


HOW TO BECOME MORE CONFIDENT



- 1. Set Achievable Goals:** Start with small, achievable goals, and gradually work your way up. Success in these smaller tasks can boost your confidence for more significant challenges.
 - 2. Practise Self-Compassion:** Be kind to yourself and recognise that everyone has moments of self-doubt. Treat yourself with the same kindness and understanding you would offer to a friend.
 - 3. Fake It Till You Make It:** Trust me, once you put on a 'fake confidence', your brain is made to believe you actually are. It's okay to find it weird or out of the norm initially, but by consistently doing so, you'll gradually become more comfortable. Plus, how others perceive you can have a significant impact on your success. Faking confidence can shape the way people perceive you, leading them to view you as capable and competent.
 - 4. Don't Overthink:** Once we start questioning whether we made the right decision, or if we are capable of handling a situation, action turns into procrastination and a fear of failure. This can lead you further down that hole and feeling even more discouraged than when you initially began.
 - 5. Seek Feedback:** Constructive feedback can help you improve and gain confidence in your abilities. Don't be afraid to ask for feedback from mentors, family, or friends.
 - 6. Visualise Success:** Spend some time visualising yourself succeeding in various situations. This mental rehearsal can help boost your confidence when you face those challenges in real life.
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