

# 15 Ways to Build Instant Confidence

1. **Move it:** Jump, skip, run walk or dance.
2. **Quick win:** Nail today's goal then party.
3. **Be grateful:** List the things already going for you?
4. **Pretend:** Model a celebrity and pretend to live in their mind/ body for a few minutes.
5. **Be proactive:** Have this list ready for rainy days
6. **Favourite clothes:** Wear the best, feel the best.
7. **Take a shower:** Mini holiday in 20 minutes
8. **Prime yourself everyday:** Tony Robbins has a video
9. **Watch a funny video:** Kevin Hart, Jeff Dunham, Mr Bean, whatever is your favourite roll it out
10. **Interval training mode:** Work 60 minutes, chill 20 minutes. Rinse and repeat.
11. **Audible cancel:** When voice of despair creeps in shout CANCEL three times and pick a different thought.
12. **Minute mate:** No such thing as a bad day, only bad minutes
13. **Help others:** Yes, you're always qualified to help someone in need
14. **Sleep it out:** Let your mind take a break
15. **Phone a friend:** Call a friend. This is why you have friends.

## 10 Healthy ways I treat myself on quick wins:

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## 10 Things I'm really grateful for in my life:

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