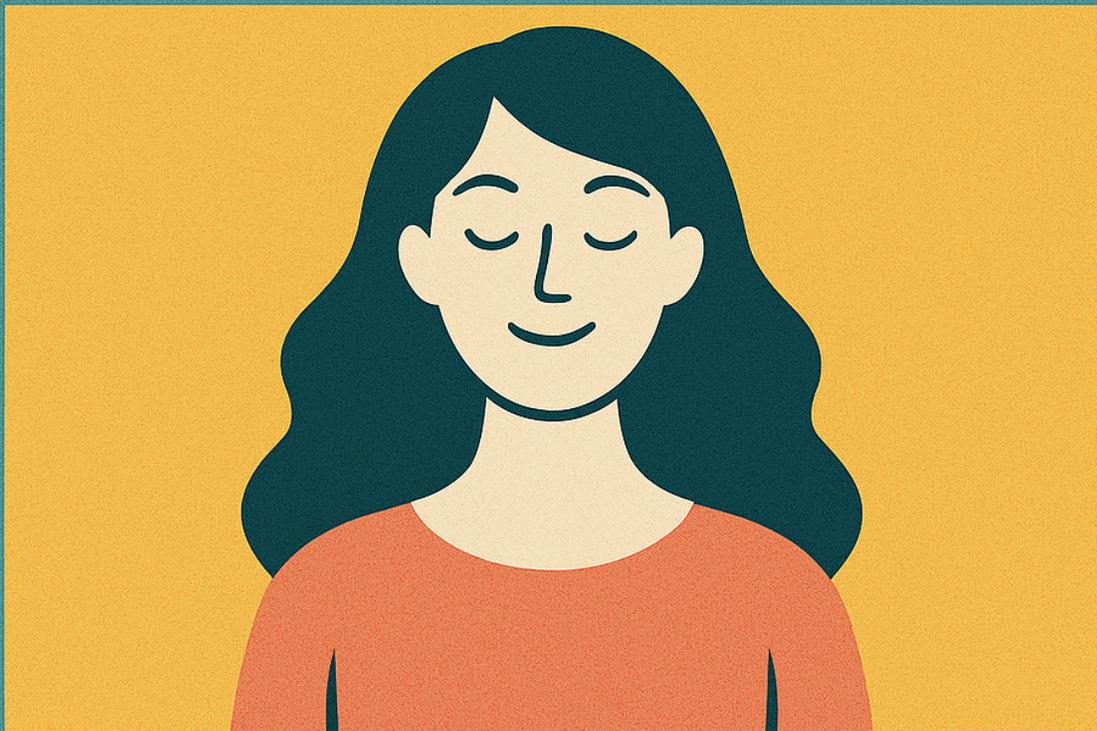


# 10

## THINGS YOU CAN DO TO BOOST YOUR SELF-CONFIDENCE



**KAREN DAHLIN**

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# Introduction

Maintaining a positive mindset in today's world can feel like climbing a mountain with no summit in sight.

Everywhere you turn — the news, social media, even your inbox — there's something designed to knock you off your center. Global chaos, personal setbacks, loss, loneliness, comparison...

It's like life has become a constant stream of micro-attacks on your peace of mind. And sometimes, it doesn't even take something big. One offhand comment, one mistake, one rejection can send you spiraling for days. It's not that you're weak — it's that you're human.

You start questioning everything about yourself:

- *"Am I good enough?"*
- *"Why does everything seem so hard for me?"*
- *"Will I ever feel confident in who I am?"*

These aren't just passing thoughts — they become internal echoes that slowly erode your sense of worth.

And when your self-confidence is low, every challenge feels 10x heavier. You doubt your abilities, you hold back your voice, you shrink yourself in relationships and opportunities.

You second-guess decisions. You procrastinate. You self-sabotage.

***Let's be real: it's exhausting.***

And here's the kicker — the world doesn't pause to let you catch your breath. It keeps going, piling on more stress, more expectations, more reasons to feel not-good-enough.

But what if — instead of trying to control the chaos around you — you focused on strengthening *within*?

Because while we may not be able to stop the storms, we can absolutely build a foundation strong enough to weather them.

### ***That's where self-confidence comes in.***

And yes, it's absolutely possible to build — even if you've been torn down a hundred times before. But let's be honest: boosting your self-confidence isn't just about repeating affirmations in the mirror or pretending to feel good when you don't. It's deeper than that.

True confidence comes from within — but it's built through action, practice, and a shift in how you *see yourself*.

That's what this guide is here to help you do.

Inside, you'll find **10 practical, no-BS strategies** to strengthen your self-confidence — the kind of confidence that doesn't crumble the moment life throws you a curveball.

These are simple shifts, but powerful ones. And if you put them into practice, you'll feel the difference — in how you show up, how you speak to yourself, and how much more grounded and joyful you feel in your own skin.

So let's begin. Not with perfection. Not with pressure.

Let's begin with *permission* — to put yourself first, to rise again, and to remember that no matter how heavy life gets, **you're stronger than you think.**

Let's build you back up — one confident step at a time. 🧡

**Visualize  
Yourself  
As You Want  
To Be**

Instead of obsessing over what others think about you — their opinions, their judgments, their imagined criticisms — pause and ask yourself a better question:

**"How do I want to see myself?"**

Because that answer... is the key to unlocking everything.

Most people spend their entire lives being ruled by invisible scripts. Scripts written by childhood wounds, past rejections, cultural conditioning, failed relationships, toxic comparisons. They walk through life viewing themselves through a distorted lens — one built by fear, not truth.

But here's the truth, plain and simple:

**You don't have to be who you were. You get to become who you choose.**

This begins with **visualization**.

Not the fantasy kind where you just daydream and hope. I'm talking about the deep, grounded act of mentally and emotionally *stepping into the version of you that already exists — but needs to be activated.*

So start here:

 **Look in the mirror** — not with the critical eyes you've been trained to use, but with the eyes of love and vision.

See strength. See possibility. See resilience.

And then, say this — every day for at least 10 seconds. Out loud.  
With power:

*"I am beautiful. I am the best version of me. I am who I am — and that is more than enough."*

Say it even if you don't believe it yet.

Say it until the disbelief gets drowned out by truth.

You see, your brain is *always listening*. The more often you affirm who you want to be, the more your brain aligns your beliefs and actions with that identity. Over time, you begin to act differently. You carry yourself differently. You speak up more. You doubt yourself less. And people around you? They notice.

Confidence is magnetic.

When you own your space, others respect it.

When you lift your chin, others follow your energy.

And when you truly *believe in yourself*, the world responds in kind.

No — this isn't magic.

It's psychology.

It's neuroscience.

It's energy.

It's truth.

*So start small. Start today.*

Visualize the strongest, happiest, most confident version of yourself — and begin living like they already exist.

Because they do.

They've just been waiting for *you* to show up and claim them. 🧡

# Get Out Of Your Comfort Zone

Let's tell it like it is: your comfort zone might be *comfortable*, but it's also the enemy of your growth.

It's where dreams go to die.

Why? Because staying in the same routines, with the same people, doing the same things, breeds stagnation. And you can't build confidence from a place of *sameness*. Confidence is forged in the fire of the unknown — in doing things that scare you just enough to stretch you.

Getting out of your comfort zone isn't about being reckless.

It's about being *deliberate* — choosing to challenge yourself in small, meaningful ways so that you start to trust your own courage more than you trust your fear.

And let's be honest: it's uncomfortable as hell at first.

You might feel anxious. Sweaty. Self-conscious. You'll probably overthink it a dozen times before you even take action.

But here's the game-changing truth: **Every single time you push through, your confidence expands.**

Not because you succeeded perfectly — but because you *showed up for yourself*. And THAT is everything.

So here's your challenge: **Do one thing today that scares you — just a little.**

It could be:

- Waking up at sunrise and going for a walk or jog, even if you've never done it before
- Starting a conversation with a stranger at a coffee shop

- Signing up for a dance class, workshop, or local event (even if you're the oldest/youngest/shyest person in the room)
- Speaking up in a meeting or posting something raw and real on social media
- Simply smiling and saying "Good morning" to five people you'd normally pass by

It doesn't have to be grand.

It just has to be **different** from your usual. Uncomfortable enough to activate growth.

What you're really doing is this: **training your brain to see discomfort as transformation, not threat.**

And that rewiring? That's what builds unstoppable confidence. You begin to realize:

- You *can* do scary things.
- You *will* survive awkwardness.
- You *are* more capable than you give yourself credit for.

One small risk per day leads to massive personal freedom.

Eventually, the things that used to terrify you will become second nature — and you'll look back and realize just how far you've come.

So step out. Get weird. Be brave.

Because outside your comfort zone is where the real you begins to rise. ✨

TAKE THE

# 100 Days Of Rejection Challenge

This one might shake you a little, but in the best way possible.

Imagine this: Instead of avoiding rejection like it's the plague, you purposely seek it out. You *invite* it into your life like a mentor, a teacher — not an enemy.

Sounds crazy, right?

Welcome to the **100 Days of Rejection Challenge**, a radical experiment created by Jia Jiang, who turned the fear of "no" into a path toward personal power and confidence.

Jia's story is extraordinary, but also deeply relatable. He was just like so many of us — ambitious but held hostage by the crushing fear of being turned down. Rejection didn't just sting; it *paralyzed* him.

So what did he do?

He leaned straight into that fear.

For 100 days, he made one outrageous, unreasonable request every single day — things like asking a stranger to borrow \$100, asking to fly a plane, even asking for a burger refill at a fast food restaurant.

Most of the time, he got a "no."

But something fascinating happened: *he stopped being afraid.*

And even more surprising?

Sometimes people actually said yes.

That's when the light bulb went off. He realized that rejection isn't nearly as painful or dangerous as we make it out to be in our minds. Most of the fear? It lives in *our imagination*, not reality.

And when you stop fearing rejection...

You stop living small.

You stop censoring yourself.

You stop hiding your brilliance to avoid discomfort.

That's the magic.

Now, let's be real — 100 days is a bold commitment. It's not for the faint of heart. But even trying this for 7 days or 10 days can be transformational.

Start with mini "asks" like:

- Asking someone for feedback on a project
- Requesting a free upgrade or discount somewhere
- Offering your services to someone you admire
- Asking a stranger for a high five or selfie

Each rejection is a tiny liberation.

And each "yes" is proof that your world expands the moment you step outside your fear.

Rejection doesn't mean you're unworthy.

It means you had the courage to ask.

And that courage builds confidence like nothing else.

So if self-doubt has kept you quiet... hidden... small... this challenge might just be the boldest, bravest act of self-love you've ever done.

Because when you stop fearing rejection, you start fully living. 💪

# Help Someone

Sometimes, the best way to climb out of your own darkness is to become someone else's light.

Helping others has a strange, almost magical effect — it interrupts the loop of self-judgment and worry that so many of us live in.

When you're focused on *-serving*, you stop obsessing over what's wrong with you... and start realizing how much you *actually* have to offer.

### *Let that sink in:*

**You have value. You have wisdom. You have skills — even if you've been too caught up in your own pain to see them clearly.**

Helping someone doesn't mean playing the hero or feeding your ego by "fixing" people. It means showing up with *compassion, presence, and a willingness to share what you know*. It's about connection, contribution, and creating impact — even in small ways.

And here's the kicker: **It builds your confidence in a natural, effortless way.**

When you see someone light up because of your guidance, your kindness, your insight — something shifts inside you. You start to see yourself differently. You begin to believe:

- *"Maybe I'm not so useless after all."*
- *"Maybe I do matter."*
- *"Maybe what I've gone through has given me something someone else needs."*

Boom. That's power.

*Here are a few ways to start:*

- **Mentor someone** younger or less experienced in your field
- **Offer support** to a friend who's struggling emotionally
- **Share your story** online — your vulnerability might be someone else's survival guide
- **Volunteer** your time or talent to a cause that matters to you
- **Listen** — truly listen — to someone without trying to fix them

What you'll discover is this:

Confidence doesn't always come from being *seen*.

Sometimes it comes from *seeing others* — and realizing you're part of something bigger than yourself.

And yes, you'll still have your own struggles. But when you focus outward, you shrink the size of your internal critic. You replace self-doubt with service. And you start to feel — deeply — that *you are needed*.

Because you are.

You always were.

# Fix Your Flaws

Let's get brutally honest — this step isn't glamorous.  
It's not a motivational quote or a self-care bubble bath.

**It's uncomfortable. It's humbling. It's real.**

But if you're serious about building unstoppable confidence, this is one of the most powerful things you can do.

See, we all have flaws. Every single one of us.

But the difference between people who radiate confidence and those who feel stuck in shame? **Ownership.**

Confident people *own* their flaws — not by hiding from them, but by addressing them with courage and compassion.

So what does that look like?

## **1. Start with Honest Self-Awareness**

This isn't about being hard on yourself. It's about being *honest* with yourself.

Ask:

- What habits are holding me back?
- Where am I sabotaging my own growth?
- What have I been avoiding or excusing for too long?

This takes guts. But the act of naming your flaws immediately strips them of their power to control you in silence.

## **2. Stop Using Your Flaws as an Excuse**

Here's the truth: Acknowledging a flaw isn't the same as *identifying with it*.

Saying "I procrastinate" doesn't mean "I am a lazy person."

Saying "I struggle with my weight" doesn't mean "I'm unattractive or unworthy."

Your flaws are *temporary*. They're changeable.

They are *challenges*, not character traits.

So stop letting them define you.

### **3. Take Tiny, Consistent Steps to Improve**

Want to feel better about yourself? Start small:

- Improve your posture. Stand taller.
- Clean your space — clutter fogs the mind.
- Start drinking more water. Take daily walks.
- Brush up on your communication. Practice active listening.
- Limit screen time that leaves you feeling drained.
- Keep promises you make to *yourself*.

You don't have to fix everything overnight. You just have to start moving forward with intention.

#### 4. Give Yourself Grace While You Grow

You're not broken — you're evolving.

Every flaw you fix, every weak spot you strengthen, every mistake you learn from is a step toward your best self.

This isn't about chasing perfection — it's about *refusing to settle for less than what you're capable of.*

So yes, it's hard.

Yes, it takes work.

But the reward? Is confidence that's built on *earned pride*, not just surface-level self-talk.

You + Action - Excuses = Self-Respect

You - Guilt + Progress = Growth

**You - Flaws = Confidence**

Let that equation become your mantra.

Because when you fix what's been weighing you down, you don't just become lighter — you become *unshakable.*

# See Everyone As Your Equal

Let's cut through the noise: **No one is better than you. No one is more "worthy" of confidence than you.**

And yet... if you struggle with low self-esteem, it can feel like the world is a giant leaderboard, and somehow you're always at the bottom. You walk into rooms convinced everyone is smarter, more attractive, more capable, more confident.

That belief? It shapes your energy.

It influences how you speak, how you carry yourself, and how you allow people to treat you.

And worst of all? It keeps you playing small.

But here's what you need to understand deep in your bones:

**Everyone is human.**

Behind every confident person you admire is:

- A messy backstory
- A few insecurities they don't talk about
- A moment they broke down in private
- A flaw they're still learning to live with

What you see on the outside is a *polished fragment* of someone's full story. And if you believe that someone is superior to you based on what you see, you're building your self-image on a false comparison.

People aren't better than you.

They're just *different* from you. And that's all.

So how do you shift this perception?

**1. Look for humanity, not perfection**

When you meet someone impressive, remind yourself:

"They struggle too. They have doubts. They're not better — they're human, like me."

## **2. Ditch pedestal thinking**

Stop placing people on pedestals and yourself in the pit. When you view others as unreachable or more deserving, you reinforce your own feelings of "not enough." Instead, level the playing field mentally.

## **3. Remember what you bring to the table**

Write down your talents, your experiences, your unique traits — the things that make you you. This isn't fluff. This is fact. And it matters.

## **4. Practice presence, not comparison**

Comparison is a thief — of joy, energy, and confidence. Instead of asking "How do I measure up?" ask:

"How can I show up fully as myself right now?"

Because here's the truth:

You don't have to compete with anyone.

You don't need to prove your worth.

You already have it.

And the more you practice seeing others as your equals — not above you or beneath you — the more you naturally begin to carry yourself with quiet confidence.

**Equal footing. Equal dignity. Equal value.**

Once that becomes your lens, everything shifts.

You speak up more.

You ask for what you need.

You stop apologizing for existing.

You start *living* instead of shrinking.

Because confidence isn't about thinking you're better than others  
— it's about knowing you never needed to be.

# FIGHT THAT INNER VOICE

Let's talk about *that voice*.

You know the one — the nagging little whisper in your head that shows up when you stumble, fumble, or simply feel exposed.

It's the voice that says:

- *"Ugh, you looked so stupid."*
- *"Why did you say that? What's wrong with you?"*
- *"You're not good enough. Never have been."*

We all have it. But here's the secret:

**That voice isn't telling the truth. It's repeating a script.**

A script built from your past experiences, pain, trauma, and social conditioning.

A script you never consciously chose — but one you've unconsciously let play on repeat.

And the more you listen to it, the more it becomes your default setting.

Until eventually, you don't even question it. You just *believe it*.

But let's get one thing straight:

**That inner critic is not your voice. It's your fear.**

So how do you fight it?

## **1. Name It**

Give your inner critic a name or identity. Not to be cute — but to create distance.

Mine? I call her "Critical Cathy." Every time she pipes up, I say,

"Oh, hey Cathy. Didn't ask for your input today."

This turns self-talk from internal war into manageable feedback.

## 2. Challenge the Narrative

When the voice says, "You're a failure," ask:

"Really? What evidence do I have that proves otherwise?"

Remind yourself of wins, moments you were proud, people who value you. Replace shame with *truth*.

## 3. Reframe the Flop

Did you say something awkward? Mess up a task?

Cool. You're human. You *learned*.

Try this:

- "I handled that the best I could with the tools I had."
- "That didn't go perfectly — but I showed up, and I'm proud of that."

Confidence isn't about flawless performance.

It's about showing up — again and again — even when your voice shakes.

## 4. Treat Yourself Like Someone You Love

Would you speak to your best friend the way you speak to yourself?

Then why tolerate it inside your own head?

Every time you catch your critic flaring up, respond with kindness, even if you don't fully believe it yet:

"I'm learning."

"I'm growing."

"That moment doesn't define me."

"I'm allowed to be imperfect and still be worthy."

That's not fluff. That's *mental self-defense*.

You're not broken for having an inner critic — you're human.

But you're also powerful enough to rewrite the script.

Start small. Reclaim your voice.

Because when you control what's said in your mind, you control the entire *story* of your life.

# Identify Your Talents And Use Them To Your Advantage

Here's a truth that not enough people hear growing up:

**Everyone has a gift.**

It might not be loud.

It might not be "mainstream."

It might not get applause or a gold star...

But it's there — *in you* — quietly waiting to be discovered and unleashed.

And when you find it? When you name it, nurture it, and own it? It becomes a *core source* of confidence that no one can take away.

Think about it — when you know what you're good at, you walk differently.

You speak with more certainty.

You stop looking to other people for approval, because you *already believe in yourself*.

But what if you don't know what your talent is yet?

No problem. That doesn't mean you don't have one — it just means you haven't explored enough.

Talents are often buried under self-doubt, fear of failure, or just plain old routine.

Here's how to start the journey:

#### 1. Explore Without Judgment

Try new things. Even if you're "bad" at them. Especially if you're bad at them.

Confidence doesn't come from instant mastery — it comes from *growth and curiosity*.

Try:

- Creative hobbies (writing, painting, storytelling, music, design)
- Logic-based activities (chess, coding, puzzles, strategy games)
- Physical movement (yoga, dancing, hiking, martial arts)
- Helping roles (mentoring, organizing, teaching, supporting others)

Let go of needing to “be the best” and focus on what *lights you up*.

## 2. Look at What Comes Naturally

What do friends come to you for?

What do you do without thinking that others struggle with?

What have you always *loved*, even if you pushed it aside?

Your talent might not look like a trophy. It might be:

- Your way with words
- Your ability to listen deeply
- Your problem-solving brain

- Your sense of humor
- Your knack for organizing chaos
- Your courage to try things others won't

**Those are talents.** And they count.

### 3. Turn Talents Into Confidence Fuel

Once you find something that sparks pride or passion — *lean into it.*

Build on it. Share it. Use it to solve problems. Teach it to others. Use it as proof that you are *not ordinary*. You're *extraordinary*, just in a different way.

And remember:

Just because your gift isn't loud doesn't mean it isn't powerful.

Some people inspire the world through performance.

Others change lives with quiet presence and skill.

**Both are valid. Both matter.**

You've got something in you that deserves to shine.

Your job isn't to wait for permission — it's to explore, experiment, and *own it.*

Because when you use your talents with intention, you don't just build confidence.

You build *purpose.*

# Look In The Mirror And Compliment Yourself

Let's be honest — for many people, a mirror isn't just a reflective surface.

*It's a battleground.*

It's where insecurities whisper louder.

Where the inner critic sharpens its words.

Where we search for flaws instead of features... and punish ourselves for what we see.

But here's what I want you to hear loud and clear:

**The mirror doesn't lie — but your *mindset* about what you see can.**

We've been conditioned by impossible beauty standards, social comparison, and inner shame to judge ourselves *harshly*.

And over time, the mirror becomes a symbol of what we're not — instead of a celebration of who we are.

That ends today.

This practice is simple... but radical:

**Stand in front of the mirror. And find something to compliment — every single day.**

Not in a fake, fluffy way. But in an honest, curious, "what-if-I-saw-myself-differently" kind of way.

Say things like:

- "My smile is warm."
- "My eyes are full of life."
- "My skin is mine and I'm grateful for it."

- "I'm not perfect, but I'm *real*. And that's powerful."
- "I see strength. I see survival. I see *me*."

You may not believe it at first — and that's okay.

You're not aiming for perfection. You're building *new mental pathways* — replacing shame with self-compassion.

And here's what happens over time...

You'll start noticing your *beauty*, not just your flaws.

You'll start *softening* how you speak to yourself.

You'll feel more at home in your skin — not because you changed it, but because you *claimed it*.

It's not about vanity. It's about visibility.

It's about being *seen* — first by *yourself*, then by the world.

This is your daily reminder:

- You are not your worst features.
- You are not defined by filters, numbers, or comparisons.
- You are worthy of love, from others — and especially from yourself.

So go ahead. Face the mirror.

And meet the person you're becoming — one kind word at a time.

Because confidence isn't built by avoiding your reflection...

It's built by learning to *celebrate it*.



# Conclusion

You made it. And that alone says something powerful about you.

You took the time to invest in yourself — to explore, reflect, and grow.

That's not just confidence-building. That's *life-changing*.

Here's what I hope you take away from this short but potent journey:

👉 You are not broken — you are becoming.

👉 Confidence isn't a trait you're born with. It's a muscle you *build*.

👉 Every tip you've read here is a *tool*, not a rule.

👉 You don't need to be loud to be confident. You just need to be *authentic*.

👉 There is no "perfect" version of you to chase — only the *truest* version to reveal.

Some days will be harder than others. That's normal.

Some days, you'll forget how powerful you are. That's okay too.

But now? You have the blueprint to find your way back.

So here's what I want you to do next:

💡 Pick one tip from this book.

💡 Practice it every day for the next week.

💡 Notice how you feel.

💡 And then — build from there.

One step at a time. One win at a time. One brave moment at a time.

You've got this.

You always have.

Now go remind the world — and more importantly, *yourself* — just how incredible you truly are.

With confidence,

**Karen Dahlin**