

December 2006: 14 Ways to Increase Your Confidence

## 14 Ways to Increase Your Confidence

**14 quick and practical methods to increase your confidence - here we go:**

1. Talk, walk and act like someone you can think of who is confident. Model his or her mannerisms and behaviour. If those behaviours work for others, they will work for you.
2. Smile a lot more. That doesn't have to mean putting a silly grin on your face! But smile when you walk down the street, when you meet people and generally act happy even if you're not feeling that way.
3. Learn from the past. Don't beat yourself up about it - it's gone. It's never coming back. Instead learn from it for next time.
4. Buy yourself some new clothes, get your hair done or treat yourself to something new. It will make you feel better and will give your ego a boost.
5. Are you prepared for situations? Are you prepared enough to meet any challenge that may come up? Are you prepared for that meeting, that presentation, that job interview, or for meeting someone for the first time? If not, get to it.
6. Play to your strengths. Know what you are good at and expose yourself to those opportunities as often as possible – when you are doing what you're good at you will enjoy yourself more and have more confidence.
7. Improve your weaknesses. Know and appreciate what these are and put a plan in place to improve them over time.
8. Learn how to say no to people. Don't be afraid - you've got nothing to be afraid of. Just watch the reaction on their face after you've said it the first time and there will be no going back.
9. Be positive. Look on the "can do" side of things rather than the "can't do". You've accomplished many things in your life and you will accomplish much more in the future.
10. Be in charge of your thoughts at all times. What is a thought? It's just the answer to a question you have asked yourself. If you're thinking negative thoughts, you're probably asking negative questions. Change the questions to be more positive.
11. At the end of each day, list your achievements and successes throughout that day.
12. Be appreciative of what you have to be thankful for in your life right now. Who do you love? Who loves you? Who do you help out?
13. Every morning when you're in the shower, play over in your head the events in the day as though they have already happened and they were a success. Visualize all of the meetings that you had, the people you talked to, the outcomes you had. Visualize your success and confidence and it will be so.
14. Improve your body language. The way that you move your body has a massive impact on your confidence levels. Move your body assertively and walk with your head up, shoulders back and as though you've got somewhere very important to go. Feeling low in confidence? Change your body language.



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### Testimonials

Well presented, concise and very relevant - **J. Sherrnan, (Tyndall)**

Excellent - **S. McKenzie (Melbourne)**

Very Insightful. Well worth the effort - **S. Spezza (BNP Paribas Asset Management)**

Rewarding for me and reinforced what I've been doing over the last 8 months - **J. Triffet**

Excellent thank you - **D. Watson**

Focused Fluent and useful, thank you - **K. Hoff (Hoff Financial Solutions)**

Excellent, entertaining and well researched - **M. Northway (IOOF)**

Brilliant - **C. Kourniotis (IOOF)**