



Coaching for Confidence

enrichmentcoaching.co.uk
gayle@enrichmentcoaching.co.uk



TOP TEN TIPS TO BUILD SELF-TRUST

BE YOURSELF

Only you can be you – you are unique and that is your superpower. It's easy to blag it or wing it and if you do this you aren't being true to yourself and you aren't being true to others. It's not sustainable long term and when it goes wrong (which it will), your confidence will be knocked back.

A much better way of viewing this is to act as if you can trust yourself. If you did trust yourself, what would it look like, feel like, smell like etc. Doing this will build your confidence and once you start to trust yourself you can start acting as if you are the confident person you are going to be become.

SET REALISTIC GOALS

Goals are tricky little things that can either motivate you to get stuff done, or they demoralise you when you've not achieved them. When we don't achieve them it's a setback, we break the trust we have in ourselves & in turn this reduces our confidence levels.

Set small goals along the way to your bigger goals, break it down, bite size is best. Make it realistic and this way you'll build the trust you have in yourself and your confidence will surge too.

SPEND TIME WITH YOURSELF

When you are building any relationship, you spend time with that person, building up your trust in them, so you should also do this with yourself. Make sure you have some time in your schedule to spend with yourself, to have some quiet time, to calm the mind and be in the present.

BE KIND TO YOURSELF

You have to learn to love yourself. We are our own worst critics and things you say to yourself you would never ever say to a friend, so why torture yourself? Get rid of those negative thoughts by being kind to yourself and giving yourself a break, and if you've made a mistake, well you are only human after all so don't be mean be kind.

BUILD ON YOUR STRENGTHS

Our brain is hardwired for negative thinking so it's natural that we would want to work on our weaknesses. Surely a better place to be if you want to build your self-trust to be more confident is to work on the things you are already good at. Learn how to build on your strengths and how you can leverage those. If you're unsure about your strengths, ask someone who you trust to tell what they think your strengths are.



Coaching for Confidence

enrichmentcoaching.co.uk
gayle@enrichmentcoaching.co.uk

MAKE DECISIONS

We damage our self-trust when we make decisions that we then perceive to have failed or not gone as well as expected. A perceived wrong decision can also knock confidence as you will not want to put yourself in that situation again. Trust your own opinion – asking for opinion of others is great but often it ends up confusing the issue more and afterwards you hear yourself saying I should've gone with my gut instinct. Even if you think it has gone wrong, use it as an opportunity to learn, believe that there is no bad decision, only opportunities for learning.

CELEBRATE ALL WINS

Celebrate all wins no matter how large or small, they all are wins. We've all heard of the carrot & stick, or we've all said when I get this client or when I achieve this I'm going to treat myself to this. Some of us will be good at actually getting the reward, but others will silently keep moving their own carrot further and further away. Well STOP, eat the carrot and treat yourself, you deserve it.

KEEP A LIST OF ALL YOUR ACHIEVEMENTS

This can act of evidence of what you have achieved and is a great way of building self-trust and confidence that you are capable & competent. Write them all out and keep them somewhere you can see them and somewhere that you can quickly turn to when you are doubting yourself.

AVOID THOSE WHO DON'T SHARE YOUR VALUES

Whilst it great to have a tribe of people around us we should avoid those people who don't share our own values. Allowing people who talk down to us, tell us we are wrong or shouldn't do things this way or that because they have a better way are not good for your self-trust. Don't end up trusting them, you know what your values are, and you stick to them.

It's also worth remembering that social media is the show reel of life and people only post what they want you to see. This is not a place to be when you are working to building self-trust and confidence as you will start to question your own abilities and compare yourself to others and it's NOT REAL. Unfollow them, mute them or aim to reduce your time on the platforms. Easier said than done I know – all the same you'll feel much better for it.

ASK FOR HELP

Sometimes you need a helping hand to make a decision or to solve a problem. We are human beings, and we thrive on social interaction. Don't be afraid to lean on others, your true friends and family will be there to support you should you need it. Maybe leaning on them will serve you better than trying to solve something on your own. Accept it, you'll trust them, and you'll build your confidence that you are making the best decision.