

# Can you catch **CONFIDENCE?**

*You're damn right  
you can! Here are  
14 ways to do it...*

**W**hat is confidence? Is it being the loudest girl in the class? Is it not being afraid to clash prints? According to Dr Pene Schmidt, "confidence is all about believing in ourselves and not getting caught up in the negative thoughts that make us doubt ourselves". It gets stronger every time we achieve something and every time we feel like a worthy member of our social circles. With just a few small life changes in the way you approach life, you can "catch" confidence – and pass it on to those around you. Nice.

**1** Smile. Not only will it brighten your day, but it'll make others around you smile, too.

**2** Dr Pene suggests, at the end of each day, writing down one thing you felt you did well. It could be something like, "I stood up for a girl in my class when she was being bullied".

**3** Listen to songs that make you happy, not ones that make you want to shut yourself off from the world and cry alone in your room.

**4** Imagine yourself in a bubble of confidence (kinda like an invisibility cloak) that surrounds you wherever you go.

**5** Love what you wear. When you look good, it changes the way you feel, and will make you feel better about presenting yourself to the world.

**6** Walk with purpose. Try lifting your feet off the ground and walking with

purpose – like you've got somewhere to be. Dr Pene says, "By just standing tall and maintaining good posture (even if we're not feeling confident), we can appear and feel more confident".

**7** Make eye contact with the person you're talking to – it will show them you're sure of yourself.

**8** Next time you're at a party, go and meet someone new. That lonely girl in the corner looks like a good person to start with...

**9** When you feel like yelling, "I DESERVE BETTER THAN THIS!", distance yourself from the situation, tell yourself, "I can BE better than this", and

walk away.

**10** Trust your instincts – they're usually spot-on.

**11** People who undermine you are not worth being in your life, so get rid of them. As Dr Pene notes, "If we're always around confident people, this can rub off on us".

**12** Clear out the clutter in your life. A messy room equals a messy mind.

**13** The longer you leave

that task on your to-do list, the longer it will play on your mind. (Need help to stop procrastinating? Go back to p41.)

**14** Stop comparing yourself to others. "Focusing on your positive qualities, rather than comparing yourself to others, is a great way to improve feelings of self-confidence," says Dr Pene.

## **DON'T LET NEGATIVE PEOPLE BREAK YOUR STRIDE**

**BEING CONFIDENT DOESN'T MEAN BEING A BULLY; IT MEANS BEING SO SURE OF YOURSELF THAT YOU DON'T NEED TO PUT OTHERS DOWN. CUT PEOPLE OUT OF YOUR LIFE IF...**

- \* you're being demeaned or attacked.
- \* you're immediately on the defensive when they're around.
- \* you can't wait to get away from them.
- \* you feel ill when you know you have to be near them.
- \* they stop you from being yourself.