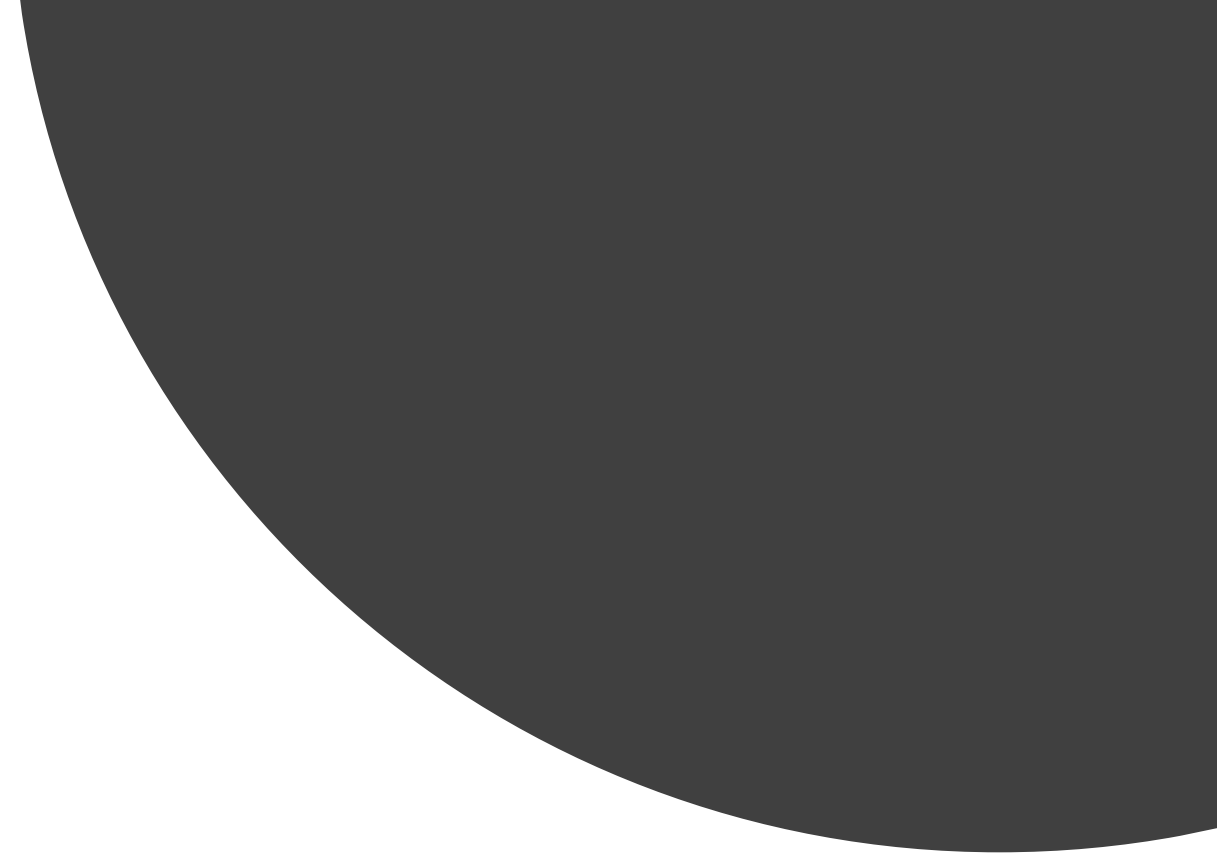
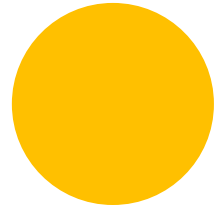
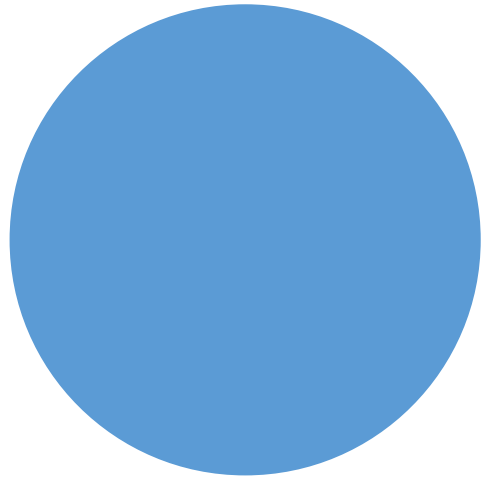




Confidence

7 Ways To Boost Your Confidence

<http://marieparkeronline.com>



**Look Good, Feel
Great!**

**Be a sharp dresser
Stay in shape**

Let Your Body Language Show Confidence

- Stand up straight
- Be relaxed and open
- Walk quickly
- Hold your head up
- Make eye contact
- Smile and the world smiles with you

Use Positive Self-Talk Throughout Your Day.

Make Use of
Affirmations

Keep your
inner dialogue
positive

Set SMART Goals

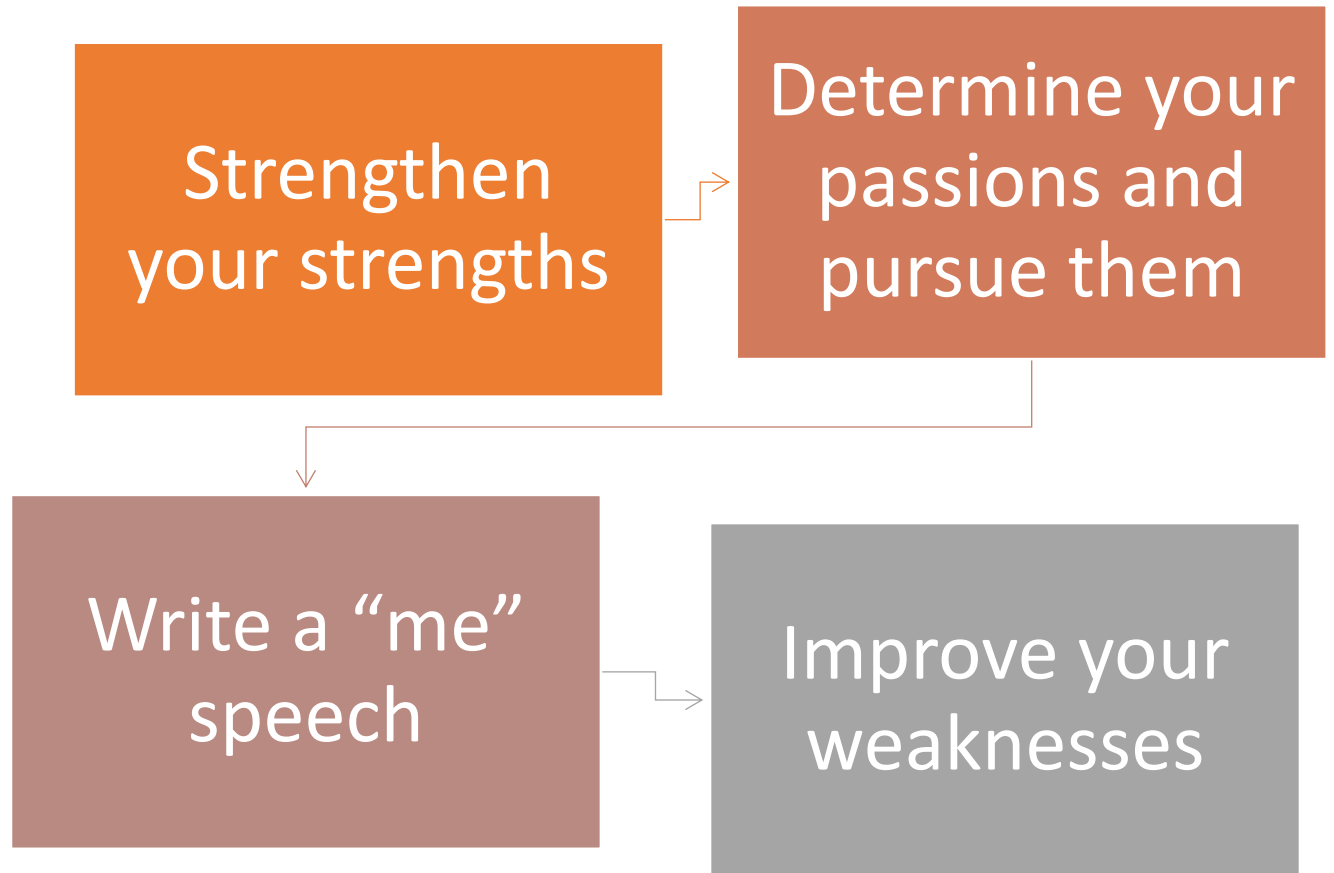
- Specific
- Measurable
- Attainable
- Realistic
- Timely

Reinforce Your Values

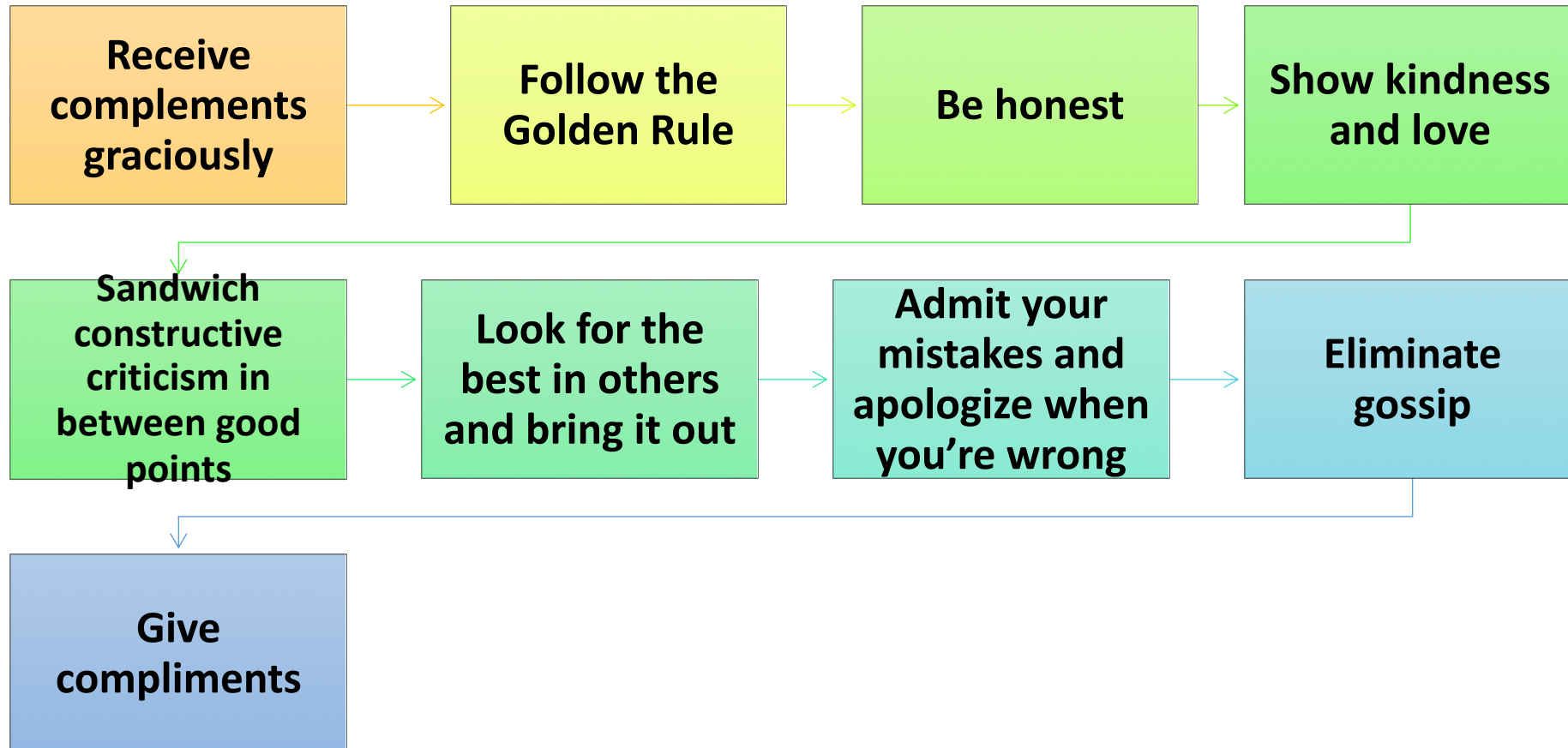
Do Things You Enjoy

Sharpen Your Skills

Look Within Yourself



Maintain Positive Relationships



Ask Yourself...

- Can I use all or some of what I have learned?
- Which tip did I really relate to?
- How will I use it?



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