



If you want to improve confidence in your daily life, there are many ways you can go about it. This is, after all, a serious issue that affects every aspect of your life. It's worth devoting some time and energy to this goal!

The tips we will be covering here are not meant to be comprehensive, but designed to get you moving in the right direction. Some of them may not seem like they are directly connected to confidence, but they really are. These tips are not listed in any particular order of importance. Focus on the ones that you resonate with.

1. Learn how to breathe! Seriously, people lacking in confidence are usually shallow breathers. If you need help, study yoga, chi gung or look for books or courses on proper breathing. If you don't get enough oxygen, you will tend to feel anxious and lacking in confidence.
2. Get regular exercise. This is another way to get more oxygen, and it also gives you better health overall, which is important for confidence. Pick an exercise program you will enjoy, whether it involves sports, a gym or hiking outdoors.
3. Learn something new. Pick something that you don't urgently need to do, but that you always wanted to know, like a new language, art, dancing, cooking, a musical instrument or sport. Don't pressure yourself to excel at it, just have fun picking up a new skill.
4. Change your habits. Start in small ways, like the routes you walk or drive. Try eating different food, try a new hair style or way of dressing. It doesn't have to be drastic. The point is, people who lack confidence often seek a feeling of safety in comfortable routines -and stepping outside of your comfort zone is something you need to get comfortable with!
5. Get rid of clutter. Dump those old magazines, papers, clothes you'll never wear, broken toys from when you were twelve, etc. This is good advice for almost anyone, no matter what their issues. In this case of confidence, however, this will help you feel more clarity and a sense that you can move in new directions.
6. Pay attention to your speech patterns. Very often, people with low self confidence speak in a low or halting voice. Don't shout at people, but focus on making yourself heard. Do this when ordering your morning coffee, when talking on the phone or at a meeting at work.
7. Don't agree with everyone! Being agreeable is another habit many people need to break. Don't argue just for the sake of it; in fact you don't have to argue at all. The point is not to go out of your way to show people that you agree with them when you either disagree or are neutral. You could say something like, "I can see your point of view, but I haven't quite made up my mind

yet." What you say is really not as important as how you feel as you're saying it. It's not your job to boost everyone else's ego!

8. Sit, stand and move with confidence. This may seem either silly or obvious, but how you hold yourself has a lot to do with how you feel about yourself. It works both ways. If you are feeling anxious or lacking in confidence, you will tend to slouch, look downwards and unconsciously try not to take up too much space. Yet doing these things reinforces these very feelings. So if you can sit up straight, look directly at people and walk in a way that shows you are comfortable in your own skin, you will feel this way.

9. Mirrors are your friend. At least, you can make friends with them. Very often, when we are not feeling confident, we don't like to look at our own reflection. This is another exercise that is very simple, and you don't need to go overboard with it. When you are near a mirror, just look yourself in the eyes for a few seconds. Try to smile and feel some love for yourself. If you are in public, you can do this in a low key manner. Most importantly, don't avoid looking at yourself!

10. Keep up appearances. This may sound superficial, because it is! We are talking about appearances here. Dress in a way that makes you feel good about yourself. Likewise, keep your hair styled in a manner that compliments you. You don't need a gigantic budget to accomplish this. Just make the most of what you have, and pay attention to how you look. This isn't to impress people, it's to show yourself that you are taking the time to look your best.

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