

# 10 EASY TIPS TO IMPROVE SELF CONFIDENCE

[Jump to today's task](#)

We can get so tied up in our symptoms, and go overwhelmed by the feelings of our bodies telling us we're not 25 anymore, that we can forget to be good to ourselves and to cultivate good thoughts. One phrase which can help, like a sort of mantra, is: I AM ENOUGH.

Remember, it doesn't matter what anyone else thinks about you. Not your friends, not your partner/spouse and certainly not a stranger. You are the most important person in your life, so use these 10 tips to learn to love yourself.

## 1. Be kind to yourself

As a perimenopausal or menopausal woman, you're probably over 40 (not always, but on average) which means you're got this far, and you're doing ok. You are more beautiful than you think, you are stronger than you think, and it's ok to have bad days. Speak to yourself the same way as you'd speak to others.

## 2. You are the best

As we've been saying during the first 5 days of this challenge, you are completely individual and if you consider that for a minute, that means comparing yourself to others makes no sense at all really. Everyone has a different story and it's often not the one we can see. So don't compare yourself to anyone.

## 3. Get moving

Exercising gets those happy hormones circulating in the body. Happy hormones mean that we just feel better in general and that can impact positively on your self confidence.

## 4. Nobody's perfect

Don't beat yourself up if you don't get it perfect. Being the best you can be is enough. And if that sometimes means pyjamas and ice cream, instead of a fabulous outfit and a big smile, that's ok.

## **5. Remember that everyone makes mistakes**

There is no wrong way to do anything. There is only the way that you do it. If it could have been done better, you'll do it better next time. So don't beat yourself up for forgetting things. Don't worry that you're having

## **6. Focus on what you can change**

In the first 5 days of this challenge we looked at some really powerful strategies to make your menopause a better one. Focus on one thing and work on that. When you've got that, move to the next thing. Small steps, and big pats on the back, will make you feel good about yourself and accomplished.

## **7. Do what makes you happy**

It's easy to get so caught up in your symptoms during menopause, and that sometimes means not noticing the good things that are still there or not giving ourselves the time to enjoy those good things. So, if you love to walk out in nature, make sure you do so as often as you can. If you love reading, get that book out. If you love art, go to a gallery. Make time for you as often as you can.

## **8. Celebrate the small stuff**

You got up on time this morning. Tick. You really enjoyed your breakfast. Winning. You've gone 3 days without that morning chocolate biscuit from Day 3 trigger avoidance strategies. AMAZING! Celebrate every little victory.

## **9. Help others**

It's ok to feel good about helping other people. The gratification from knowing you've helped someone out is a great way to boost those feel good hormones. Even if it's just checking on a neighbour, smiling at a stranger, helping someone with their bags, or helping a friend with a problem, giving means good feelings.

## **10. Get dressed up**

Often as we approach the menopausal years, we can feel like the zest has gone out of our lives. We aren't the same body shape we were at 25 and we will never be again. Not without 2 hours a day in the gym and a personal chef. So find out what style fits your body shape so you can feel the best possible in your skin. Find out what colours suit your skin tone. It can take 10 years off you and feeling 10 years younger is going to make you feel amazing.

**Task for today**

Share in the comments under the video for today, what you're self confidence problem areas are.

Come along to the live interview tonight with Impact and Image Consultant, Lara Lauder. Lara will be giving us some tips on how to dress for self confidence and how to use the right colours for the right impact.