

## **A Simple Guide to Boosting Your Confidence**

**20 Easy Tips to Increase Self-Esteem**

**Matt Landry**

## LISTEN TO WHAT PEOPLE ARE SAYING ABOUT *LEARNING TO BE HUMAN AGAIN* BY MATT LANDRY

*"The book is full of insight, and a unique wisdom blended with occasional humor the author masterfully articulates his message to the reader audience. I would certainly like to see this made into a series because it is full of themes that we can all relate to in order to live as greater human beings."*

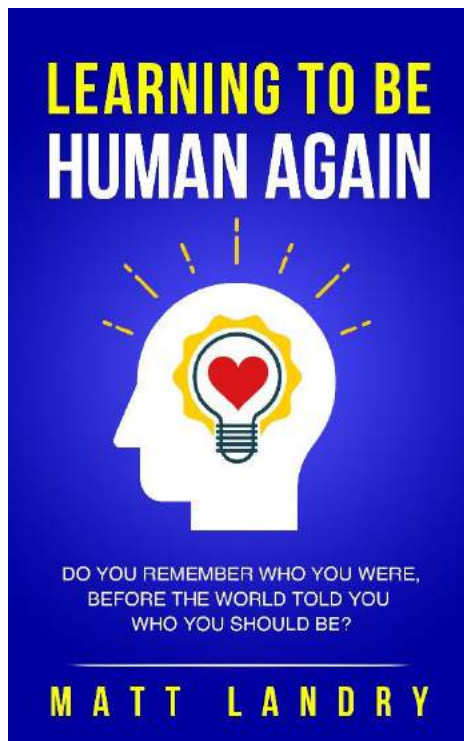
~Scott Allan - Author of *Rejection Proof, Empower Your Life, and Do It Scared*

*"It's a wonderfully insightful guide to the inner workings of the human condition. Highly articulate and written from the standpoint of someone who truly cares about and empathizes with his fellow man."*

~James LaPierre

*"I've read a lot of "personal development" type books over the last 5+ years, but what I love about this book is that Matt provides simple, yet specific steps you can take to easily APPLY the insights he shares. And if you do, I guarantee they will have a profound impact on your life."*

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## Introduction.

*“The most beautiful thing you can wear is confidence.”*

*~Blake Lively*

Of the many things that help us thrive or simply survive in our everyday lives, confidence ranks as among one of the greatest. How, you might ask? Confidence in many ways helps determine your career, finances, relationships, and effect you have upon raising a family. It's an important vehicle to happiness, well-being, and a positive mental state. It also has a direct effect on the people around you, both positively (higher confidence) and negatively (lower confidence).

The following 20 tips may not be what you think they'll be. For so many years, the picture we've portrayed of having a high confidence level was not always accurate. We envision the perfect body, stunning good looks, or wealth that equated to more self-esteem. We've formulated an idea that confidence means standing up to that bully, and able to physically defend ourselves in times of danger.

There's an old advertisement that used to be in comic books. It was the Charles Atlas workout program. It was the perfect image of what a confident person was supposed to represent. The advertisement had a picture of a “98-pound weakling” getting sand kicked at him on the beach and losing the girl he was with to the big bad bully. The weakling gets the Charles Atlas exercise program and comes back as a new tough guy, complete with muscles, kicking sand back in the face of the bully and winning back the girl. Although being able to defend yourself either verbally or physically is important, it's also crucial to realize that isn't what or where confidence necessarily comes from.

Having a high self-worth is so much more than that. Many would say that simply being happy with who you are, and content with what you have is a high form of self-esteem, and I wouldn't argue that at all.

Having confidence is the ability to walk into a room and no longer care if anyone likes you. Although it sounds counter-intuitive, when you drop your expectations of what others think about you, that's when people really start to respect you, and that's when your self-esteem grows further.

I remember going through a nasty depression years ago. It was tough. I didn't like myself much, and that spilled over to my friends and acquaintances spending less time with me. Although I wasn't pleasant to be around because of my negative outlook and mood, I would venture to guess they also didn't want to be in the company of someone who thought so little of themselves as well. I was negative, hyper sensitive, over-defensive, and just plain moody. Who would want to spend time around a person like that?

When the depression finally lifted and I was happy with my own company, I was finally at a place where it didn't matter what anyone thought of me, what I did, or who I was. And then, like magic, they started coming back. Not just previous acquaintances, but new friends. Lots of new friends. I found myself confident in who I was and it radiated out to those around me. People

came to me for advice, guidance, and friendship. I was treating myself better, and in turn, treating others better.

The great news about self-esteem and confidence is that we can all learn to feel better about ourselves, and in turn, treat ourselves and the people around us better. All of the tips and tricks here supplied are simple, learnable, and actionable items. We can undo some of the damage done to us over the years by parents, teachers, friends, and more importantly, ourselves. We, ultimately, are the ones in charge of how we feel about ourselves. Once you take that initial responsibility for your emotions and feelings, you're already in the driver's seat.

As noted earlier, many of the tips listed here may not be what you think they are, and that's good because too many of us have been focusing on the wrong things for too long and falling flat on our faces trying to increase our self-worth. There are more practical ways to raise your self-worth than facelifts, a size 1 body, a big bank account, or six-pack abs.

So, what is confidence? Confidence doesn't mean being cocky or arrogant. Humility, on the other hand, doesn't mean being stepped on either. Our self-worth is a non-tangible item we have created in some ways. It's a decision more than a thing. It's up to us to decide to be confident, if we are worthy, or are deserving. The good news is that you are all those things. I promise you that. Your job is to decide that though and in some ways, it's just as simple as choosing to be so. That's a hard place to get to sometimes though. We've been beaten down and taught that we aren't good enough, worthy, or deserving of a confident attitude. Well, now is your time to shine. It's your time to start on the path of believing you are good enough, worthy, and wonderful beyond your greatest imagination.

## 1. Do the work.

*“Well done is better than well said.”*

*-Benjamin Franklin*

There is a great variety of steps and processes to go through in helping yourself to become a better person. I discuss a lot of these not only in this guide but in a series of others guides and books I’ve written as well. They all pertain to different aspects of our personalities or habits we are trying to change, but one constant piece of advice always remains the same with any of them. Do the work. This is the one, most important element of self-improvement or self-help I could ever tell anyone. Do the work. In this case, as it pertains to confidence, it means to go through the tips and exercises that follow. It means researching and trying to do the things you need to do to achieve the results you’re looking for. It also means putting all of it into action. Go through the suggestions that follow, and test them out. Reading is one thing, doing is entirely another.

All too often we read or watch a video and never get our “aha” moment because we never put any of the information to the test. We think *“that sounds good, I’ll have to try that”* then never follow through with any of it. One of the tips coming up is related to finishing what you start, and this would be both a great example and test for you to try that very concept out.

Many people have found that sometimes an easy way to put these steps into action is not only applying them to their own lives and circumstances immediately but also teach them no more than 24 hours after you’ve applied them yourself. Teaching others is a powerful way to retain information that has been taught to you, and as a bonus, it will also raise your confidence. Teaching or coaching puts you in the driver’s seat with a person eager to learn.

The good news is that you’ve already started this whole “do the work” process by just downloading and reading this guide. The next step is to put these words into action!

## 2. Do the right thing (core values).

*“Have the courage to say no. Have the courage to face the truth. Do the right thing because it is right. These are the magic keys to living your life with integrity.”*

—W. Clement Stone

Confidence and self-esteem are based upon your mindset. We start losing confidence in ourselves when we begin to lose or compromise our values and principles. It goes without saying, that when we do something wrong, we lie, or we ignore our integrity, we feel guilty or shameful. Feelings such as guilt and shame rob us of self-worth. We feel as though we’re getting away with something, or at least trying to get away with something, and it can eat away at us. We feel like less than we can be, and lower than others. We experience that guilt and shame when we fall short of our possibilities and capabilities. I’ll bet some of the best night’s sleep and most gratifying days came from living your potential and being the best possible version of yourself that you could have been that day. By always doing the right thing and holding our values and principles as sacred, we gain far more leverage in our confidence. We can stand taller, and look ourselves in the mirror when we are on the right path, doing the right things, and make the correct choices.

Some of the most important values and principles are:

*Integrity* – In other words, doing what you said you would do when you said you would do it. No exceptions. Staying true to yourself and others also means being honest.

*Honesty* – This means keeping not only your word but making sure that it’s true. When you lie, even a little white lie, it chips away and erodes at your reputation and inner compass that directs you and guides you to what’s right.

*Punctuality* – This is one directly associated with your reputation, and integrity (see above). Show up when you would show up. Something as simple as running late can rob you of valuable self-esteem by making you feel anxious, guilty, or even angry as you try to “beat the clock” to get to where you’re going.

*Responsibility* – This value encompasses more than just being responsible for family, job, house, bills, and pets. More importantly, this principle means being responsible for yourself. How can you be more responsible for yourself? Start with your emotions. You are responsible for how you react to the world around you and the choices you make and have made in your life. Nobody else is to blame for them. Take responsibility, and start feeling more confident immediately.

### **3. Do it Afraid.**

*“You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I lived through this horror. I can take the next thing that comes along.'”*

*-Eleanor Roosevelt*

This can be a hard step, especially for someone with low self-esteem. I can promise you, however, that when you do the thing you're afraid to do and come through the other side, it builds a sense of empowerment and achievement that you cannot gain any other way. Both empowerment and achievement are crucial elements in raising your self-worth. In the last few years, I've done things I never thought I could possibly do. Writing a book is one of them (never mind several). I can tell you though, that after going through the process and completing it, how liberating it's been. Now the process has become not only easier but extremely fulfilling.

Often, we realize that those tough times, goals, or projects turned out to be easier to finish than we originally thought. Even if they weren't and were harder than expected, when we do things afraid and move through our fears to complete a difficult task or goal at hand, it's a definite confidence builder.

### **4. Stop Being a Perfectionist.**

*“It's all about confidence and how you feel about yourself. There's no such thing as a perfect woman. I like imperfections - that's what makes you unique.”*

*-Hayley Hasselhoff*

Being a perfectionist can rob you of so much, including your self-esteem. How? Well, how would you feel living a life that you know that you could never live up to by your own standards? To take that one step further, how would you feel if you hold others to that impossible standard? Living a life that you can never live up to can be a miserable one. Confident people are able to go with the flow when needed and embrace change and imperfection as just the way life works.

Going with the flow = more peace.

More peace = better state of mind.

A better state of mind = improved sense of self-worth.

Does letting your perfectionism go mean that you need to lower your standards? Absolutely not. It does mean, however, that you need to lower your unrealistic expectations, and be able to roll with the punches when things don't go your way (see tip number 5 below – Lighten up)

## 5. Lighten Up.

*“When you have confidence, you can have a lot of fun.*

*And when you have fun, you can do amazing things.”*

*-Joe Namath*

This may seem like an unusual tip to include for a higher sense of self-esteem, but it's true. Confident people don't take themselves so seriously. I don't mean on the success side of the grand picture, but just in daily life. They don't care what other people think about them. There is an incredible liberation when it doesn't matter what people think of you. When you start to live life as you were meant to live it, that's almost the definition of true freedom. Confident people are also able to be less defensive and can poke fun at themselves, in a healthy way. Would you like some advice or exercises on lightening up and maybe not taking yourself so seriously? Try these on for size:

Sing karaoke

Dance at a wedding (or just go dancing)

Speak publicly

Do a comedy stand-up routine at a local open mike night.

Play charades or the card game “cards against humanity” with a group of friends.

Do you get the idea now? Prepare to stink, and prepare to fail. More importantly, prepare to laugh at yourself in the process and have some fun doing it. Stop taking life, and more importantly yourself, so damn seriously.

## 6. Realize you are not your mistakes or failures.

This is another one that may sound silly, but it's oh-so-important. So many of us go through life without the ability to separate the failures or mistakes we make from ourselves. Let me try to explain this as simply as I can. A failure or mistake are separate events all on their own. In other words, if you fail, that doesn't make you a failure. It means you're a human that made a mistake. Let's take that one step further and look at it this way, everytime you make a mistake, think of it as a lesson learned. That's a better, and healthier way to look at it. Because what are mistakes really? They are just opportunities to become better humans in the grand scheme of things, by becoming better people. There's nothing noble in being perfect (see tip number 4 above).

This subject is covered a bit more extensively in my book “Learning to Be Human Again.”



## **7. Stop comparing.**

A majority of not only our personal problems but issues with society as well stem from this simple premise. When you realize that you are enough, just as you are, you'll feel as though a weight has been lifted off your shoulders. We put this false sense of weight upon us more than we think. We've convinced ourselves we don't look good enough, aren't thin enough, aren't rich enough, or aren't popular enough. Stop! This is a never-ending battle being waged upon you by your ego. There are a couple of ways you can go about avoiding this trap though.

Limit yourself on Social media – Almost everyone uses Facebook, Instagram, and Twitter to tell everyone about their life's greatest hits. All the high points of where they went, what they own, and who they know. What you don't see is how much they had work to afford all of this, how in debt they probably are, and how miserable they are when the camera is turned off. Nobody lives a perfect life, trust me. I promise you that.

Choose your friends well. Having loved one (I use that term loosely in this case) either berating, abusing or humiliating you need to find another place to go. The other friends you may want to consider spending less time with are the arrogant, the braggers, and the blow-hards. They are constantly trying to inflate their egos at your expense. You know the people I'm talking about. They take a trip or buy a new vehicle, and they can't wait to tell you how much they paid for all of it. Walk away from those folks. It's just me vs. you (and I can assure you that I'll try to outdo you at any cost) situation waiting to happen.

## **8. Choose your friends well.**

### **Don't fuel drama, gossip, or negative people.**

Even if you don't surround yourself with encouragers, at least surround yourself with people who can help to make you the best version of yourself that you can possibly be (see above, tip #7 for those you should avoid). There's an old saying that says that if you're the smartest person in the room when surrounded by your friends, then get new friends. People who can help us push ourselves to our limits, nudge us out of our comfort zones, and tell us the truth without trying to make us feel inferior for their own benefit are the people worth having around. They generally won't spread idle gossip, stay both positive and open minded, and stay clear of unnecessary drama.

If you want a higher self-esteem, then keep the company of folks who know their self-worth, and can help you to gain more yourself in the process of simply spending time with them.

## 9. Set Boundaries. Know what you want. Be prepared.

One of the side-effects that happen to a person with low self-esteem is often being walked on, or the feeling of being taken advantage of. This happens all the time in their relationships, jobs, friends, family, and anyone they deal with on a regular basis from the dry cleaners, to car salesmen.

Learning how to set boundaries for yourself sets up a clear guideline which you call the shots, and can say NO sometimes. No is one of the first words we learn, but one of the hardest to say. When you set your boundaries, you can fall back on them when needed, and make them well known, and clear to those who may be overstepping them.

Remember, it's ok to:

- Say no.
- Not answer a call sometimes.
- Want to take a day off.
- Speak up.
- Let go.

When you have a plan in place or even a system for making good decisions, you are one step ahead of a person who is unsure of themselves. Indecision or simply being wishy-washy can be an enormous culprit to draining your self-worth. Knowing what you want, and what people should expect from you, and dealing with you lays down the law, and gives other people guidelines they know they will have to adhere to.

Gather a road map of sorts for yourself in the direction you're going in life, and in dealing with people (or more importantly, how they deal with you). Many write a mission statement for just that purpose (there are plenty of great sources online to guide you in writing a great mission statement).

When you have a direction, guidelines, mission statement, and map in place, you become prepared. So, when \_\_\_\_\_ happens, you'll know that you need to \_\_\_\_\_. Here's an example; When a friend asks you to do something you feel uncomfortable doing, you can simply say no because it goes against your core values or principles contained in your mission statement. No drama, no overthinking, and no wavering on the decision. It's an easy way to stick to your guns. Try it!

## **10. Attitude and mindset.**

*“Make sure your worst enemy doesn’t live between your two ears.”*

*~Laird Hamilton*

Again, an obvious sounding tip, but a difficult one to shift and change. We’ve been taught and it’s been ingrained in our heads who we are, or who we think we should be. Let’s look ourselves in the mirror on this one. Low self-esteem or confidence is literally all in our heads. As we spoke about earlier in the intro, confidence is not a tangible item you can put your finger on, place in a box, or sell on Amazon. You can learn the concept of it, but it isn’t an actual thing. Much of our confidence building experience comes from so many factors, such as facing our fears, standing up for ourselves, standing up for others, having the ability to not take ourselves so seriously, going with the flow, and so many other factors listed in these tips. What they are all doing though, is changing our mindsets. Our self-worth is still 100% in our heads, and with our mindsets. All of it.

Let that sink in for a minute!

## **11. Set achievable goals and finish what you start.**

We briefly spoke about how important a sense of achievement can be in the Do it Afraid, tip #3. When you can set out to accomplish something and finish it, what a great feeling that is.

Inactivity breeds low self-worth. I’m not talking about needed time to recuperate or gather our thoughts. Those times are crucial to our overall success in life. The inactivity I’m referring to here is 4 hours of television, 3 hours of social media, and being a couch potato day, after, day, after... Well, you get the point.

We’re all familiar with the feeling of checking things off a to-do list and how that satisfying rush comes over us because we’ve finished something we set out to do. Many folks who have depression often have a hard time with this one. They lack purpose in their day, and they don’t realize that purpose can be as simple as mowing the lawn, doing the dishes, or just getting out of bed. If those are the things that you need to do right now, then do them. I’m hoping you can stretch yourself much further than that though, either now, or eventually. So start setting small goals for yourself starting now. Do you have a bigger goal or purpose in mind? Even better! The easiest and most effective way to accomplish a big goal is to still break it down to little achievable parts that you can finish one at a time. Have you been procrastinating on something you should have done a long time ago? Now may just be the perfect time to accomplish that task or goal!

When you do finish or accomplish those small parts, or little goals for the day, give yourself a pat on the back. Job well done!

## **12. Take care of yourself.**

Eat well, exercise, and get enough sleep. This is one we all know we should do. This is also one that goes far beyond our physical well-being, too. By taking care of yourself physically, you also improve your mental state.

Remember, A better state of mind = improved sense of self-worth.

During the course of physical exercise, you release endorphins into your body that give you a natural rush. It's also a great way to achieve a little goal and bigger picture goal (see tip #11 above). Start wherever you can and do whatever you can do. Did you walk for 15 minutes today? Awesome! Try for 16 minutes tomorrow. Those are little goals. The bigger goals? Losing weight, gaining more energy, improved mental health, vital vitamin D (your body produces this when you are in the sun), and countless other benefits.

Taking care of yourself also includes eating well, speaking (and thinking) well about yourself, meditating, and stretching. When you encompass all of these practices with a regular exercise regimen, you are subconsciously telling yourself that you are worth the effort. In other words, when you take care of yourself, you're also proving to yourself that you deserve and are worthy of doing so, and I assure you that you are! Self-worth means thinking yourself worthy. Worthy of good things, such as love, money, pleasure, praise, and anything else you can think of.

## **13. Stop being such a bully! (to yourself).**

In "Learning to Be Human Again" I ask the question; *if you were speaking with a 7-year-old child, would you tell him or her how stupid, worthless, insignificant, and ugly they were? Would you give them the impression they should have never been born? That they are useless?* Of course, you wouldn't. My question to you is, why on earth do you talk to *yourself* that way?

Take the time to notice the way you talk to yourself. When you do talk to yourself, what do you say?

Learn to separate yourself from your mistakes and failures (see tip #6). Take the time to meditate and just pay attention to your breath. Allow yourself to fail, to feel sad or angry sometimes, or to just have a bad day. We all have them. Pick up and move on. No need to be so hard on yourself.

## **14. Express yourself intelligently.**

When you text or message someone using your phone, do you use “R” instead of “are”? Or “Y” instead of “why”?

Take the time to learn to express yourself intelligently. You don’t need to necessarily sound like a Harvard graduate or a Rhodes scholar, but you will feel better about yourself and better impact the people around you if you are able to communicate more effectively.

Toastmasters is a great place to start for many. Although one of their main goals is to ensure people speak well in front of the public, they also stress speaking well. Speaking well not only gives you the opportunity to express your thoughts better, but also helps to make you sound more authoritative, intelligent, and respectful. Look them up for your local chapter - <http://www.toastmasters.org>

You don’t need to increase your vocabulary to the point where you aren’t understood by the average person, but you should at least be able to convey a thought with clarity and wisdom.

What comes out of your mouth and through your fingertips via a keyboard is a direct representation of who you are. Present yourself well.

## **15. Treat people well – Serve.**

This is one that should go without saying and I won’t take long writing about it because it’s simple. In treating people well you will often find a reciprocating effect of people treating you well in return. When you offer respect to anyone, from the waitress serving you breakfast and the custodian cleaning the toilets to the CEO of a major corporation, they will often give you the same respect back in return.

I’m not talking about kissing someone’s butt, or brown nosing anyone here. Just treating people well.

Having respect, and being a person who earns respect with your thoughtful actions goes a long way in feeling better about yourself. You feel better about yourself when you can feel better about your actions, and the way other people view those actions. Like the old proverb says - treat people the way that you’d like to be treated yourself.

## **16. Get to know yourself. Be happy with yourself. Celebrate who you are!**

We as humans often have a hard time celebrating who we really are. We are very judgmental towards ourselves for a multitude of reasons. One way to stop judging yourself is to start telling yourself the truth. The honest truth. Instead of calling yourself fat, realize that you may have fat, but you are not in fact fat. You are also not someone who looks like people in magazines, television, or any other unrealistic image that is thrust into your face over, and over, and over again. You are you. Imperfect, unique, wonderfully made just as you are you.

Take the time to reflect on what you think your short comings are, and celebrate them. Bill Gates was a picked on nerd. He's the richest man in the world now. Michael Jordan didn't make the basketball team in high school. He worked hard to be the greatest basketball player of all time. Lady Gaga was a horribly awkward and outcast girl in school. She capitalized on the uniqueness, and now she's selling out arenas all over the world.

Have you ever stopped to notice that the most successful, and more importantly happiest and most fulfilled people out there are the ones who embrace themselves fully and completely. That's what confidence is *really* about. Self-acceptance.

## **17. Focus on your strengths, stop concentrating on your weaknesses.**

As we get to know our skill sets better, we often stop concentrating on things we are able to do well and instead focus on things we can't. We think that our inability to accomplish something beyond what we're already good at is some sort of shortcoming to ourselves. If you're trying to be something you're not, then stop. That doesn't mean that we need to stop trying new things. On the contrary, we need to do these things in order to find out if we can do them! The point I'm trying to make here is that we all have talents we are born with. I'm saying concentrate on them.

For years I was a big music fan. I still am. I loved listening to great music, much like someone would sit down to watch a great television show or a movie. I would just close my eyes and listen intently to the sounds emanating from the record player. Of course, with such an affinity for music, it would only make sense that I would learn to play a musical instrument, right? I tried guitar, and I was awful. I practiced incessantly, studied, and wore my fingers out. I just didn't get music though. It simply wasn't for me. It broke my heart that I wouldn't be able to play all of the great songs I loved so much, but it was also liberating to know that if I had continued, I would have been simply wasting my time. My time and efforts were much better used elsewhere, in doing something that would make me, and everyone else around me benefits. And so my writing career began!

## 18. Stop being a victim.

*"The buck stops here"*

*-Harry S. Truman*

An enormous step in my maturity and growth as a person happened when I learned a very simple concept. Are you ready for it?

You are responsible for yourself and all of your actions and/or reactions.

That's it. This is a deeper statement than what lay on its surface though. Taking responsibility includes your emotions, feelings, expectations, reactions to the events that unfold around you, your job, career, financial status, schooling, your children, interactions with friends, personal motivation or encouragement, and attitude.

All of that is on *you*. You are responsible for being happy. Nobody else is in charge of that. People don't make you mad. You make you mad, and you can decide not to be mad. Your finances are your choice, your mate, friends, job. All of it.

You are also responsible for how you feel about yourself. You are not a weak meaningless person. You are powerful beyond your imagination. You have the control and authority to directly influence your emotions and self-worth and are expected to fully do so. Nobody else is in charge of being your cheerleader or motivator. That's your job.

That may sound like a tall order, but you can handle it. If it makes you feel any better, I can take a few things off of your plate to free up some much needed and valuable energy.

You are *not* responsible, however, for all of those things listed above with other people. That's *their* responsibility. You aren't in charge of someone's emotions, reactions, personality, motivation, career, finances, etc... Let that go. That's their job.

When in doubt, there are a few things that will help you to control your actions, emotions, and reactions.

1. Take 3 deep breaths in and out before you allow your emotions or reactions to get the best of you. If you find yourself going into anger, sadness, or any other emotion you'd like to control, then stop mid-emotion, and take those 3 deep breaths and then assess the situation.
2. Sleep on it. Let it go for the night. The anger, resentment, jealousy. Whatever it is. Promise yourself you'll deal with it effectively and maturely the next day. For now, allow a little time to go by. This is a good method for keeping you from saying something you'll regret to someone else!
3. Use the following question to guide you in times of doubt. *What's the next right thing to do or feel?* More often than not, the answer will come to you easily and readily. It also buys you a few brief moments to assess the situation.

## **19. Smile.**

*“A smile is an inexpensive way to improve your looks”*

*-Charles Gordy*

This is by far the easiest and quickest tip on the list. It's also one of the most powerful.

Smiling does several things for your self-worth. If you're not feeling so good about yourself, smiling is an affirmation that can often lead to creating a self-fulfilling prophecy. When we smile, it tricks our brain into thinking itself happy. It goes way beyond that though. Smiling helps us to present ourselves better. I came close to adding a sort of “dress for success” tip on here, because when we like the way we look we often think better of ourselves. It may sound vain, but it really does work. I went with a smile instead, because of a few reasons.

1. A beautiful, genuine smile is more appealing than your clothing.
2. Smiles are free.
3. Smiling can be done anytime, anywhere.
4. When you smile at others, it makes them feel welcome, and better about themselves as well.

## **20. Tell yourself a new story.**

I almost didn't include this last tip because we've covered it in chunks throughout these last 19 tips, but the more I thought about it, the more I realized that I needed to gather all of the pieces into one important and final thought.

I like to equate your life to be much like a book. You write a few words a day, after the week, you've written a couple of sentences. Pretty soon, you've filled pages and chapters. You write your own story. The joys, the hardships, and how you handled the plot twists.

The good news is, you're still writing that story, and have more control over it than you think. As you start to change your mindset, try new things, lighten up, smile and take responsibility for yourself and your actions, you'll find a new sense of not only compassion towards yourself but a new found sense of self-worth. The better we feel about ourselves ultimately leads to a better feeling of confidence.