



You Can Be More Confident If You Do These Tips



Do you sometimes feel like your confidence level is low or non-existent? If so, do not fret. Almost every teenager has felt this way; others are just better at masking their feelings. Here are a few not-so-secret tips and ingredients to boost your confidence level and feel more self-assured when you are around a group of people:

Love yourself.

This may sound like a cliché but it truly is impossible to be confident if you do not love and respect yourself. Acknowledge your flaws and shortcomings. Keep in mind that they make who you are and you are beautiful because of them. Play with your strengths and strive to be a better person every day. Another great advice from SchoolFamily.com is to never compare yourself with others.

Be kind to others.

There is something about helping other people that makes a person feel better about themselves. Volunteer at an orphanage, do community service, or simply take the time to talk to a homeless person. This will make you feel more confident about yourself in no time.

Eat right and exercise.

It is challenging to feel confident if you do not eat right or take the time to exercise. Studies show that a proper diet and adequate exercise can make a very big difference in a person's disposition and self-esteem. According to Yoga In My School, light exercises like swimming or even walking can greatly improve one's mood and performance. And if you feel good, you'll feel more confident. With this in mind, go on a short run around your neighborhood or schedule a hike with friends. Don't forget to stay hydrated while on the go. Take a bottle of [Del Monte Fit 'n Right](#) with you as you head out!

Trendy clothes and the latest gadgets may be cool but nothing beats having the confidence to face the world with your head held high. Make a habit out of the simple confidence-building tactics we mentioned above and let the world see all the good things you have to offer.

