

BRINGING OUT YOUR CONFIDENCE

Do you feel that life would improve for you if you had more self-confidence?

Self-confidence is not about what you can or cannot do: it's what you **believe** you can or cannot do.

In Practice

Get yourself into a positive mindset. Remind yourself of the things you do well, activities where you feel a sense of control, no fear of failure or feeling of self-consciousness. You know what you're doing and where you're heading: you feel confident in your abilities.

Beginner's mind. Take a beginner's mind approach: put the past judgements and judgements aside, and instead, think about what you've learnt from experiences. You can't change what has happened the last time you did something, but you can change what happens this time. Identify new insights that could help you do things differently next time.

Make a plan. If you're faced with a new challenge or situation, something you've never done before, think through what steps you can take to manage potential difficulties.

Know that when you stop giving the situation any more unhelpful (thoughts thoughts based on the past and the future), you will have taken the first step towards moving ahead with confidence.

Use **mindfulness** to catch yourself when you think 'I can't do this'. There is no need to judge yourself for having unhelpful thoughts. Just notice and make a different choice. Choose to think 'I can do this. 'I've thought it through. I have a plan'.