



10 THINGS YOU CAN DO TO SLAY WITH SELF- CONFIDENCE

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WHAT DOES SELF-CONFIDENCE LOOK LIKE?

I always painted a picture of what self-confidence should look like, until I realized that it should mean something to me. So I decided not to force it, yet to embrace it. I also realized that each time I take a step to achieve something, I give meaning to the word confidence. And that is the secure line to building self-confidence. None of us were born self-confident, but we can learn to build self-confidence and be unapologetic about it. Here are 10 things you can do to slay your way boldly and confidently.

1. SEE YOU FIRST.

The lack of self-confidence can have a strong impact on our well-being. Therefore, you should in everything that you do, try to see you first. Avoid letting those closest to you mend you with their negativities. Do not talk negative to yourself, it is a poor perception of yourself that you are displaying and it is often not true.

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2.PROCLAIM YOURSELF

When you use positive words, you uplift yourself. An effective way to build self-confidence is by proclaiming yourself. Declare out loud what you want, and believe in the possibility.

3.CHALLENGE YOURSELF.

Face your fears and challenge your negative thoughts. When you challenge yourself, you stand against negative thoughts, fears of failure or success, limiting beliefs, procrastination and more.

4.RELOCATE YOUR MINDSET.

You are better than your old self. When you start hearing the loud noise in your head telling you that others are more deserving than you, relocate the thoughts to a positive one that tells you that no one is better or more deserving than you. Move out of the negative mindset and move in to a positive mindset.

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5. USE THE SELF-LOVE GOALS

1. Being Present – think about the number of people you can reach out to by your presence.
2. Mental State – your state of mind must be at baseline so you can be in control of your surroundings.
3. Availability – do you show up for yourself as much as you show up for others? Think this through.
4. Integrity – be kind and patient to yourself. Rome was not built in one day. Take time for your journey.
5. Assess your environment – remember where you were before you get to where you are now. What changed?
6. Self-Improvement – working on yourself without ever stop, growth is necessary.

6. LEAVE WORRY OUT OF THE DOOR

You should not let others' perceptions get through. It is their own beliefs and perceptions of you. Do not think you can control how others see and feel about you. You can't validate something that is not true. Step out of the worry zone.

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7. APPLY WHAT YOU LEARN

Use your journey as a lesson and have an attitude of gratitude. Share your stories with others and inspire those around you. Live and learn to empower, that is how you apply what you learned.

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8. PRACTICE SETTING BOUNDARIES

Does it hurt to say no? I wouldn't think so either, if your answer is no. So set up boundaries and learn to say no. It is hard to do, but it is necessary to practice saying no. You are teaching those around you to not take advantage of your kindness, that is why you are asserting yourself and you are building your self-confidence.

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9.FOLLOW YOUR INTUITION

When your gut is telling you to take a leap of faith, do it. What is the worst thing that can happen? Well pretty much if you do not take the leap, you will spend your lifetime regretting it. Being able to follow your intuition and listen to your gut, is a way to build your self-confidence.

10.SLAY WITH CONFIDENCE

Define what self-confidence means to you. Always look for opportunities to see yourself as a successful leader. That means to set strong goals, and go after them. Develop a goal-getter mentality and be willing to face any rejections that may come your way. Give yourself time to embrace your journey.

05**RECOMMENDATIONS:**

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"To establish true self-confidence, we must concentrate on our successes and forget about the failures and the negatives in our live."

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Denis Waitley

BOOKS AND AUDIO BOOKS TO ENRICH YOUR KNOWLEDGE

The Big Leap by Gay Hendricks

The Secret by Rhonda Byrne

Soar by T.D Jakes

Successful Women Think Differently by Valorie Burton

Why Worry? By Kathryn Tristan

You are a Badass By Jen Sincero