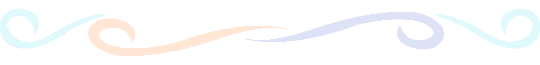
**25 Ways to Have More Confidence**



1. Replace negative thoughts with positive ones
2. Ditch stains and holes. Dress nicely
3. Visualize yourself as you want to be.
4. Spend extra time on personal hygiene
5. Challenge yourself to do something outside your comfort zone
6. Take time to get to know yourself
7. Practice gratitude
8. Challenge your inner critic. It's your worst enemy.
9. Stand tall and look people in the eye
10. Learn something new
11. Volunteer your time
12. Set and achieve a small goal
13. Replace a bad habit with something good
14. Set personal boundaries and hold firm to them
15. Smile often
16. Focus on the solutions rather than the problems
17. Take up something fun that is gets you physically active
18. Complete something you've been procrastinating about
19. Make a list of your positive qualities and achievements
20. Bring out your inner creativity through art, music, dance, photography or whatever you enjoy
21. Spend more time with those you care about
22. Distance yourself from those who do not encourage and support you
23. Clean and organize the space you spend the most time in
24. At the end of each work day, clear your desk
25. Take better care of yourself; physically, emotionally and socially.