

ASK THE EXPERTS

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CAREER

What daily habits can boost my self-confidence?

Self-confidence is built through a combination of mindset, actions, and habits. Here are 10 action items to help boost your self-confidence on a daily basis:

1. **Positive Affirmations:** Start each day with positive affirmations. Focus on your strengths and achievements. This helps to rewire your brain to think positively and build self-esteem.
2. **Set Realistic Goals:** Set small, achievable goals for yourself. Meeting these goals will give you a sense of accomplishment and reinforce your belief in your abilities.
3. **Exercise Regularly:** Physical activity releases endorphins, which improve mood and energy levels. A regular exercise routine can also improve your body image, contributing to greater self-confidence.
4. **Practice Good Posture:** Stand tall and sit up straight. This can instantly make you feel more powerful and confident. Check out our Ask the Experts answer that talks about “power posing.”
5. **Dress for Success:** Dress in a way that makes you feel confident and good about yourself. This doesn't mean wearing expensive clothes, but wearing what makes you feel comfortable and self-assured.
6. **Learn New Skills:** Continuously learning and mastering new skills can boost your self-worth and confidence. This could range from a new hobby to professional development. Check out our “Lifelong Learning Resources” document for detailed information on gaining knowledge and skills for in-demand jobs.
7. **Practice Self-Care:** Prioritize taking care of your mental and physical health. This includes getting enough sleep, eating well, and managing stress.
8. **Surround Yourself with Positive People:** Spend time with people who uplift you and believe in you. Ask those you respect and value to identify some of your best traits and top strengths. Avoid negative influences that drain your energy and self-confidence.
9. **Face Your Fears:** Gradually expose yourself to the things you're afraid of. This will help you to overcome fears and build confidence in your ability to handle challenges.
10. **Reflect on Your Accomplishments:** Regularly take time to reflect on what you have achieved. This helps you to focus on the positive and recognize your own competence and worth.

By incorporating these daily habits into your routine, you can steadily build and maintain a strong sense of self-confidence. Remember, self-confidence is a journey, not a destination, and small consistent steps can lead to significant improvements over time.

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