

A silhouette of a person with long hair, wearing a dark top and pants, with their arms raised in a gesture of triumph or confidence. The background is a teal gradient with a lighter horizontal band at the top.

live**bold**&bloom

99 CONFIDENCE HACKS

To Massively Boost
Your Confidence

Action is the cure for low confidence. Unfortunately, low confidence has a tendency to immobilize us.

When you doubt yourself and your abilities, the last thing you want to do is put yourself out there to fall flat on your face. It's much easier to remain in the safe confines of the status quo and not expose yourself to the possibility of failure or rejection.

Change and growth are always possible when you're motivated and determined, regardless of your past, your personality, or your self-perceptions. If you want to be confident, you can be—if you're willing to take action. And not just one action or a few actions, but repeated actions until fear and doubt no longer have a grip on you.

Small, manageable actions in the direction of your goals and dreams are enough to get the ball rolling. Every successful small action will give you an immediate boost of confidence to try again. Even setbacks can show you the value of action and reinforce your ability to break through inertia and fear.

Here's a list of 99 hacks to help you take small and manageable actions to jump-start your confidence in ten different areas of your life.

You may not lack confidence in all of these areas, but the actions can further cement your existing confidence and provide skills you can utilize for related situations that arise in the future

RELATIONSHIPS

- 1.** Know your relationship value by focusing on the positive traits and qualities you bring to relationship -- instead of dwelling on your perceived flaws.
- 2.** Have a relationship vision by defining the ideal relationship you want to have with your partner and how your connection can continue to grow and evolve over time.
- 3.** Determine your personal boundaries to cement your self-respect and reflect your need for others to respect you and understand what is and isn't acceptable to you.
- 4.** Notice when you resort to people pleasing in order to make others happy at your own expense. Stop trying to validate yourself by putting other people's needs and desires ahead of your own.
- 5.** Focus on the positive in your partner and your relationship rather than dwelling on what's wrong with him or her or believing that your relationship is doomed to fail.
- 6.** Act "as if" you feel confident about yourself as a relationship partner until your insecure emotions catch up with your self-assured actions.
- 7.** Be aware of clinginess and guilt-tripping which are hallmarks of low confidence in a relationships. Consciously stop any passive-aggressive, whiny, or controlling behaviors.
- 8.** Reframe relationship rejection so that you can learn and grow from it rather than viewing it as an indictment of your character or lovability.
- 9.** Learn healthy relationship communication skills by reading and learning more about active listening, conflict resolution, and mutual acceptance.
- 10.** Build your sexual confidence by talking openly with your partner about your mutual desires, and improve your physical fitness and body acceptance to feel good about your desirability.

SOCIAL LIFE

- 11.** Identify anxieties by evaluating the circumstances and social settings that make you feel uncomfortable. Awareness is the first step toward getting rid of fear.
- 12.** Tackle the social activities that make you most anxious, taking actions to gradually expose yourself to them and gain more confidence as you go.
- 13.** Practice approaching and talking to others by planning ahead with some questions and observations to start and keep a good conversation going.
- 14.** Notice the negative, self-critical voice in your head, but strive to be authentic and positive in spite of this voice by challenging negative thoughts with evidence to the contrary.
- 15.** Practice subtly mirroring others' expressions and body movements during a conversation to make close connections and create more trust and empathy.
- 16.** Learn active listening, giving your full attention to the other person, noticing what they are communicating beyond their words, and offering thoughtful, honest remarks.
- 17.** Practice the art of small talk by approaching other people with simple topics and questions that show interest and curiosity about them.
- 18.** Notice nervous habits and find out what triggers them so that you come up with positive replacement behaviors that don't make you seem nervous, bored, or even silly.
- 19.** Practice openness and vulnerability by speaking from the heart, because authenticity makes others relate to you and opens the door to sincere, strong connections.
- 20.** Gain perspective by recognizing that others have flaws and self-doubts, and they don't pay as much attention noticing or judging yours as you imagine.

CAREER

- 21.** Define your career goals because having a dream or a vision for the future gives you clarity, confidence, and courage to grow and seize new opportunities.
- 22.** Clarify what your boss and colleagues expect from you and whether or not your efforts align with the company mission so that you become more confident in your job performance.
- 23.** Identify your weaknesses and areas of growth opportunity, ask your superiors for advice and feedback, and devise actions you need to take in order to improve.
- 24.** Think outside the box and find different approaches to regular tasks, upcoming projects, or even organizational matters. Remember, initiative and creativity are always appreciated.
- 25.** Prepare thoroughly for a presentation, meeting, or project by acquiring exhaustive knowledge and going above and beyond what is asked of you.
- 26.** Speak out in meetings, pitch new ideas, and argue your point of view with conviction so others know that you're committed and enthusiastic about your work and the success of your company.
- 27.** Learn from past failures so you can make better decisions in the future, and recognize that mistakes are an integral part of your learning curve toward success.
- 28.** Find a mentor to show you areas for improvement, motivate you to be better, and guide you through challenges and frustrations with their experience and veteran perspective.
- 29.** Dress for the job you want and groom yourself for the success you aim to achieve because looking the part is a first step towards becoming it.
- 30.** Highlight your strengths and improve these areas to become even more knowledgeable, boosting your confidence and making your colleagues rely on your expertise.

COMMUNICATION

- 31.** Be aware of mumbling and endeavor to speak with proper enunciation so that you always express yourself clearly and confidently.
- 32.** Notice conversation fillers (such as "um" and "ah") and mindfully replace them with a deep breath that gives you time to gather your ideas and regain your composure.
- 33.** Practice speaking with a sensible pitch, tone, and speed, because the way you speak influences how people receive and understand what you say.
- 34.** Think before you speak and always take a moment to ponder your responses and observations before blurting out an embarrassing comment or inaccurate information.
- 35.** Stop extraneous movements, such as unnecessary hand gestures or fidgety fingers, and adopt a neutral position that doesn't distract you and others from your conversation.
- 36.** Speak authentically and be genuine if you want to be more engaging and believable. Confidence means letting your true self shine through your speech.
- 37.** Use humor by sharing funny stories or amusing anecdotes that will make other people connect with you and feel more at ease.
- 38.** Pay attention to nonverbal cues that show you how people receive what you're saying and adjust your message, delivery, and style accordingly to engage better with others.
- 39.** Practice abdominal breathing and remind yourself to take deep breaths that will help you get back your focus and calm when you start to feel nervous.
- 40.** Know what you're talking about and how to best present that knowledge to your listener in order to add more value to your conversations or to give a remarkable presentation at work.

APPEARANCE

- 41.** Pay attention to self-talk and start replacing the negative comments you make about your own appearance with accepting, positive statements that are kind and loving.
- 42.** Focus on your best by noting your most attractive, beautiful features and finding ways to make them shine.
- 43.** Improve what you can about your appearance by taking small actions that boost your self-esteem and make you feel good about yourself: get a good haircut, wear makeup, change your style, or start a healthy diet.
- 44.** Remember hygiene and grooming because these basics give you enough self-respect and confidence to take the first step toward your desired best appearance.
- 45.** Dress well by choosing clothes that not only are appropriate to the occasion but also compliment your body shape.
- 46.** Use the mirror technique to foster self-acceptance: stand naked in front of a full-length mirror and repeat out loud that you accept and love yourself regardless of your imperfections.
- 47.** Maintain an ideal weight based on your height and body frame to improve your health, boost your self-confidence, and make you feel less self-conscious.
- 48.** Make a habit of exercising daily and enjoy all the benefits -- more energy, improved mood, enhanced memory, and more confidence.
- 49.** Get perspective by recognizing that the "normal," average appearance of most people doesn't match cultural standards of beauty — and that's okay, so don't compare yourself to a fantasy.
- 50.** Avoid media that advertises an idealized, airbrushed idea of good looks and focus on images and shows that portray real people doing meaningful work.

SELF-IMPROVEMENT

- 51.** Learn a new skill — which allows you to grow as a person and a professional, improves your mental acuity, and proves that you can do much more than you imagine.
- 52.** Be creative by picking up a hobby or simply finding an imaginative way to accomplish an everyday task. You'll see that exploring your imagination has a huge effect on your confidence.
- 53.** Work on your emotional intelligence quotient (EQ) by acquiring and practicing skills that will help you gain more self-control, become a better communicator, and improve your interactions.
- 54.** Search for your passion because doing what you love gives meaning and purpose to your life, fills you with determination, and allows you to explore your talents.
- 55.** Set goals and celebrate every small accomplishment that brings you closer to your goals, revealing that you're capable of achieving your dreams one small step at a time.
- 56.** Break bad habits that sabotage your self-respect and learn the skills drop these habits by replacing them with more positive routines.
- 57.** Read personal growth books that offer advice, guidance, and inspiration so you feel empowered to take action and make changes that will improve your life.
- 58.** Meet a coach or counselor to help you find your best self and gain the clarity, focus, and courage you need to achieve your goals.
- 59.** Discover your core values and align your life with them by adopting new behaviors and making changes that reflect what is truly important to you.
- 60.** Define your integrity -- the principles and values that shape your sense of identity and directly affect your levels of confidence and self-respect. Then start living within your integrity.
- 61.** Create life balance by establishing priorities and boundaries that are in sync with your values and harmonize the physical, mental and emotional aspects of your life.

BODY LANGUAGE

- 62.** Smile more often not only to look much more appealing and trustworthy but also to feel happier, less stressed, and more productive. Yes, a smile can do all that according to science.
- 63.** Make sure to maintain good posture because sitting and standing straight supports your back and neck, ensures proper breathing, and indicates a self-assured, poised demeanor.
- 64.** Use power poses, like standing with your hands on your hips, for two or more minutes before facing a challenge to feel more confident and powerful.
- 65.** Use engaged body language, such as open gestures and mirroring the expressions of other, to become more persuasive and appealing.
- 66.** Remember that crossing your arms and legs are signs of a defensive, closed-off person, so pay attention to your body position at all times.
- 67.** Introduce yourself with a strong (but not crushing) handshake and a few seconds of eye contact to make a respectful and confident first impression.
- 68.** Dress confidently for every occasion because your clothes affect how you perceive yourself and how others perceive you.
- 69.** Stop fidgeting which is a clear sign of an unprepared and anxious person. Take a deep breath and replace your nervous habits with more poised gestures.
- 70.** Practice appropriate eye contact, an attitude which conveys confidence, honesty, and cordiality. Too much direct eye contact can be off-putting.

THINKING

- 71.** Practice noticing negative and self-sabotaging thought patterns and the triggers that set off these thoughts. Wear a rubber band on your wrist to remind you to notice these patterns and triggers.
- 72.** Practice pattern interrupts by replacing those negative thoughts with positive, forward-looking ideas that are the opposite of the negative thoughts.
- 73.** Replace negative thought loops with actions that require focus and attention so your brain will be too busy doing something productive to dwell on your worries.
- 74.** Challenge any limiting beliefs that undermine your worthiness, appearance, or personality by finding (or even creating) proof that invalidates these assumptions.
- 75.** Learn to meditate so you can appreciate the present moment, gain more mental control, and find greater inner peace.
- 76.** Practice daily gratitude and learn to appreciate everything and everyone that bring you comfort and joy to boost your happiness and confidence.
- 77.** Develop present moment awareness by practicing mindfulness. Focus your attention on the task at hand and train your brain to find joy and satisfaction in each moment.
- 78.** Practice affirmations several times a day to reinforce your goals and support your subconscious and real efforts at making your goals a reality.
- 79.** Visualize success by imagining what you want and all the steps you need to take in order to achieve it. Let the joy and energy from your visualization encourage and inspire you.
- 80.** Practice compassion meditation, cultivating empathy towards others and yourself to develop a more sympathetic and understanding demeanor.

FUN AND ADVENTURE

- 81.** Cut back on your to-do list, identify activities that are unnecessary or don't align with your values and goals, and make more time for fun and adventure.
- 82.** Simplify your space by getting rid of possessions that drain you or are not longer useful. Redirect the time and money you expended on them toward more joyful and fun experiences.
- 83.** Plan ahead for weekends, packing them with relaxing, interesting, challenging, and entertaining activities to give you energy and motivation to face a new week.
- 84.** Do something playful — whether it's building block towers or telling silly jokes. Spontaneous play improves your problem-solving abilities and fosters strong connections in your relationships.
- 85.** Rediscover the joy and freedom of bike-riding, and enjoy the benefits of exercise and fresh air to boost your confidence.
- 86.** Go on an adventurous trip to step out of your comfort zone, rely on your wits, and try new things -- all of which will increase your confidence.
- 87.** Join a social group and participate in events with people who share similar interests to practice your social skills, enhance learning, and create new friendships.
- 88.** Break out of daily routines by approaching your everyday habits from a different angle. Just taking a new route to work in the morning awakens your brain to learn something new.
- 89.** Surround yourself with passionate people who share their confidence and enthusiasm, encouraging you to try harder, be happier, and pursue more success.
- 90.** Do the one "big thing" you've dreamed of doing, and honor your dreams by holding the reins of your destiny and taking action today to achieve your biggest goal.

FINANCES

- 91.** Get organized by creating a workable system to manage your earnings and track your bills, spending, and investments to develop better money management skills.
- 92.** Create a debt payoff plan and follow through with it. It may be tough for a while, but freeing yourself from debt leads to less stress and more life balance.
- 93.** Find money leaks by tracking your spending and getting rid of expenses you don't need or want (and sometimes even forget exist).
- 94.** Streamline your expenses by creating a budget and cutting out any unnecessary or impulsive purchases to save money and become more disciplined.
- 95.** Learn about investing and make sure you get the most from your money. The confidence you gain in the process will help you make sound decisions about your investments.
- 96.** Meet with a financial advisor to work on your financial goals, savings, taxes, and retirement accounts and find the options that best suit your financial interests.
- 97.** Define financial freedom by letting go of the idea that more money means more freedom or happiness. Create life priorities that align with your core values and spend your time, money, and energy on these priorities.
- 98.** Set small milestones toward your financial goals to encourage you to take action and save the amount of money you need to achieve them.
- 99.** Involve your spouse (and even children) to create a family list of values, goals, and priorities, and sit down together to plan, budget, and understand your finances.

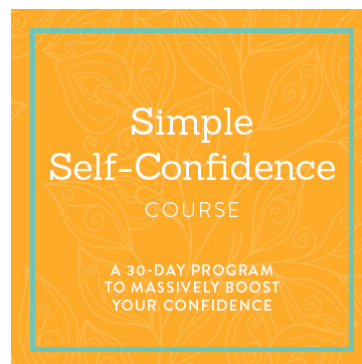
Now what?

You might wonder about your next steps to boost your self-assurance. Start by choosing the actions from this list (related to areas where you lack confidence) that you want to pursue over the next few weeks. Write them down and make a commitment to yourself and others that you will follow through on them.

Of course, you'll feel insecure and uncomfortable at first, but the more you practice these actions, the easier they will become. You may need to set up reminders to help you remember to take daily action. If you remain committed and diligent, you will notice an improvement in your feelings of confidence. Just knowing that you're taking action can boost your confidence.

Remember, confidence is a skill you can learn, practice, and improve over time, just like any other skill. Brain science has proven repetitive thoughts and actions actually rewire neural pathways to foster measurable change.

As your confidence grows, those pockets of insecurity and self-doubt will shrink and have much less power over your thoughts, emotions, and actions. Don't wait for your self-confidence to improve on its own. Do something to foster more confidence one small step at a time -- starting today!



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