

S.L.A.Y. (Start Loving All of You): On your Road to Confidence

According to Google, **confidence** is defined as a feeling or belief you have that you can rely on someone or something, firm trust.

Ok, so the question becomes - how do you build that up if you are lacking in it with regards to something, someone or yourself?

Answer: Get to know the subject matter!

When you are confident in something, you likely have practiced, studied, or achieved success in it before.

Why not do the same thing for yourself? Why not practice being confident so you can feel confident? Why not study yourself so you can act confident? Why not reflect on your wins so you can feed your confidence muscle?

Here are 5 Confidence Boosters to Help You on Your Confidence Journey!

1. Daily Affirmations 🧠

- Affirm what it is you want. Your brain will try to validate what you focus on. Have you noticed that when you have purchased a new car or you bought new shoes that you really wanted you suddenly saw that item(s) everywhere? Well, if you start telling yourself who you want to be, your brain will validate it. Affirm positive messages about yourself each day. I recommend you place yourself in front of a mirror and then state your affirmation, tell yourself the affirmation and affirm the affirmation. Like this:

I am confident. You are confident (point to yourself). Yes, I am confident.

2. Be mindful of the negative messages 🗣️

- If something drips on a hard surface occasionally, there is no damage. If something drips on a hard surface consistently, overtime you will see a dent. Overtime, you will physically **see** the damage, right? Same process happens for your mind. The occasional negative message – you can brush it off. Consistent negative messages, leads to belief in that message, which can cause damage to your confidence. Be mindful of what you are thinking of yourself and change the conversation around.

3. What do you believe of yourself?

- Do you believe you are capable? Do you believe you can accomplish your goals? The answers to those questions show up in your behaviors. Reflect and observe the things you do and if it does not line up with what you truly believe – change the behavior. If you have the smallest desire to do something, start believing and acting like you can do it. The universe will respond accordingly.

4. Do what you love. If you don't know, explore!

- Someone said to me once – life is short but the longest thing you will ever do. Make sure you are doing something you enjoy each day. Spending your life doing something that you really don't like is not worth it and is damaging to your mental wellness. If you are not sure what you enjoy doing – try new things and learn more about you!

5. Shift your perspective – how you see things

- Two people can see and experience the exact same situation and come away with two different perspectives. Why? Everyone has their own past experiences that they have interpreted in their own way. This informs how they see things. Just because you think things should be done a certain way does not mean it is the only way or even the best way. Be open to seeing things from different angles.

Bonus!

6. Acknowledge the issue. Focus on the solution.

- What you focus on will grow. Having a positive mindset does not mean ignoring the negative. You must acknowledge the negatives that occur. However, choose to focus on the solution. What you focus on will grow.

Try these **5 confident boosters** and then reach out to me at info@jenslay.com to let me know how it went. For more great resources please follow me on social media:

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