

CHEAT SHEET: SELF CONFIDENCE

- Self confidence is a personal decision—others can't "make you feel"-- you have the power over how you feel about yourself, DON'T GIVE THAT POWER AWAY.
- Embrace the positives about yourself—your morals and character, optimism, accomplishments, friendships.
- Let go of the negatives— conceit, jealousy, anger, pettiness, selfishness, laziness, dishonesty, fear of rejection...the negatives are exhausting and suck the joy out of life.
- Stop blaming others for your problems, AND stop blaming yourself. Look forward to the future, respect the mistakes you may have made, learn from them and then MOVE ON.
- Treat yourself in the same way you would treat a friend. Forgive yourself....
- Be natural-- be aware of when you aren't being yourself. Often we feel like all eyes are on us—guess what, they're not! There is no invisible audience watching your every move. Realize that, and you will feel free!
- Eliminate "always, never, should, everyone, must, etc." from your language. Not many things in life are black or white. CELEBRATE GRAY!!!!
- Respect yourself, and others will respect you—Learn how to set personal boundaries-- say no, you will be surprised how many people will listen.
- Start noticing people, places, situations that cause you to feel uncomfortable. These are called triggers—being aware is half the battle. Walk away, don't go, don't answer the text...you know what to do, don't put yourself in the position to feel bad.
- Distinguish between what you "want" and what you "need".
Not **everyone** has a boyfriend/girlfriend, not **everyone** wears fancy clothes, not **everyone** gets A's, not **everyone** is better looking, etc.
- Bad thoughts about yourself bring bad feelings and sometimes bad behaviors. Start catching those thoughts and challenging them before they start hurting you.
- Some people have deep down beliefs about themselves that just aren't true. Your mom might constantly remind you about how shy you were as a kid, but that doesn't mean you have to be shy as an adult. Let those labels stay in the past where they belong.