How to Build
Self-Confidence

1

SET REALISTIC GOALS

If you set goals that are impossible to achieve, you're only setting yourself up for disappointment. Set realistic goals that you know you can achieve, and then strive to exceed them.

2

DRESS FOR SUCCESS

Dressing well can make you feel good about yourself and give you the confidence you need to succeed.

3

BE PREPARED

If you're well-prepared for whatever task or situation you're facing, you'll be more likely to feel confident in your abilities.

4

PRACTICE POSITIVE SELF-TALK

Talk to yourself in a positive way, and avoid putting yourself down. Remind yourself of your strengths and accomplishments, and focus on how far you've come.

5

SEEK OUT SUPPORTIVE RELATIONSHIPS

Spend time with people who make you feel good about yourself and who will support you in your endeavors. These positive relationships can help boost your self-confidence.