



7 Helpful Tips to Immediately Increase Your Confidence

- Ask yourself, **“What’s the worst that could happen?”** Take action on what you have control over and minimize risks for what you don’t. Then invest your energy wisely.
- In doing something for the first time, **imagine that you have already done it in the past.** Close your eyes, then vividly imagine you succeeding wildly at what you are really going to do for the first time. The mind does NOT know the difference between something VIVIDLY imagined and something real. Make it vivid by involving all 5 senses.
- **Find someone who is already confident in that area and copy them.** Model as many of their behaviors, attitudes, values, and beliefs for the context you want to be confident in as you can. Talk with them if you have access to them. Get as much exposure to them as you can. This could be talking to people who know the person and/or buying their products if they have some.
- **Use the “as-if” frame.** If you were confident, how would you be acting, moving, speaking, and thinking? By asking yourself these questions, you are forced to answer them by going into a confident state. You will then be acting “as-if” you are confident. Forget you are acting long enough and pretty soon you’ll develop it into a habit.
- **Go into the future and ask if what you’re faced with is such a big deal.** Imagine yourself on your deathbed looking back over your life. You’re reviewing your life. Is what you’re faced with now even going to pop up? That’s highly unlikely. Keeping things in proper perspective really diminishes fear.
- **Disarm the nagging, negative internal voice.** Imagine a volume control and lower the volume. Or how about changing the internal voice to Mickey Mouse or a clown voice. The point is to disarm the voice by altering the way it nags at you. If I hear my own voice, it stops me. If I hear a clown voice, I laugh and continue onward.
- **Remember that you lose out on 100% of the opportunities that you never go for.** To get what you want, ask for it. I fully believe that if I ask enough people for whatever I want, I can get it.