

13 Essential **SECRETS** to appearing **CONFIDENT**

Looking self-assured can help you to feel more secure even when your palms are sweating and your heart is racing. Plus, a confident appearance encourages others to trust and admire you.

Whether on a job interview or meeting your future in-laws, there are times in life that we all feel pressured to make a good impression. Try these methods for projecting more poise.

1. BREATHE

Your breath plays a big role in determining how you think and feel. Steady yourself with a few long inhalations and exhalations.

2. SLOW DOWN.

Do you find yourself talking a mile a minute when you're nervous? Pause for a minute and collect your thoughts. Speak deliberately and take time to listen to others. You'll sound much more knowledgeable.

3. SMILE WIDE.

A friendly smile suggests you like yourself and those around you. Picture a puppy or a beautiful sunset if you need inspiration.

4. LIVE HEALTHY.

It's easier to be upbeat when you're physically fit. Exercise regularly, eat a healthy diet, and go to bed on time.

5. FOCUS ON YOUR STRENGTHS.

Score some easy wins by concentrating on activities that you're good at. You'll arrive at the office feeling more competent if you already ran a 6 minute mile or painted a watercolor.

6. CHANGE A HABIT.

On the other hand, you can also work on any area where you want to strengthen your skills. Maybe you've been spending a fortune at commercial garages because parallel parking intimidates you. Sign up for a driving lesson or practice on a quiet street.

7. REACH OUT.

Healthy self-esteem takes into account how much we need each other to succeed. Cultivating a sturdy support system will help to see you through any challenge.

9. SERVE OTHERS.

One sure way to put your doubts aside is to look for ways to help out. You'll forget about the fact you're surrounded by strangers at a networking event if you're busy volunteering at the registration desk.

11. TRANSFORM ANXIETY INTO EAGERNESS.

How often do you feel excited wondering how many brands of toothpaste were manufactured last year? The fact is we only become antsy about things we care about. Turn that to your advantage by anticipating the meaningful rewards at stake.

13. CARRY A LUCKY CHARM.

There's a good reason why many baseball players tote around a special bottle cap or a rabbit's foot in their pocket for important games. Psychologists suggest that you can make your own magic when you follow rituals that help you to raise your expectations and persist through any obstacles.

8. BE PREPARED.

Ever have those dreams about taking a test you failed to study for? Any task becomes less daunting when you've done your homework. Research a company before you make that call. Watch the local news so you have something to talk about when you're networking.

10. ACKNOWLEDGE YOUR FEELINGS.

The first step in gaining control over your feelings is to accept them. Let yourself know that it's okay to feel nervous before a business presentation. You may even want to mention it to the audience in order to build rapport.

12. DRESS UP.

Superficial gestures can sometimes have a big impact. An attractive new hair style or winter coat could make you feel fabulous.

Manage your doubts and build your confidence. Believing in yourself will help you to pursue what you really want in life. Simple actions can train you to convey a positive and realistic sense of your value even when you're feeling anxious.