

Boost My Confidence

7 Techniques to Increase Your Self-Esteem Today

by Nannette Bosh



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BOOST MY CONFIDENCE

If you requested this guide I will assume you've done a little homework perhaps online or have even tried a few things to boost your confidence that didn't actually help. During your search you probably found information followed by thoughts that went something like this:

SUGGESTION: Use positive self-talk

YOU'RE WONDERING: How much and when

SUGGESTION: Stop comparing

YOU'RE WONDERING: Comparing what and with whom

SUGGESTION: Give up perfectionism

YOU'RE WONDERING: Am I really a perfectionist

SUGGESTION: Everyone makes mistakes

YOU'RE WONDERING: What does that mean to me

SUGGESTION: Do things you love

YOU'RE WONDERING: Sure all those things cost money

SUGGESTION: Focus on what you can change

YOU'RE WONDERING: Ok I can change what

While these are great suggestions like many others they require a deeper explanation as they are designed to create specific outcomes in the form of new habits that develop over a period of time. Not so simple. Right?

Did you know that one of the most important things in your life is how you feel about yourself? Low self-esteem affects all aspects of your life including; your health, your relationships, your performance, your stability, your happiness, your attractiveness, your overall likeability and yes even your income! By agreeing to take action today using the techniques offered in the BOOST MY CONFIDENCE guide you should feel an instant increase in your self-esteem.

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Technique 1:

Break Up with Your Inner Critic

We all have an inner critic and often times we are our own worst enemy. Breaking up with our inner critic is difficult but it can be done. When you hear that little voice inside your head telling you that you are not good enough (for whatever reason) hit the pause button and ask yourself “what would I tell my friend if he or she made the very same statement about him or herself”? If it’s not good enough for a friend then it is not good enough for you. Find yourself a little phrase to use each time the critic appears so that you can put it right in its place. I use “SHUTTY that’s simply not true”. You might choose a different phrase like STOP IT there is no need for that, or HOLD ON realistically I know that’s not true. Well you get the idea, and for the remainder of today and for the next couple of weeks when you hear the critic whisper, whip the sucker back into shape by chasing it away with your new favorite catch phrase and then turn your focus to something more productive. It will become a habit before you know it.

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Technique 2:

Practice Breathing

It may sound silly since we breathe naturally on our own however often when we feel anxious or stressed out or less than, our breath becomes shallow and we don't even realize it is happening. Find a place where you can sit quietly in a comfortable position to relax and take some nice long deep breaths. This works best if you breathe in through your nose and out through your mouth. Take your time it's not a race. Make sure to fill your lungs and your stomach with each breath. Inhale through your nose for a count of four, hold the breath for four and release for a count of four letting out the entire breath. A simple 2-3 minutes should be plenty of time to feel relaxed and refocused on a more confident you.

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Technique 3:

Ground Yourself in Gratitude

Gratitude is one of the easiest ways to increase your happiness and your self-esteem with the added benefit of improving your health. In fact there have been some very interesting studies where researchers have found that practicing gratitude or the qualities of being optimistic and thankful actually increases the number of blood cells that protect your immune system. The list of things we have to be grateful for is endless. Each night before bed find five things that you are truly grateful for. Keep a journal by the bed so you can write them all down. Better health equals a better self-esteem and everyone could use an immune system boost.

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Technique 4:

Start Appreciating You

We often take the time to appreciate others but forget to take the time to appreciate ourselves. This little exercise might seem awkward at first but with some practice you will become a pro. Every day in the morning as part of your grooming routine take a moment to groom your ego. Look at yourself in the mirror and pay yourself a compliment and not a back-ended one. If you can't come up with at least one reason to compliment yourself on a particular morning than look yourself in the eye and out loud say "I love you". It may sound strange but increasing self-appreciation and self-love is a great way to build confidence.

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Technique 5:

Make a Victory Record

This will take you approximately 30 minutes but it will be worth it when it is complete. Take a piece of blank paper and fold it making 3 even columns. Break your life years into 3 equal parts for the header of each column. For example if you are 60 years of age, you would have a column title 1-20, a column title 21-30 and a column title 31-60. Under the heading of each column review those years of your life and begin writing down each and every one of your victories and accomplishments that occurred during that time period. Anytime you find your confidence fall take out your victory record and read it. Each time you do you will raise your self-esteem to the same level as the day you created the record. Update it regularly as the time passes.

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Technique 6:

Seek Self-Esteem Supporters

If you plan to maintain a high level of self-esteem you need to surround yourself with positive people who support your mission. You may need to seek them out. Positive people tend to smile a lot, keep things light and laugh often. Spend as much time as possible with those who willingly uplift others and avoid complaining. These types of people inspire us and frequently share compliments like they share good news. Let's face it a nice compliment from someone else is an ego boost and can potentially stay with you for a lifetime. Can't find a cheerleader in your corner then spend at least one hour with a professional coach.

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Technique 7:

Lend a Helping Hand

The absolute best way to increase your self-esteem is by helping others. Whether it is your time, your money or even something as simple as lending an ear to someone in need nothing feels more rewarding than giving. I'm sure you're familiar with the term the more you give the more you get. Of course I don't recommend giving just to get something in return however once you start to lend a hand to those less fortunate you begin to easily recognize your own good fortune. Before you know it your self-esteem will soar along with your good fortune.

BOOST MY CONFIDENCE – ABOUT THE AUTHOR

NANNETTE BOSH

Coach - Author - Speaker– Trainer

“Personal and Professional Fulfillment for All”

Working with people and organizations eager to unlock human potential and maximize performance, Nannette Bosh has been leading and motivating individuals and teams for more than twenty years. Her deliverables focus on authentic communication, brand loyalty, self-awareness, as well as employee engagement for increased productivity. Her story of struggle to success contributes brilliantly to her speaking, training and coaching persona. She is compassionate, humorous and energetic.

Throughout her career and many years spent as an entrepreneur, brand builder and marketer, published author Nannette Bosh has been featured countless times in print, radio and televised media including a *CBS Prime-Time Special*. Her ability to inspire and connect along with a motivational style of post writing earned her a worldwide social media ranking among the *Top 50 Facebook Elite* by grader.com. Following the sale of her third business in 2014, Nannette accepted a corporate management position with focus on human resources. She coached, trained and mentored corporate managers and staff and was promoted to Assistant Executive Director after only four months. However Bosh longed for the opportunity to coach and train individuals and teams across the United States. After eighteen months she resigned from her corporate position and set out on a new journey seeking to advance training methods and boost the effectiveness and sustainability of the traditional coaching practices she had studied in 2009.

Nannette’s ambitious journey led her to *NGH Certified Instructor* Barbara Herr where she studied the methodologies of; Hypnosis, Visualization, EFT and Parts Therapy. Bosh then turned to the *NGH* earning her *NLP Practitioner Certification*. In 2016 Nannette spent eight months being mentored by Jack Canfield as she studied his *Success Principles*, the *Canfield Methodology*, guided meditation, laser coaching and his innovative training techniques.

Now a Certified Canfield Trainer, you will find Bosh working with teams and individuals who seek greater success, increased vitality and fulfillment both in daily life as well as in the work place. The scope of Nannette’s experience and advanced certifications enable her to speak to multiple areas of professional and personal development with impressive impact. She resides in Connecticut with her husband and takes great pride supporting her favorite charities.

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