

BUILDING CONFIDENCE



100 *Simple* Confidence Boosters

Tick off the ideas that
resonate with you.

Small actions,
repeated consistently,
build genuine *confidence.*



BE KIND TO
YOURSELF



TAKE SMALL
STEPS



FOCUS ON
PROGRESS



YOU ARE
ENOUGH



100 Simple Confidence Boosters

Tick off the ideas that resonate with you. Small actions, repeated consistently, build genuine confidence.

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| 1. Take a walk outside for 10 minutes. | 16. Buy yourself fresh flowers. |
| 2. Wear an outfit that makes you feel good. | 17. Declutter one small space. |
| 3. Write down three strengths you have. | 18. Practice saying 'No' without guilt. |
| 4. Say something kind to yourself. | 19. Go to bed a little earlier. |
| 5. Drink a glass of water. | 20. Write down your achievements. |
| 6. Get enough sleep tonight. | 21. Learn something new. |
| 7. Listen to your favourite uplifting song. | 22. Move your body for 15 minutes. |
| 8. Spend time with someone who feels safe. | 23. Compliment another person. |
| 9. Celebrate one small win today. | 24. Accept a compliment without dismissing it. |
| 10. Stand up straight and take a deep breath. | 25. Cook yourself a healthy meal. |
| 11. Write a gratitude list. | 26. Read a chapter of a good book. |
| 12. Read an inspiring quote. | 27. Try a new hobby. |
| 13. Smile at yourself in the mirror. | 28. Write in a journal. |
| 14. Do one thing you've been avoiding. | 29. Light a candle and relax. |
| 15. Take a break from social media. | 30. Spend time in nature. |

Confidence Boosters, continued

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| 31. Keep a promise to yourself. | 47. Ask for help when you need it. |
| 32. Cross one task off your list. | 48. Spend time with a pet. |
| 33. Limit negative self-talk. | 49. Learn to say 'I'm proud of myself.' |
| 34. Replace one critical thought with a compassionate one. | 50. Take yourself out for coffee. |
| 35. Create a calming morning routine. | 51. Volunteer or help someone. |
| 36. Wear your favourite perfume. | 52. Practice good posture. |
| 37. Take a relaxing bath. | 53. Write your top five values. |
| 38. Practice slow breathing. | 54. Disconnect from toxic conversations. |
| 39. Remember a challenge you've overcome. | 55. Focus on progress, not perfection. |
| 40. Write a letter to your future self. | 56. Try a positive affirmation. |
| 41. Set one healthy boundary. | 57. Create a vision board. |
| 42. Say 'I deserve respect.' | 58. Make your bed. |
| 43. Avoid comparing yourself to others. | 59. Wear colours you love. |
| 44. Organise your workspace. | 60. Reflect on how far you've come. |
| 45. Watch the sunrise or sunset. | 61. Plan something to look forward to. |
| 46. Laugh at something funny. | 62. Forgive yourself for one mistake. |
| | 63. Learn a relaxation technique. |

Confidence Boosters, continued

- 64. Celebrate every small step.
- 65. Wear jewellery that makes you feel confident.
- 66. Stand tall in doorways before walking in.
- 67. Speak a little slower and more deliberately.
- 68. Make eye contact during a conversation today.
- 69. Say your own name with pride.
- 70. Write a list of compliments you've received.
- 71. Try on an outfit that pushes you slightly.
- 72. Do a skincare routine just for yourself.
- 73. Practice a firm, confident handshake.
- 74. Sit in the front row somewhere.
- 75. Ask a question in a group setting.
- 76. Share an opinion you'd normally keep quiet.
- 77. Wear your hair the way you actually like it.
- 78. Look at a photo of yourself with kindness.
- 79. Say yes to an invitation you'd usually decline.
- 80. Try a new fitness class or activity.
- 81. Learn one new skill this week.
- 82. Cook a recipe you've never tried before.
- 83. Write yourself one compliment today.
- 84. Speak up when something feels unfair.
- 85. Take care of your skin today.
- 86. Watch a film that genuinely inspires you.
- 87. Unfollow accounts that leave you feeling less than.
- 88. Follow accounts that lift you up.
- 89. Practice walking at an unhurried, confident pace.
- 90. Say 'I am capable' out loud.
- 91. Set one small goal and achieve it today.
- 92. Sit for a moment with a compliment someone gave you.
- 93. Stretch for five minutes this morning.
- 94. Try a new coffee or tea order.

Confidence Boosters, continued

- 95. Take the stairs instead of the lift.
- 96. Sit with good posture at your desk.
- 97. Plan a trip, even a small one.
- 98. List three things your body lets you do.
- 99. Speak to yourself the way you'd speak to a friend.
- 100. Remember, confidence is built one action at a time.