

# Confidence Boosters

Some young people appear to be very confident compared to others.

Being confident comes naturally to some people but for others, it is something that they will have to work hard to become. There are two kinds of confidence:

- **External confidence – what the outside world sees**
- **Internal confidence – what is happening inside you that no one else can see**

Some people who appear to be very confident on the outside may not actually be confident on the inside. The opposite can also happen. A young person who is confident in themselves may not appear confident to others.

Being internally confident helps you to maintain positive self-esteem and helps you to achieve your potential and to have positive relationships.

There are ways of boosting your confidence. Some ideas are written around the mirror. There is room for you to add your own suggestions.

Support others – helping others can help you to feel positive about yourself. This will raise your internal confidence.

Get to know yourself and what makes you feel happy and be positive.

Listen to positive music – it can affect the way you feel.

Look after your body – eat healthily, drink water and get some exercise. Feeling healthy will give you energy and more confidence.

Push yourself out of your comfort zone.

Challenge yourself to be brave.

Learn behaviours from other confident people.

Pretend you are confident.

Love yourself – remind yourself what your best bits are!

Talk the talk – don't use words, such as 'erm'.



