

Confidence [kən'fɪdəns]

15 TIPS

FOR BUILDING CONFIDENCE

1 Reframe Your Failures

If you look at your failures in a negative light, it will be hard to grow from there. Reframe failure as “feedback” instead. Use it to improve!

2 Work on It

In whatever you lack confidence in, work on it; expand your skill level. Get a coach or a mentor if you need one. Find creative, fun ways to improve.

3 Learn to Bounce

With every setback, there are two things that can happen: either you get down about it, or you allow it to fire you up. Bouncing might be one of the single most important factors in building confidence.

4 Embrace the Challenge

When you are in a tough situation, embrace it and know that it is helping you become better. Check yourself when the challenge hits and be thankful for it.

5 Take on a Positive Mindset

Just being more positive in life will help you gain and build confidence. If others want to be negative, don’t let them drag you down. It’s more fun and way more healthy to have a positive outlook on life.

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6 Give Yourself a Break

Give yourself a break when you need to recharge. It's not only healthy, but it gives you the energy to keep building your confidence.

7 Be Kind to Yourself

When you mess up, don't beat yourself up. Let it go and move onto the next. Give yourself positive encouragement daily.

8 Brush It Off

Don't allow someone else to govern your mood or your confidence. You can do whatever you put your mind to.

9 Broaden the Focus

If you did poorly in one thing, focus on the good that you did in something else. Allow that feeling of accomplishment to keep building.

10 Be a Listener

Be open to hearing people out when they are giving you feedback. They may convey something that you had never thought of before.

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11 Ask for Help

When you need help with something, don't be shy to ask for help. Just asking builds confidence, and it gets a little easier every time.

12 Use Your Sport

Allow your sport to build your confidence because there is nothing that will push you like sport does. Your sport is making you better every day. Be proud of the work you put in.

13 Believe in Yourself - Always

Never give up on yourself and what you are trying to do. You have more strength than you realize. Go for it and don't look back.

14 Always Be Grateful

Be grateful to all those who try to help you. Be grateful as all of them play a role in your success.

15 Have Fun With It

Don't forget that learning to build and rebuild confidence takes some practice. Come up with fun and creative ways to challenge yourself.

→ If you need help with growing your confidence or in finding ways to make it fun, contact us at hello@findmyteam.com.