

HOW TO BUILD YOUR SELF-CONFIDENCE

✓ Learn to acknowledge and embrace your flaws

✓ Overcome the fear of taking risk

✓ Set realistic goals and achieve them

✓ Self-affirmations

✓ Take on new challenges

✓ Take care of your physical health

✓ Learn to say "no"

✓ Practicing mindfulness and self-compassion

✓ Keep a journal

✓ Surround yourself with positive people



Boosting Your Selfconfidence

Ying-Ying Zheng



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