

DARE Confidence Checklist

- Be thankful.** Recognize that most of the world's 7 billion people will never have the opportunities you do. Make the most of them.
- Take action.** We frequently let our fear of failure and its consequences paralyze us. So build your confidence by taking action, often.
- Do something outside your comfort zone each day.** If you are constantly challenging and improving yourself, you will become comfortable with doing new things. Be sure to review your progress before going to bed, by asking yourself what you did differently and what you learned.
- Surround yourself with positive role models.** Find mentors who will encourage you, and role models who will inspire you.
- Eliminate negative people from your network,** since attitudes are contagious, both good and bad.
- Live your life in line with your values.** It will mean less inner conflict and more opportunity to feel confident and at ease.
- Keep self-talk positive.** Listen to your inner voice and how you talk to yourself. Is this how you would talk to a friend? If not, then make a change. You alone are in charge of your thought processes.
- Put the focus on others.** Take the focus off yourself and put it on those around you. Ask questions. Make it a game to find a connection with the other person.
- Give compliments generously.** Looking for the best in others will help you see it in yourself.
- Volunteer to help others when you can.** Helping others gives you a sense of fulfillment and purpose.
- Dress and act the part.** You only have 3-6 seconds to make a first impression, so be sure it is a good one. Stand and sit up straight, make eye contact when speaking to another person, and remember to smile.
- Reward yourself and acknowledge when you do something well.** Also, don't shrug off positive feedback! Capture those words, and revisit them when you need a boost.
- Do your homework.** If you have a challenging task, prepare and practice in your mind. Nothing builds confidence like being prepared.
- Take care of your body.** Exercise and get enough rest. Only you can make sure your body is physically ready to take on any challenge.
- Breathe deeply and consciously.** When confronted with a problem, take control of your breathing. It puts you in the present state and brings focus to the task at hand.

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