

Checklist – Top Tips: How to Grow Your Self Confidence

“Make the most of yourself, for that is all there is of you.” **Ralph Waldo Emerson**

Here are 7 ways to build your self confidence:

1. **Be your own best friend.** The next time you find yourself thinking harsh thoughts about yourself, or speaking badly about yourself; imagine it was your best friend hearing someone say those things to you. Your best friend focuses on your strengths, and positive qualities. Become your best friend in life.
2. **Take personal responsibility.** When we blame others’ for our situation, we disempower ourselves, which affects our self confidence.
3. Discover your **strengths**, and make sure you play to them in life.
4. Analyse your **limitations**. Accept what you cannot, or do not wish to change. Change the limitations you wish to.
5. **Avoid beating yourself up if you make a mistake.** Mistakes are huge opportunities for growth.
6. **Be the best you can be in life.**
7. **Keep a success journal** – feedback you are given, daily achievements, reaching goals.

[The Development Company](#) is a leading edge training company, dedicated to enable people to be the best the best they can be. Building self confidence is built into every programme we deliver – from [Mindfulness for Life](#), to [Minute Taking Skills](#), and to [Train the Trainer Skills](#). Taking time out to celebrate who we are in life is a great technique to build self confidence.

We design and deliver workshops, modular programmes and [courses](#) that get real results. Contact us to discuss your specific needs.

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