

LANDMARK LIFE COACHING

TOP 5 WAYS TO BUILD CONFIDENCE

Confidence doesn't have to be elusive. There are many basic steps you can take that will build your confidence and you will be able to use this to your advantage. It all starts with small achievements and continuing to build on them. People will notice when you have confidence, which is all that you need from others. All the steps you can take start and end with you.

1. **Understand your strengths.** Once you have identified your strengths build on them and that will give you the foundation you need, don't focus on your weaknesses.
2. **Celebrate small successes.** It all starts with the smallest building blocks, that when stacked up become obvious, celebrate even the smallest.
3. **Dress for success.** Even if you are not into fashion or dress clothes, being in clean and wrinkle free clothes will improve your confidence.
4. **Increase your knowledge.** Always be learning and increasing your knowledge, this will have many positive effects on your life.
5. **Think positive.** A positive attitude is the only way, a negative attitude works against you.

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