

# 10

## WAYS TO SUPERCHARGE YOUR SELF-CONFIDENCE

1

### DRESS FOR A POWER LUNCH

Get up, shower, and get dressed in what makes you feel good.

2

### PHOTOSHOP YOUR SELF-IMAGE

Image yourself the way you want to be. Fake it until you make it.

3

### BE KIND TO SOMEONE ELSE

Focus on someone else for a little while. Make them smile and you'll feel better, too.

4

### DO ONE CHORE

Or part of one chore. Something you can do in 15 or 20 minutes. When you're done, cross it off your list!

5

### LEARN SOMETHING NEW

Take 15 minutes and start learning. You're smarter than you think!

6

### DO MORE OF WHAT YOU LOVE

Pamper yourself with 15 minutes or more of one of your favorite things to do.

7

### EXERCISE

Don't make it hard. Make it fun--roller skate, dance, or walk through a museum. Just move.

8

### GET THE RIGHT AMOUNT OF SLEEP

7-9 hours per day. Develop good sleep habits.

9

### FORGIVE SOMEONE ELSE

Even if it's just the person who cut in line in front of you. Let it go.

10

### BE KINDER TO YOURSELF

You don't deserve the unkind things you're thinking. Forgive yourself for not being perfect.