFIDENCE”

This single word has the power of a million.

This interactive pdf touches on ways to evaluate your confidence and strengthen it even more. Also, you will gain new tips and techniques to help you project your confidence! This information will help you dive deeper into exploring your own confidence. What you learn can be applied to an interview, presentation, or even talking with new people. Confidence is used and needed everywhere!

FIRST STEP... BREATHE!

EVALUATE YOURSELF

Confidence starts deep within before it can be shown externally. In order to be confident, you have to know yourself.

WHAT PERSONAL VALUES CREATE YOUR IDENTITY?

WHAT FRUSTRATES YOU?

WHAT MAKES YOU HAPPY?

WHAT TYPE OF PERSON ARE YOU?

WHAT PERSONAL QUALITIES ARE YOU PROUD OF?

Knowing the answers to these questions will prepare you for situations where you feel that you lack a little confidence. These answers will also prepare you for any frustrations that you might have in the future. When you know yourself, you will know exactly how you will act when presented with a conflict. Therefore, you can plan ahead and/or direct yourself accordingly.

Communicating your feelings is a great way to display an act of confidence and solve a problem. It's best to talk out your frustrations and doubt rather than keeping them bottled up.



How To Let Your Light Shine Bright | Lisa Nichols

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How To Stop Shyness in 60 Seconds

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THINK AND ACT POSITIVELY

PLACE ALL YOUR NEGATIVITIES ON THE BACKBURNER AND BOIL UP SOME POSITIVE THINKING!

The best way to display confidence is to be optimistic. Positive thinking leads to courage and determination. You have the ability to conquer anything. Don't let fear and what-ifs stop you from doing any task that you have set your mind to. Positive thinking leads to a healthier mind. A healthier mind leads to confidence... Catch my drift?

Instead of thinking about the negative, think about your inspirations and aspirations. What drives you to pursue your passion? Having that fire under your belt is a great motivation whenever you are feeling discouraged. Celebrate those small achievements. Start with small ones and work your way up, gaining confidence along the way.



How to Free Yourself of Negative Thoughts | SuperSoul Sunday | Oprah Winfrey Network

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How To STOP Negative/Stressful Thinking Once and For All

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BODY LANGUAGE

BE CONSCIOUS ABOUT YOUR CONFIDENCE

FORWARD MOVING MOTIONS

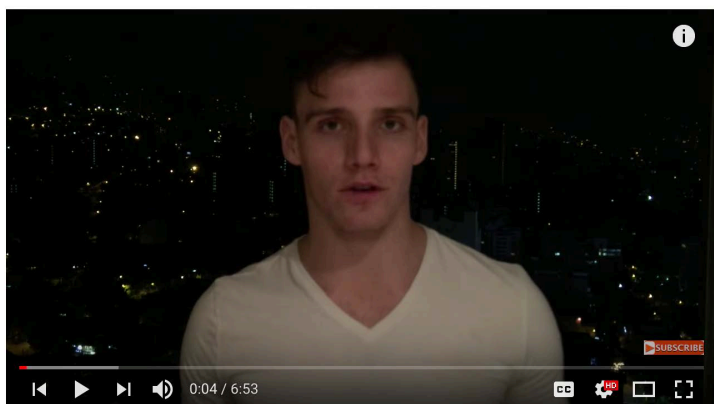
Project yourself forward. Don't hesitate when you feel you have something important to say. Let people know that you have an opinion on the topic and want to speak on it. People want to hear what you have to say. Your opinions are just as valuable as everyone else's.

SMILE

Show those bright teeth! You improve your mood and are more confident when you smile.

POSTURE

Sit up straight, lift your chest, affirmatively state your answers and responses while maintaining eye contact. People are more willing to what you say when you also display confidence in your posture.



The Core of Self-Confidence

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Body Language That Shows Confidence | Body Language

193,255 views

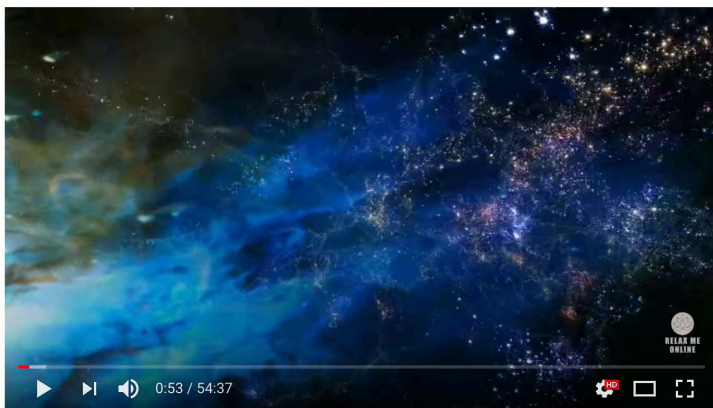
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ENCOURAGING WORDS/ MIRROR QUOTES

AFFIRMATIONS: THE ACT OF VALIDATING OR CONFIRMING

These statements on instilling confidence are a great way to build self-confidence. When you repeat a phrase over and over, you instill it in yourself and begin to believe what you say. Try to repeat some of these phrases to yourself in a mirror, or write them on sticky note and stick them to your mirror so you see them everyday.

- **I INHALE CONFIDENCE AND EXHALE TIMIDITY**
- **MISTAKES AND SETBACKS ARE STEPPING STONES TO MY SUCCESS**
- **I AM SELF-RELIANT, CREATIVE AND PERSISTENT IN WHATEVER I DO**
- **I CHOOSE TO BE PROUD OF MYSELF**
- **IN ALL THAT I SAY AND DO, I CHOOSE PEACE**
- **MY POSITIVE ATTITUDE IS CONTAGIOUS**



Affirmations for Health, Wealth, Happiness, Abundance "I AM" (21 days to a New You!)

272,299 views

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BE POWERFUL / MOTIVATIONAL SPEECH

3,864,706 views

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CONFIDENCE CHECKLIST

Below are a few things you can do to help cope with nervousness before walking into an interview, presentation, or any situation where you feel nervous.

- BREATHE: TAKE THREE DEEP BREATHES**
- THINK ABOUT WHAT GIVES YOU PEACE/ MAKES YOU HAPPY**
- REPEAT TO YOURSELF: I GOT THIS, I WILL DO GREAT**
- DO YOUR ABSOLUTE BEST**
- THINK POSITIVE**

RESOURCES

[HTTPS://LIVEBOLDANDBLOOM.COM/09/QUOTES/POSITIVE-AFFIRMATIONS](https://liveboldandbloom.com/09/quotes/positive-affirmations)

[HTTPS://SUCCESSSTORY.COM/INSPIRATION/25-AMAZING-ACTIONS-TO-UP-YOUR-SELF-CONFIDENCE](https://successstory.com/inspiration/25-amazing-actions-to-up-your-self-confidence)

[HTTPS://WWW.MERRIAM-WEBSTER.COM/DICTIONARY/CONFIDENCE](https://www.merriam-webster.com/dictionary/confidence)

ALL INCLUDED VIDEOS

CAREER DEVELOPMENT

**REESE PATILLO '18
PEER CAREER ADVISOR**