

How to Boost your Confidence

HERE ARE WAYS TO IMPROVE YOUR SELF-CONFIDENCE



1.) PRACTICE POSITIVE SELF-TALK

Self-talk is something you do naturally throughout your waking hours. People are becoming more aware that positive self-talk is a powerful tool for increasing your self-confidence and curbing negative emotions.

2.) LIST YOUR STRENGTHS

To change negative thoughts and add a brick to your wall of confidence, start by identifying your strengths. No one is great at everything. But, if you want to do great things with your life, you greatly increase your odds of success if you go with your strengths.



3.) CELEBRATE YOUR WINS

Celebrating any achievement, large or small, gives your life and your work meaning. Without meaning, there's no motivation or reason for doing something.

4.) BE KIND TO YOURSELF

Self-kindness refers to acting in kind and understanding ways towards ourselves.



5.) STOP COMPARING YOURSELF TO OTHERS

When we constantly compare ourselves to others, we waste precious energy focusing on other peoples' lives rather than our own. Comparisons often result in resentment.

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