

# 8 Steps to Building Your Confidence

## 1. Check your essential needs are being met

We all have essential emotional and physical needs. It's difficult for us to face life with confidence if any of these are being seriously overlooked.

## 2. Recognise your strengths

There's no reason for anyone to be 'generally' un-confident. We are all good at something. Identify your strengths and build on them.

## 3. Expand your comfort zone

Confidence comes from competence. But we cannot learn without moving outside our comfort zones. If you do what you've always done, you'll get what you've always got.

## 4. Set yourself goals

Choose what's important to you and decide what to focus on. By setting yourself clear, timed goals, you'll give yourself direction - and a sense of achievement.

## 5. Learn from experience

Treat difficulties and setbacks as learning rather than failure. Notice what you are saying to yourself, and challenge unnecessary self-criticism.

## 6. Assert yourself

Learn to communicate with others in an assertive way. Ask for what you want without apologising and without putting yourself or others down.

## 7. Use your imagination

Visualise success. Allow yourself to imagine what it will look and feel like once you have achieved those goals and mastered those skills.

## 8. Take action

It's important to take a first step towards the changes you want to make, even if you're unsure about future steps. Taking action will give you momentum and feedback, and the confidence to keep moving forward.