



# Confidence Hacks: 99 Small Actions to Massively Boost Your Confidence

*Barrie Davenport*

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## **Boost Your Confidence Daily**

Want to feel more self-assured and motivated in your career? Have you had difficulty speaking up for yourself or saying what you feel? Ready to feel good about who you are, how you look, and your ability to make things happen? Right now, you have goals and dreams for your life. You have many skills, talents, and plenty of intelligence. But sometimes a lack of confidence holds you back from taking action, being your best self, and achieving the success in your work, relationships, and life that you deserve. Every single day, you CAN take small actions to rebuild your confidence so that over time, you emerge as a new person — someone who knows they have what it takes and isn't afraid to go for it. With an arsenal of small tools at your disposal, you can build a powerful confidence foundation to support you and keep you on track for ongoing success.

## **Big Hacks + Small Actions = A Confident New You**

Most people lack confidence in some area of their lives. Some people have low confidence in general. Either way, it's important to look at ALL parts of your life to see where low self-confidence might be holding you back or infecting other aspects of your life with fear or inertia. With Confidence Hacks, you'll review 99 hacks or tips in ten key areas to give you clarity on your confidence roadblocks. These ideas will reveal the benefits of strengthening confidence in each area and challenge you to take small, manageable actions to renew your motivation, self-assurance, and determination. The book covers confidence hacks for relationships, social life, career, communication, appearance, self-improvement, body language, thinking, fun and adventure, and finances.

## **Take Control: How Confidence Hacking Can Change Your Life**

Confidence has the power to make or break us. When we have it, we feel on top of the world and capable of anything. Without it, we want to stay in the shadows, never venturing past the status quo. Even a small boost of confidence can motivate you to take one action — and it only takes one action to implement powerful change. Just asking for the raise could make the difference in getting the account or losing it. Simply introducing yourself could lead you to the love of your life. Having the courage to ask for that raise could mean living in your dream house. With every small win, your confidence grows exponentially. When you learn small confidence hacks, you create big ripples of positive change in your life.


# ORDER: Confidence Hacks: 99 Small Actions to Massively Boost Self-Confidence

Confidence Hacks is your handbook for taking control of your confidence, one small action at a time. It's your go-to guide whenever you need a little confidence kick in the butt and a bit of inspiration to remember the powerful, amazing person you are. It will gently challenge you to stop fretting and start doing, even when you feel afraid. You'll learn: \*\* How to notice "people pleasing". \*\* How to build sexual confidence.\*\* The skills of small talk and social conversation. \*\* The best way to get clear on career goals.\*\* How to speak out in groups and speak up for what you want. \*\* Why you need to learn confident body language\*\* The secret to disengaging from negative thought loops and limiting beliefs.\*\*Ideas on feeling confident about your money and financial situation.\*\*

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