

---

---

**INCREASING  
YOUR  
CONFIDENCE  
CHECKLIST**

---

---

## THE CONFIDENCE WORKSHOP

This checklist is intended to give you actionable ideas to increase your confidence. It will take some time, but the more frequently you do any or all of these items or other ideas that resonate with you, the more you will feel your confidence improve and it will feel genuine.

### Emotional

- Make a list of at least 7 of your positive attributes (those you believe about yourself and what others tell you)
- Look in the mirror and tell yourself positive affirming statements (I am...)
- Take time for yourself to restore and replenish your energy
- Journal to release any fears and dream what you want more of
- Put little reminders throughout your space or on your phone
- Say “Thank you” when a compliment is given – no deflecting

## THE CONFIDENCE WORKSHOP

---

### Physical

- Strike a power pose in the mirror
- Sit or stand straight – no slouching
- Smile – the kind with your eyes crinkling because those are genuine
- Deep breaths
- Wear colors and outfits that make you feel confident
- Incorporate exercise into your weekly routine
- Use music to lift your spirits and dance by creating an energizing and encouraging playlist and listen to it whenever you need a boost or are inspired to do so

**External Confidence = Positive Internal Voice +  
Positive Mindset**