

Boost your Confidence

*Confidence is critical
to your success!*



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In this excerpt from my book: Dream. Believe. Achieve. I share five effective tips to help you build confidence that will last.

May you incorporate these strategies into your life daily so that regardless of your situation, you are able to remain confident and achieve success, according to your terms.

Build confidence that will last.

One

Never Compare!

The most important tip I can give you is this: **NEVER** compare yourself to others. You are a unique masterpiece. No one has your DNA. Learn to celebrate your uniqueness.

Be bold, yet humble. Be fearless, yet wise. Be confident in who you are and in who God created you to be.

You are Amazing and capable of much more than you think. When you compare yourself to others, you condemn yourself, and why would you want to do that? You deserve better than that!

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You are one-of-a-kind. Learn to appreciate yourself for who you are, which brings me to my next point...

Two

No Negativity!

No negativity. Learn to shut down all forms of negative self-talk; speak kindly to yourself. Don't criticize yourself! Focus on your strengths and what you do great and build on that.

Don't waste your time nor energy beating yourself emotionally and mentally – you will just end up doing more damage and dig yourself into a deeper hole of self-pity and doubt. You're too good for that!

Learn to interrupt your negative thoughts with positive ones. Stop feeding negativity and start feeding positivity and your perspective will change and your confidence will grow.

Three

Affirm Yourself!

Positive affirmations. Every morning when you wake up spend at least three minutes in the mirror appreciating yourself.

How do you appreciate yourself? Find at least three things that you love about yourself and repeat them out loud and tell yourself why you love those traits, characteristics and/or abilities.

Then, write your positive affirmations on colourful sticky notes and stick them to your bathroom mirror. And no, it's not crazy

to shower your bathroom mirror with positive notes to yourself, it's actually quite brilliant. And why? Because there is power in visualization. Whatever you focus on you become more of.

Your brain focuses on what you tell it to, including what you see, hear and feel, and by feeding it the right stuff, this list will only continue to grow which will build your confidence and self-esteem.

Four

Be Grateful!

Be Grateful. After all you woke up this morning, you're breathing, and you can see and read this – wow – take that all into perspective, especially with all the things that are happening in this world and you soon realize that you have more than enough to be grateful for.

Stay focused on all that good and great in your life. And when things happen that you leave you feeling down, reflect on all the things that bring you joy, that make you smile and/or laugh. Remain positive and diffuse stress. I'm not a doctor, but I do believe that stress leads to illness and why would we want more of that. Be grateful.

Five

Retrain your Mind!

And finally, retrain your mind. Engrain this thought in your mind and in your heart: It does not matter what other people think of you. Truth be told, it's absolutely none of your

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business! If you focus on what others think of you, good or bad, you give others power over you.

What matters most, is what you think of yourself. And how you truly feel about yourself, which will reflect outwards.

Be good to yourself. Be compassionate and loving. After all, no matter how hard you try, you are stuck with yourself, so you better love and appreciate yourself including the body and skin you're in.

Never forget this – You are a unique masterpiece; one-of-a-kind, and there is no one else like you, which means you are pretty darn special so recognize that daily, affirm and appreciate yourself and you will boost your confidence.

By boosting and maintaining your confidence, you will find the courage that you need to do what it takes to create the life that you want; therefore, confidence is critical to your success.

Wishing you much success on your journey to building the life you always dreamt of. Never give up. You got this!

With much love and confidence in you,

Natasha