

# I have confidence

## **I have confidence.**

I am strong and successful.

**I look confident.** I smile and make eye contact. I speak slowly and clearly. I sit still without fidgeting. I wear clothing that is comfortable and flattering. I take care of my appearance with a nutritious diet, regular exercise, and adequate sleep.

I adjust my posture. I stand tall and sit up straight. I lift my head up and relax my shoulders. I take deep breaths.

**I feel confident.** I am hopeful and optimistic. I look on the bright side. I am grateful and content with what I have. I replace negative thoughts with more realistic and uplifting messages.

I am warm and friendly. I am calm under pressure. I manage my emotions and rehearse my responses. I focus on the things that I can control.

**I act confident.** I advocate for my needs. I maintain healthy boundaries. I communicate tactfully and directly. I listen to others but make my own decisions. I

treat others with respect and deserve the same consideration.

I stand up for my principles. I am authentic and independent. I value integrity more than popularity or convenience.

I take risks, and persevere through obstacles. I trust my instincts. I seize opportunities, and work toward my goals with enthusiasm and determination.

## **Today, I believe in myself and my abilities.**

My strength and happiness come from within. I inspire others and accomplish what I set out to do.

## **Self-Reflection Questions:**

1. What would I say to someone who struggles with their self-esteem?
2. What kind of leader am I?
3. How would my life be different if I had more confidence?