

Grow your confidence

# 5 Daily Actions to Build Self Confidence

Feeling confident doesn't always come naturally, but there are some things we can do to help to build our confidence. Try at least one of these things every day for a week and see the difference in your self-esteem.



## Recognise what you're good at

On a piece of paper or on your phone, start a list of things you're good at and add one thing each day. You might be a good listener, good at cooking or great at meeting new people.

## Exercise

Doing exercise can quickly boost your mood and give you a sense of achievement. You don't have to go to the gym, you could go for a walk or a run, or find out where your nearest swimming pool is and practise your backstroke.

## Stand tall

Our body language usually reflects how we're feeling. If we feel unconfident, we might slump or fold our arms. Changing our body language can send the message to our brain that we're more confident, which actually makes us more confident! Try standing up straight and lowering your shoulders for a few minutes a day to see the magic happen.

## Be kind to yourself

We all have negative thoughts and some people find it easier to ignore them than others. Try to notice when you're having one of those thoughts, and stand up for yourself! You wouldn't allow someone else to say that to you, so don't allow yourself to think it either.

## Choose healthy relationships

Pick your friends wisely. Some friends and family members can knock your confidence, so avoid them for a short time while you build your confidence up. Spend time with people who make you feel good about yourself.

