



Project: A Confident You



Everything becomes challenging when you're feeling less than self-assured. Here are five simple things you can do to instantly project and boost your confidence:

1. Stand Tall.

When your head is bowed and your shoulders are slumped, people can't help but think you are uncertain or that your energy is low. Practicing good posture is a quick way to bring up your confidence. Keep your head up, make eye contact, and straighten up. Use that backbone of yours and feel instantly empowered.

2. Walk Faster.

What image are you projecting to others with your stride? Is it lazy or energetic? Is it tentative or purposeful? Changing the way you walk instantly changes how you feel and how others see you. Confident people walk faster. So step up your pace even if you aren't in a hurry and you will look and feel more important.

3. Speak up.

A lot of people with confidence issues are afraid to speak up. It's normal! We never know how people will judge our words and we don't want to deal with that. Yet, if you are going to grow confident, you need to chase that fear away gradually. Let go of the thought that everyone is watching you. People are more accepting than you think. Practice makes perfect so make that effort to contribute to the discussion every now and then. You'll find it gets easier over time. The more people hear your voice, the more your presence is felt.

4. Work out.

Aside from the fact that exercising regularly will help improve your appearance, physical fitness has a great impact on your energy levels. That's two bonus points for your confidence. When you're in shape, you feel attractive and more self-assured. And that energy boost will naturally show in the way you carry yourself! Remember to have your daily dose of [Del Monte Fit 'n Right](#) to help you increase your metabolic rate and block unwanted sugar.

As you work on these minor tweaks to portray the best version of yourself, find ways to make sure that you are in fact becoming your best self. Simple things like eating the right amount of fruits daily and staying hydrated can do wonders for your health, which affects the way you look and feel.

Sources:

<http://www.pickthebrain.com>

<http://www.positivityblog.com>

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