



SELF-LOVING TECHNIQUES TO BOOST YOUR CONFIDENCE

Mini-workbook

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SELF-LOVING TECHNIQUES TO BOOST YOUR CONFIDENCE

#1 : Mindfulness : Feel comfortable in your own skin

Being present and savouring the moment - or being mindful - might be the last thing you expect to boost your confidence levels. After all, how can slowing down and being aware of our inner selves create confidence?

Mindfulness may seem like a 'soft' approach to boost confidence but you may be surprised at its effectiveness. When we are mindful and have all of our 5 senses engaged in the moment, our past and future worries seem to disappear. Being mindful means being aware that the past and the future do not exist - only this moment in the Now is our reality.



From a metaphysical perspective, we are more in touch with our inner sense, gut feeling or intuition when we are present. This means, we make the best decisions at work, in business and in life when we are present and mindful. When we make good decisions regularly, our confidence gets a boost because we experience small wins every single day.



Being mindful also means being aware of where your thoughts are heading and gently directing your thoughts to be more positive. One very powerful activity to boost your confidence is to detach your negative thoughts from yourself.

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ACTIVITY

When you are feeling anxious, worried or insecure, do this exercise in your mind. This exercise requires us to be very mindful of our thinking patterns and be observant enough to point them out. Good news: Thoughts are just thoughts - they are not real.

What thoughts are leading you to feel worried, anxious or stressed out most of the time?

(For eg: "I have **the thought** that my new product is going to be a flop, nobody is going to buy it and this makes me anxious about the future of my business.")

Or "I have **the thought** that I will not be able to finish all the things in my work to-do list today." Or "I have the thought that my work presentations not good enough.")

I have the thought that ...

I have the thought that ...

I have the thought that ...

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#2 : Gratitude : Building your self-worth

Practising gratitude is another helpful way to boost your confidence or at least, feel comfortable in your own skin.

Too often, our brains are trained to only look out for the negatives, the failures and the inadequacies of everyday life. Being genuinely grateful for where you are, right here at this moment in your life, makes us realise that many of us have the basic things we need.

When you are grateful for your current state of life, you do not expect more from God. You are simply thankful for the state you are in, regardless of whether you have a high-paying job or not, regardless of whether you have a 'stressful life' or not and so on. Your self-worth increases when you are thankful for the things, people and lucky situations you have.



At that moment, you realise that you are a complete being who does not need more money or more shiny new objects to feel good.

People with low confidence will experience great changes when they start practising gratitude everyday. Low confidence is usually linked with a lack mindset. Low confidence can be caused by an extreme focus on the things we lack. This means people with low confidence believe they are not talented enough, not skilled enough, not attractive enough, not wealthy enough, not smart enough or they believe they are lacking in other factors. Focusing on what they have and being thankful - instead of focusing intently on what they do not have - can help their self-worth rise.

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#3: Acceptance builds confidence

Accepting our day-to-day negative emotions such as disappointment, shame and fear can feel as though we are railing against building our confidence.



However, accepting unwanted emotions as part of life and experiencing them fully instead of 'fixing' them, is self-compassionate and can bring about feelings of relief. It is mentally exhausting to keep fighting against these strong emotions. Resisting and rejecting unwanted emotions shows that we are judging these emotions as 'bad'. Accepting these emotions means we are treating them as valid at that point of time and do not judge them as 'bad'.

You are not a 'failure' for experiencing these undesired feelings. It is valid to feel this way should you experience difficult situations or have had a tough childhood. Acceptance will slow us down from ruminating or thinking obsessively about past events, which can affect our mental state.

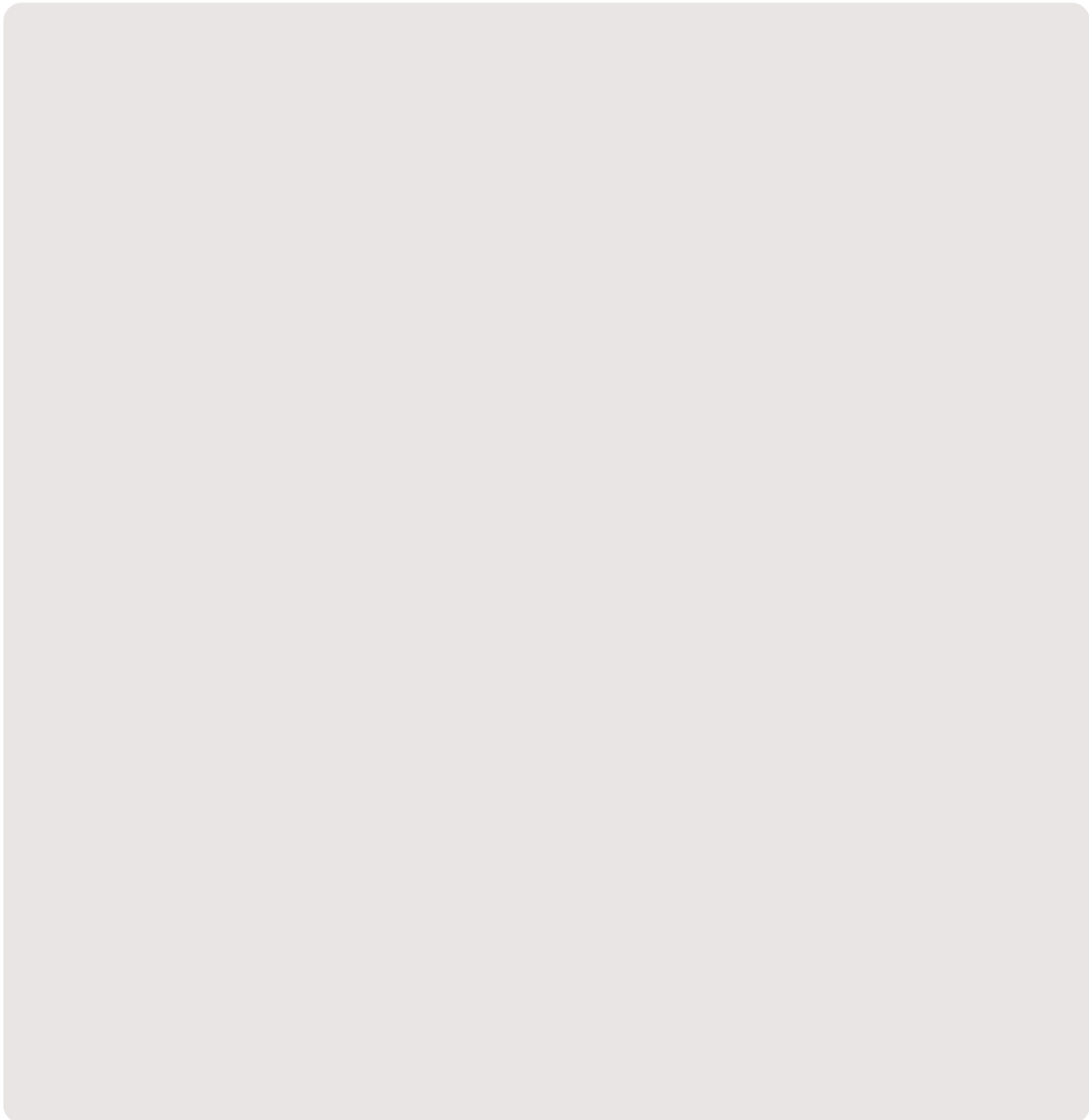
Acceptance of this part of you which feels strong emotions when challenges happen, is a sign of budding self confidence.

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Gratitude Mindset in 5 Minutes

This activity is simple, but causes big positive shifts in your mindset. This activity requires your mobile phone, a pen and paper.

Set your phone timer to 5 minutes and write ALL the things you are grateful for in your life in a non-stop way. Stop only when the timer beeps.



END

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