

# 9 ways to boost your confidence

Success creates positive momentum for more achievement and builds your confidence. So follow these tips to position yourself for success.

## Decide what's important

Know where you stand and share your opinions. You'll feel more confident, and others will see you as a leader. Because you believe behavior training encourages pet owners to keep their pets, clients will feel your passion and listen when you offer your practice's behavior training opportunities.

## Find inspiration

Listen to a motivational speaker, or write your own motivating speech that highlights your strengths and goals. Or find a role model who exudes confidence—maybe it's a doctor or your manager.

## Celebrate your accomplishments

Allow yourself to enjoy your achievements, no matter how small. And allow others to celebrate you.

## Focus on others

When you're kind to others and make a difference in their lives, you're a positive force in the world. Helping clients to their cars or walking elderly clients to the exam room are gestures to be proud of.



## Surround yourself with positive people

The company you keep influences your attitude, so spend more time with upbeat co-workers, family, and friends. They can encourage and support you in achieving your goals.

## Plan for success

Set attainable goals and build the knowledge you need to succeed so you're ready to tackle each challenge.

## Fake it till you make it

Focus on the person you want to become. You'll reinforce those ideas in your mind and encourage your growth in that direction.

## Manage your mind

Recognize which situations trigger negative feelings about yourself and defeat those thoughts. Instead, focus on your gifts and abilities, trust your choices, and treat mistakes as learning experiences.

## Enjoy life

If you express yourself and enjoy your work and leisure activities, you'll feel unique and accomplished. \*