



Believe in Yourself! - If we had a rupee for every time we got this advice during rough times, we would all be millionaires, won't we?

It's everyone's favourite piece of advice to give. However, that's where it ends. No one has anything to offer when it comes to answering the question, "How to believe in myself?" Either that or there's something very generic like - "Don't doubt yourself" which is just "Believe in yourself" rephrased.

However, the absolute importance of self-belief when it comes to achieving happiness and success in life is also undeniable. So is the importance of learning how to do it as according to Experts, **90%** of the people in India have low self-esteem.

So here are **5 simple tips** to give that self-belief a boost whenever you start doubting your own capabilities:



Eat that frog

The best way to achieve our dreams is to lay out a planned path, aim for the farthest star and take baby steps down from there. Narrow down a list of all important tasks and conquer them in a descending order - starting from most difficult (frog) to the easy ones.

This proven technique by self development author, Brian Tracy helps inculcate self-discipline and remain on track.



Celebrate your achievements

Acknowledging our achievements makes us feel good about ourselves. So every time you achieve something - no matter how small it may seem to you, reward yourself - maybe order your favourite food or buy something you like?

Psychologists suggest that self rewards bring a positive boost in our self-enthusiasm and motivation to keep moving forward.



Practise positive self-talk

Affirmations are proven to be the most powerful tool based on studies that say that telling

good things about ourselves helps maintain our sense of self-integrity. All you've to do is pick a positive phrase about yourself and repeat it on a regular basis.

For eg. Try telling yourself "I know I can accomplish anything I set my mind to" or "I turn obstacles into learning opportunities."



Journal your thoughts

Try to find your happy place and dump everything in it that you appreciate about yourself or plan to work on. For eg. for a career development goal, you can write "I will find a networking group in my field of interest and join it by March" or appreciate yourself - "Today, I accomplished my task successfully".

Research says that associating our thoughts with written words boosts mood, improves working memory and reduces anxiety.



Relish moments of pride

Remind yourself that you've come a long way from previous challenges and that you are stronger. Spend a few minutes each day thinking about past successes. As per research, cherishing such memories strengthens our neurological pathways responsible for positive-thought processes. This changes our brain structure, helping us look on the brighter side.

Here are 3 steps you can follow as a **reminder to believe in yourself** -

- For every good day such as when you got appreciated or achieved something, mark **'Green'** on calendar
- For every okay or average day, mark **'Yellow'**

- On days you feel low or not so confident, mark '**Orange**' and look back to embrace the good days. This will boost your self-belief.

You're capable and we all believe in you. If you're looking for further motivation, our experts are here to help 24x7.

CONNECT WITH AN EXPERT NOW

If you have any further doubts, concerns, queries, or simply want to say hello, drop a mail at campus@yourdost.com.

**Always with you,
Team YourDOST**
