

10 DECISIONS TO INCREASE CONFIDENCE

1 MAKE A CHOICE TO BE CONFIDENT

High performers make a daily choice to think, be, and act confidently. They carry themselves with confidence, they think like a winner, and they act in a way that maintains confidence.



2 REMIND YOURSELF OF YOUR ACCOMPLISHMENTS

Your past accomplishments are tangible evidence that you can do it because you've already done it! Remind yourself daily how you have improved your skills over time.



3 MAKE A DECISION TO BE FULLY PREPARED

Daily and deliberate preparation with the intent to improve is key to improving confidence and performance. You have to put the work into be confident or you might experience false confidence.



4 BE YOUR OWN BEST FRIEND

The inner voice or your self-talk has a direct impact on your confidence. Words like "I won't...I can't...I am not..." disempower you and makes you physically weak. Think "I will...I can...I am..." instead.

**I WILL...
I CAN...
I AM...**

5 CHANGE YOUR BODY LANGUAGE

When we are confident, our body language is big, open and outward instead of small, closed, and inwards. Fake your body language until you become it.



6 PUT ON YOUR CONFIDENCE ARMOR

With your armor on, you're able to process instructions and feedback like a text message, applying the technical aspects of how to improve without zeroing in on how the instructions are communicated.



7 LET GO OF MISTAKES AND THE PAST

Instead of looking back and feeling regret, depression, or anger, see the difficulties you have experienced as opportunities that have made you stronger and more confident.



8 USE IMAGERY DAILY

Confident people imagine their past successes and future successes. They create the future in their mind, and then they live it.



9 SURROUND YOURSELF WITH SUCCESS

As Jim Rohn said, "You are the average of the five people you spend the most time with." Choose carefully and surround yourself with confident people who are interested in reaching their MVP level consistently.



10 FINISH YOUR DAY WITH CONFIDENCE

Keep a confidence-building journal each day where you write down three great things that went well that day followed by one thing you learned.



CONFIDENT AFFIRMATION:

"I choose confidence. I choose to believe and trust in my ability. I constantly nurture my confidence with my daily decisions to be my best for myself and my team."

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