



## 5 Simple Tips to enhance Self-Confidence:

1. Model a confident person: Watch their attitudes, values and beliefs

2. Positive outlook: Speak slowly and stand tall

3. Take a positive quote and image: Place it on the fridge door.  
Reinforce consciously and subconsciously every day

4. Be prepared for what's about to come: Preparation is important

5. Take control of your self-confidence: Self-Confidence can change  
but only if you do something about it