

Is Something Holding You Back?

Confidence is the key! When we are confident it shows. Good posture, eye contact and clear speech are ways to project confidence.

Do you:

1. **Find it difficult speaking to people?**
2. **Feel self conscious when shopping for an outfit?**
3. **Often wonder if your look is right and compare yourself to others?**

If you answered **yes** to most of these questions you may be lacking in confidence. We're on a confidence boosting mission so read on...

Low confidence means lacking trust or feeling uncertain about oneself. Psychologist Natalie suggests that having an understanding of why we might have low confidence is a good starting point.

So what is the key to enhancing confidence?

- **Accept that you're not perfect.** Not only accept but love the fact that you are not perfect. Remind yourself that no-one is and that's what makes life and all of us interesting. Celebrities are often caught out doing things that they wish they could take back proving that even the rich and famous are not perfect.
- **Get yourself together!** This means getting your life organised so that you feel good about your school and social life. Prioritise what's important to you and also what will help you achieve your goals. When we feel good about the way that our life is going, enhanced confidence is automatic. Laziness and a sit back and wait attitude will have a negative affect on confidence.
- **Value your uniqueness.** Think of the things that you absolutely love doing and the things you are really good at and capitalise on them. Use the passion and skills you have to achieve great things. It's important to take note of these unique qualities and use them to help yourself and others. We all have something of value to offer and the sooner you recognise what you have, the sooner your confidence will improve.
- **Replace negative with positive self talk.** Negative self talk is destructive and will only hold you back from reaching your full potential. An example of doing this is "I am not going to be able to write a report as good as my friend" Instead of focussing on the negatives shift your thinking "I am not great at report writing but my drawing skills are great so I will incorporate diagrams"
- **Don't be afraid of taking risks or embarrassing yourself.** Life is meant to be fun. The ability to laugh at yourself is a great quality to have. Most of the world's great achievers have failed at something (or many things) during their lifetime. As Nike says JUST DO IT!

Just remember to aim for a healthy level of confidence!