

21 Ways in 21 Days

to give your **confidence** a boost



DAYS 1-21:

Complete the sentence: "I am _____." using one positive affirming word.
Start each of the 21 days with this exercise.

Day 2: Consider who you view as a positive role model in your life and send them a note or email thanking them.

Day 3: Listen to a 5-minute guided meditation on confidence.



Day 4: Create a playlist of five of your favorite uplifting songs to listen to when you are feeling unsure of yourself.

Day 5: Find one fun and positive meme and text it to a friend – and ask them to send one back to you.

Day 6: Do three different **POWER POSES** over the course of your work day and pay close attention to how they make you feel.

Day 7: Watch a confidence - boosting TED talk to encourage new ideas and ways of thinking.

Day 8: Go one entire day without looking at one of your go-to social media apps.



Day 9: Ask at least one question during a meeting or conference - at work, a volunteer board, professional group, church or school.

Day 10: Instead of asking your family what they want for dinner, make your own plan, and tell them what they are having instead.

Day 11: Take a small gift (plate of cookies, plant, etc.) to a neighbor you've never met just to say 'Hello'.

Day 12: Choose a new recipe and prepare it from scratch.



Day 13: Turn your camera on and keep it on during all your virtual meetings for the entire week. **REWARD** yourself at the end of the week.

Day 14: Make a commitment to "dress for success" at work – whatever that means for you.

Day 15: Send a LinkedIn connection request to a business mentor or role model.



Day 16: Recommend a book, podcast, TV show, movie, etc. to someone you don't know that well.

Day 17: Avoid your phone while you wait – at the Doctor's office, in line at the grocery store, etc. Either strike up a conversation with someone or just **BE**.

Day 18: Stand in front of a mirror and give yourself a compliment about one of your physical characteristics.

Day 19: Tell a story that includes you as the **STAR**.



Day 20: Identify one item in your wardrobe that always makes you feel **GREAT** – and wear it!

Day 21: **SMILE** - at every person you interact with over the course of one full day.

