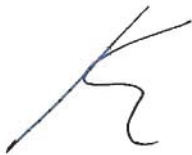


# Spring 2008

Hi All!

One of the focus areas within which I consistently work with my clients is building self-confidence. This quarter, I'm sharing a simple technique many of my clients have had success with for building their self-confidence.

Enjoy and have a fabulous spring!



*“When you have confidence, you can have a lot of fun. And when you have fun, you can do amazing things.”* — Anonymous

## A Simple Plan to Super-Charge Your Self-Confidence

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We've all had moments when our self-confidence lags. Sometimes it can lag for even longer than a moment. My clients have found that super-charging theirs, by following these easy and fun steps, is very effective at reviving and maintaining a healthy sense of self-confidence.

1. **Make a list of all the things you like about yourself.** Sounds easy, right? Well, some people have difficulty even getting started with their list. If this happens to you, just keep it simple and remember that EVERYTHING is fair game. You could start with something as non-committal as “I like that I’m breathing” or “I like that I know how to drive”. You could even ask someone who loves you to help you get started by telling you things they like about you. However you come up with your list, the important thing is to commit your list to paper or some other easily transported and accessed medium which is not just your memory. I find that when people have a prop to remind them of all the things they like about themselves, they are more likely to remember all of them.
2. **Read your list to yourself out loud and with emotion every morning.** Don't roll your eyes just yet; remember we're out to have fun with this. Yes, you will probably feel silly or awkward or embarrassed or even a little angry when you start reading your list out

loud. But I urge you to keep going and you WILL get to the point where you can feel your self-confidence growing when you maintain this practice of reading your list out loud and with emotion. You may even look forward to it every morning because of the boost you get.

3. **Add to your list as you discover more things you like about yourself.** I think you'll be amazed at how quickly you'll be able to add to your list once you are consistently following the previous step. Have fun adding to your list and watching it grow as your self-confidence does too.
4. **Super-charge it.** When you're comfortable with the sound of your own voice reading all the ways you appreciate yourself, you're ready to tell yourself the same things while looking at yourself in the mirror. Yes, I do mean looking yourself in the eyes and not at your hair trying to decide if it's a good hair day or a bad one. Focus on what you're doing. After all, when you're telling someone you love them, you focus on them and look them in the eyes. Do the same for yourself.

I'd love to hear your experience with using this technique for building self-confidence. Send me an email [karen@lifetailoring.com](mailto:karen@lifetailoring.com) or give me a call (817)988-8086.

## Want to learn more about coaching?

I enjoy helping people learn more about coaching by gifting them a sample coaching session. If you'd like to experience coaching for yourself, contact me by phone (817)988-8086 or by email [karen@lifetailoring.com](mailto:karen@lifetailoring.com) so we can schedule your sample coaching session.

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