

Tips on How to Instantly Improve Your Self-Confidence

Build Your Confidence, Change Your Life

Are you lacking in self-esteem? Maybe you have no self-belief or feelings of low self-worth? These are emotions many of us experience. Do you want to be stronger and feel you deserve a positive future?

Taking steps to change your attitudes and beliefs is not an easy thing to do. However, by learning how to challenge and motivate yourself, and setting your own goals you can find a way out.

So to build the self-confidence and belief you've always wanted, read on to discover how you can make your new start...

Know Yourself

Examine your life, thinking and behaviours and try to pick out the areas which contribute greatly to your stress levels, or look at the type of activities which make you feel anxious. Learn to recognise these areas in your life and the feelings associated with them when they arise, preparing yourself for them and monitor your behaviour accordingly.

Explore your emotions

Recognising the difference between healthy negative emotions and unhealthy negative emotions is very important. Remember:

- It's okay to feel down or unhappy sometimes. Having a bad day doesn't make you a failure
- Don't be afraid to make mistakes. Take risks and don't let the setbacks get you down
- Do things that scare you. Continue to work at the areas you find difficult and don't be deterred if you find some habits harder to break than others

Consider your body language

According to a study carried out by UCLA (University of California, Los Angeles) only 7% of human communication is verbal. This means the way you hold yourself, eye contact and facial expressions have a huge impact on the way you are perceived by others. Positive body language will give the impression of confidence and approachability. Eye contact or smiling gives people the ability to connect with you and feel comfortable around you. Slouching, folded arms and crossed legs are negative forms of body language as the present barriers between you and others. So sit up, smile and walk with your head held high and you will see people noticing you and smiling back!

Healthy body, Healthy Mind

Several psychological studies have shown that people who take regular exercise are less anxious and report less emotional distress than those who are inactive. Exercise and diet can affect your emotional health, and is a great way of boosting your self confidence.

Firstly, taking regular exercise will increase the levels of serotonin in your body – your natural feel good chemical. Secondly, regular exercise will make you more fit and healthy which will have an inevitable effect on your physical appearance, improving your complexion, making you more toned and helping you lose weight. In addition, exercise is a great way of blowing off steam and reducing day-to-day stresses – it will also help increase your chances of getting a good night's sleep.

Goals for the future

Set realistic and achievable goals for the future and fulfil life dreams. Never underestimate the power of YOU. You have the capabilities to achieve anything and with some hard work and commitment you can reach your goals. Without this self-belief your journey will be a lot harder – keep positive, build your confidence and change your life.

And finally...

If you're tired of self-confidence books and listening to mind-programming CDs but want to be stronger and feel you deserve a positive future, try something different. Try something that works.

'**Build Your Confidence – Change Your Life**' is a revolutionary programme, and the first of its kind to utilise three proven and powerful thinking techniques: Neuro Linguistic Programming (NLP), Cognitive behavioural therapy and Mind Mapping. By combining these three techniques the course really will build and strengthen your confidence from the inside.

The e-learning programme is made up of 15 easy to manage tasks that can be carried out on a computer autonomously, anytime and at your own pace. They will guide you through a highly-proven and effective method that will boost your happiness, rocket your self-esteem and you provide you with life-changing success.

To learn more and start your own confidence boosting journey - **Build Your Confidence...Change your Life** with Interactive Mind Mapping today <http://www.buildyourconfidence-changeyourlife.com/cmd.php?af=1075038>



Stress Management Society
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