

# My confidence is unshakeable

## **My confidence is unshakeable.**

I believe in myself and my abilities. I think positive. I remember that hard times are temporary, and I control how I react to external circumstances. I look for ways to use any situation to my advantage. I am creative and flexible.

## **I focus on my strengths and achievements.**

I take pride in my accomplishments.

I stand tall. Looking confident helps me to feel surer of myself. I hold my head up and make eye contact.

I stay calm under pressure. When I feel tense, I take a few deep breaths and stretch my muscles. I slow down, so I can think clearly and review my options. I relax with a warm bath or a cup of tea.

I advocate for my needs. **I stand up for my principles.**

I continue to learn and grow. I enjoy gaining new skills and knowledge that strengthen my professional qualifications and enrich my personal life.

I build a strong network of support. I can count on my family and friends for practical assistance, comfort, and reassurance.

I invest in myself. **I love and accept myself as I am.** I embrace my feelings and validate my experiences. I look after my physical, mental, and spiritual needs.

I take action. I tackle challenges rather than overanalyzing them. Making an effort and seeing results boosts my faith in myself.

Today, I exude confidence. **I rid myself of doubts and fears.** I can meet life's challenges and reach my goals.

## **Self-Reflection Questions:**

1. Why is it important to value myself?
2. What is the relationship between confidence and success?
3. What is one area of my life where I want to be more confident?