

Confidence ~ Week 3: 10-17-22

## ***12 Steps to Raise Your Self Esteem and Be more Confident***

Let's face it, we live in a world that is not supportive of how we feel about ourselves. From comparing yourself to super models to thinking you need to make more money, most of us think we need to be better. Here's the good news: you CAN raise your self-esteem and work on being more confident.

While there isn't any magic fairy dust to sprinkle or a snap of the fingers to make you more confident, there are some things you can do every day that will make a difference.

Here are some ideas you can make today. Remember, these are ideas that might work for you...pick one or three that resonate and try them. Don't dwell on it, just do it!

- 1.** Pay attention to how you talk to yourself.
- 2.** Don't compare yourself to others.
- 3.** Don't dwell in the past.
- 4.** Find a "self-esteem buddy" and support each other.
- 5.** Figure out what triggers your feelings of low self-esteem.
- 6.** Separate your feelings from facts.
- 7.** Treat yourself as if you are a friend and you're trying to help boost their (your) self-esteem.
- 8.** Believe people when they compliment you. BELIEVE the 9!
- 9.** Use affirmations and visualization.
- 10.** Use hypnosis.
- 11.** List your good qualities and past successes.
- 12.** Take action!