



MICROHABITS
SELF-CONFIDENCE
21-DAY
CHALLENGE

During The 21-Day Challenge You
will Acquire The Tools and Build The
Micro Habits To Crush Your Goals!

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The 21 Day Challenge For Self-Confidence

Introduction

We need self-confidence daily in everything we do. In order to excel at our jobs and get the all desired promotions, we need total self-confidence in our abilities.

Some days we are filled with a desire to make new friends or pursue new relationships but feel inadequate.

The 21-day challenge for self-confidence will help you find the confidence to go out and be the best you.

It will be fun, and in one part, we will ask you to step into an imaginary time machine and go back to when you felt very confident. Most people forget that they had great confidence to do things at different times in their lives, such as hit a home run in a baseball game. You will learn to tap into your confidence, and tiny habits will help you do this step by step. Have fun and fill up that self-confidence tank to the very top.

Day 1

We sometimes look at others and have an immediate negative image and may not realize why. But for our purpose today, we have to ask if we have a negative self-image of ourselves that we pull up in times of stress.

How do you see yourself in your mind's eye? Take a few minutes today and create a positive self-image to implant in your mind. Once you have, write it down so you can practice it over and over.

Check what you wrote down. Are you standing tall and smiling with joy? Make the image of yourself irresistible and be sure to look super self-confident. You can do this, and micro habits will get you there.

Day 2

You need a journal for self-awareness. To improve your self-confidence, you need to understand who you are and what your beliefs are.

Start your journal today and create a mission statement. For example, you could put "I am committed to becoming self-confident with amazing self-esteem." Add in the type of person you are, and if you see changes that must be made, do not dwell on that; just make plans to get better every day.

Day 3

Now that you have the journal and a mission statement, it is time to rewire some of the negative thoughts in your head.

In your journal today, write down one or two negative things you say about yourself frequently. Under that, rewrite the statement so that it is positive.

For example, "I'm stupid, I just don't get this stuff" becomes "I may take longer than some to learn this stuff, but I'm a winner because I never give up."

Now highlight the positive with a nice color and return to it each time today that your belief starts to shift back to the negative.

Day 4

What are you really good at now? Are you confident at fixing cars, speaking in public, or a particular sport? Pick one thing and write down 3 ways that you can increase your time doing this.

For example, if you are good at mechanics and feel confident, write down 3 ways to do more of that. Fix something for the neighbors, put an ad in the paper to help a senior, or teach a child how to do some simple work on a lawnmower.

The more time we put into things we are already confident about, it gives us the confidence to work on things we feel less than adequate at.

Day 5

Set a small self-confidence goal for today and accomplish it. Pat yourself on the back for a job well done. For example, you could buy a power tie and wear it with a big smile.

Or how about picking up the phone and making a call that you have been putting off. It may be a call to someone you want to be friends with or solve a problem like being overbilled, and you aren't going to put that off any longer.

Many people will see a small charge on one of their bills and not have the confidence to pick up the phone and have that extra five dollars from the cable bill removed.

Day 6

Today's micro habit challenge is to write out three positive things about yourself and tape them where they are easily viewed.

Sit down for a minute and think about your first positive attribute. For example, you might write, "I'm a grateful person, and I share those feelings with others." Put it on a card and do two more.

Post these quotes on the fridge and read them three to five times daily.

Day 7

You can buy high-quality Mp3's for basically any change you want to make. To get a great boost with for your self-confidence, you need to get an Mp3 to install new thoughts about being self-confident. Take the list of statements that come with the Mp3 and write down the first three, ten times each. Commit it to memory and the following day, do another three.

Day 8

If you feel you lack self-confidence, remember you are always confident about something. You likely learned to ride a bike and are confident you can do that with ease.

You may excel at a particular sport, a hobby, or something to do with your work. For example, maybe you are confident about your ability to fix small engines or play the guitar.

Whatever you are confident about now, do more of it. Write down three things you are confident about right now. Commit to doing more of it or something related to it right now.

For example, if you are confident in playing guitar, buy a mandolin and start to practice for two to five minutes at least three times a day.

This added confidence will go a long way in building confidence in areas you are feeling nervous about.

Day 9

Smiling makes you confident. Your challenge for today is to practice smiling for short bursts. This means every time you are in front of a mirror today, you smile.

As you see your family, you smile. Are you going out to work or to the mall? Smile at people from a proper amount of distance. Even without a pandemic, this is an excellent way to do it because smiling at strangers will catch them off guard.

If you are close, they may put up their guard. But from a distance, it gives their brain a chance to assess the situation and realize there is no danger to them.

Don't concern yourself when some of the people do not smile back. This self-confidence trick is for your benefit, and your smile will stimulate happy chemicals in your brain.

And best of all, this micro habit will boost your self-confidence as you do your daily practice.

Day 10

Today's self-confidence challenge will challenge you to go back in time. When we are self-confident, we stand a certain way; we move a certain way.

Our posture and our breathing are much better. The challenge is to remember a time when you felt like nothing was impossible.

Then write down what the situation was and how you were triggered into self-confidence. For example, young people play many different types of sports.

Baseball is widespread in most of the world. Did you ever hit the ball over the fence when the bases were loaded and bring in the other base runners?

Pick something like that from your memory. Now write down in step by step form what made you so confident that you knew the ball would at least go very deep into the field.

Was there a particular song playing? Was there someone special watching you, and if so, how did it make you feel? Did you do something to power yourself up, like tapping the bat hard over and over onto the home plate?

If so, how did your body feel? Did it feel electrified? Now that you know what your clues were, try to get into that same frame of mind several times today when you need to do something meaningful.

Day 11

When you frequently complain about problems or even other people, it works to erode your self-confidence. Your brain works in the background, asking if you are indeed a compassionate person who loves to help people, and if it believes the answer is negative, it will work to increase negativity.

Today, take a few minutes and write down anything you complained about yesterday. Ask yourself if it was a valid complaint. Was it a situation where you needed to put on your self-confidence hat and look for solutions instead?

We want you to start the micro habit of catching yourself when you complain and have you immediately ask yourself, "How can I turn this around? What is good about this, and what can I learn?"

Day 12

Meditation can be a real boost to self-confidence. When you are stressed out or angry frequently, it is challenging to be confident in your abilities.

Starting today, meditate for two minutes at least three times a day. In this simple meditation, you want to slow your breathing down while focusing on the air going in and out of your lungs.

You can picture a burning candle in your mind and focus on the flame. As you breathe, the flame moves in rhythm with you.

Day 13

It may come as a surprise to you, but when we are creative, we build confidence. Our brains pick up on the courage we had to try something new.

Your challenge today is to find new ways to be creative in different areas of your day. Think about a new way to do things at work that only take a couple of minutes of work.

When you exercise, try a new creative routine.

Are you cooking tonight? How can you be creative? Need some examples? Starting with exercising, try doing your usual 20 pushups, do 21 and ring a bell.

Ring a bell after you did the micro habit of one more pushup triggers your brain to believe you have done something fantastic, and it will reward you with happy chemicals.

You are now confident you can do one more, so tomorrow, instead of 21, it is 22, and ring that bell.

Now, if you are cooking dinner and dessert for the family, how can you be creative in what you are preparing?

Let's say you are making spaghetti and meat sauce.

You could arrange fresh parsley in a pleasing way across the top of a plate of spaghetti. Or you could cut your favorite cheese into thin slices and make a pattern just before serving, and the cheese melts.

If you have kids, they will love this.

When you make a cake or cookies, then look to bake different shapes. Each day, you look for opportunities to be creative for two to five minutes in different parts of the day, which will build up your total self-confidence.

Day 14

You need to fill your mind with knowledge about self-confidence. Reading the right books can really boost your self-confidence to higher levels. Your micro habit of getting this going is carrying a self-confidence or self-development book with you all day.

There are moments during a day when you can read for two minutes, such as waiting at the bus stop, being at an appointment, or out on a break. There are times when you cannot carry a book or e-reader.

The way to get around this is to visit a used book store and grab a book for super cheap money, such as a dollar. Take the book apart and carry a page with you, folded up in your pocket. When you have two minutes, you've got just the right amount of written work right there in your pocket.

Day 15

Confident people have goals and know how to achieve them. If you don't have goals, then get cracking on this. Write out your number one goal. Then write out the big reason why this goal is essential to you.

Make sure you have written a time as to when you will achieve this goal. Periodically during your day, take this goal out and read it over five times.

You will continue this for the rest of the week until you have all your goals written out. Once that is done, you still take a few minutes each day to review a plan and how you will get there.

Day 16

Back to your goals today. Look at one goal that will go a long way in increasing your self-confidence. Review it and then do something else. Think of it like coffee dripping as the hot water slowly makes its way through. The coffee slowly releases its flavor, and you end up with a tasty pot of coffee.

By reading your goal and then pausing, your brain will work in the background, thinking of ways to make this goal doable. Get this one small goal completed, and then celebrate like it is New Year's Eve. Rinse and repeat every day afterward.

Day 17

You have probably heard the term "dress for success." The same thing can be said for confidence. No matter where you work, try to dress up as much as possible.

If you work for home, don't ignore this idea. Make sure to get dressed up. Along with dressing up today, you need to take 1-minute spot checks throughout the day.

Head to the mirror and look for the need to adjust a tie, the collar of a blouse, or anything that is a little out of place.

This idea also includes checking your hair and eyebrows. Each time you get in front of the mirror and do what is called "priming," smile sincerely at yourself and feel the confidence running through your body.

Day 18

How is your posture? Are you slumping a lot, or do you stand tall and walk with confidence? Today you need to check your posture and make adjustments periodically.

Go right ahead and ask your friends, family, or co-workers to help you out with this. To make it fun, tell them to use a funny code word every time they notice that you do not have that erect posture and a confident, happy look on your face.

Any funny code will work like having them shake a finger and say “Flag Pole.” Then imagine the flag pole as it stands erect with your countries flag proudly waving in the wind. Be confident today and stand straight like a flag pole!

Day 19

You may not be aware, but giving back to others will help build your self-esteem. Your mental image of yourself needs to be positive, and without this, your self-esteem will suffer.

In turn, this means your self-confidence will also take a hit as the two go hand in hand. Today’s challenge is to look for as many opportunities as you can to give back. You can start by donating clothes to a proven charity.

We all know that seniors in retirement homes are having a difficult time. Why not drop off some balloons or even some flowers from your garden. There are countless ways to help others, and we hope that you can find at least three ways to do just that today.

Day 20

Toxic people will drain not only your energy but your self-confidence as well. The term “gaslighting” is used frequently to describe people who look for ways to make others question their reality or their memories of what happened in the past. Your challenge today is to eliminate the gaslighters and the negative commenters from your life.

This means pruning your social media. Most people use two to five social media programs, so for micro habits, pick one and every time you log on today, delete a toxic person.

You also need to think about the family and friends who are constantly at you, either with negative comments or telling you that an event never happened and it is all in your head. Who can you politely say goodbye to and move forward with your self-confidence?

Day 21

Today is a big day, and it will be fun. If you don't have a vision board, then start preparing for one today. A vision board will help you feel more confident about where you are going in life.

Several things can be put on a vision board, so just make a shortlist. Look for these items each chance you get today. The following day, start gathering a few more things such as photos, pins, or colored post-it notes.

Take your time getting all your items together over the next week, and be deliberate in choosing what goes on the board.

Once you have built your vision board over a period of time, some of the items will have special meaning to you. You can reflect on those items daily and then take another step.

Put your vision board in an area where you will see it frequently. At least three times a day, spend two minutes actually visualizing you being 100% totally self-confident.

Conclusion

You now have the tiny steps it will take to be self-confident. Build on these micro habits every day and reap the rewards.

Every time you do something with confidence, it will make a strong connection in your brain. With those connections, your brain will seek out ways to help you on your self-confidence journey.

You can do anything you set your mind to, no matter where you come from or what your background story is. You create the “new story” for you and everything that you desire.