

# Steps to Confidence

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Confidence isn't just about how you look; it is also about how you interact with other people and how you feel about yourself.

Be Confident in what you can and will achieve.

Make a list. What do you want to change about yourself?  
Recognize your talents and good qualities and write them down.

Accept the truth about yourself both good and bad, and be okay with it. Know your strengths and know what you need to improve on.

Surround yourself with positive and supportive people. They can help encourage you to be your best.

Congratulate yourself on all your achievements, big or small.

Focus on the positive not the negative. Instead of complaining about what doesn't work in your life, focus on what does work and be thankful for what you do have.

Stop comparing yourself and your life with other people. The only person you should try to be better than is the person you were yesterday.

Smile more and compliment other people.

Walk Tall. Walking with confidence will make you feel more confident.