

30 WAYS TO BOOST CONFIDENCE

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- 1) Practice saying 'no.'
- 2) Do something out of your comfort zone.
- 3) Make an "empowerment" music playlist.
- 4) Seek out a female mentor who exudes confidence.
- 5) Make a visual collage of your strengths.
- 6) Ask someone for help.
- 7) Ask a trusted friend or family member to describe you through their eyes.
- 8) Schedule time to chat with an encouraging friend.
- 9) Make a list of things you've overcome and the lessons you've learned from those experiences.
- 10) Remember that a lack of confidence is not a personal weakness but part of your socialization and gender inequality.
- 11) Speak up in a situation where you normally wouldn't.
- 12) Learn something new that you've always dreamed of doing.
- 13) Notice how you're feeling without judgement.
- 14) Pick a Life theme song and sing it at the top of your lungs.
- 14) Surround yourself with uplifting people.
- 15) Claim your Personal "superpower."
- 16) Do The Wonder Woman stance for 2 minutes, each day-- Feet hip width apart, hands on hips, head up, deep breaths.
- 17) Question someone in authority.
- 18) Respond to compliments with "Thank you."
- 19) Move your body regularly.
- 20) Do something alone that you'd usually do with someone else.
- 21) Do something to pamper your physical self.
- 22) Read a book from a genre you usually don't read.
- 23) Choose a brave woman from history and research her life.
- 24) Make a small decision without over thinking it.
- 25) Look at pictures of your younger self and think about the life lessons she's learned.
- 26) Serve a disadvantaged group.
- 27) Learn how to do something that you have considered a "man's domain."
- 28) Do something that's been on your "I'll get it when....." list.
- 29) Read Brene' Brown's book "Daring Greatly."
- 30) Ask for emotional support when you are sad or lonely.

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