



More Strategies

- Give yourself an appraisal.
 - This is particularly useful if you're self-employed. When there isn't anyone to give you positive feedback, you need to be the one to supply it. List any achievements you're proud of. What are your skills? What could you talk about for hours? Chances are, you're better than the vast majority of people at these things.
- Remember that awareness is a good thing.
 - The sheer fact that you're critical about your abilities is a sign that you care. A key ingredient to mastering anything is to care enough about it that you want to improve. If the greats felt imposter syndrome (and they did) you can put yourself on the same tumultuous path to mastery.
- Make a “feel good” file.
 - This is a file — physical or digital — where you save all the positive testimonials, kind words, praise and thanks that you receive. Every time you need a bit of a confidence boost, remind yourself of your greatness by flicking through this file.
- Spend time with those who lift you up.
 - While it's easy to get absorbed into our own bubble when dealing with a dip in confidence, one of the best things we can do is surround ourselves with others who will pull us out of our slump. Carla Busazi, former editor-in-chief of the Huffington Post UK, recommends a glass of wine or a lunch with someone who can reassure you that you are worthy, brilliant and fully deserving of your success. Conversely, take a step back from those who make you feel inadequate. Although it may not be intentional, some people will only remind us of our flaws and ultimately contribute to our lack of confidence.
- Keep a journal.
 - Every day make a note of one thing you achieved or felt good about that day. Some use daily affirmations to train their brain into feeling more confident, but I recommend starting with achievements; they are more concrete and measurable. The practice of writing down these accomplishments ultimately will increase self-confidence and belief in your abilities. Whatever you do, don't let impostor syndrome or lack of confidence hold you back.
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