

# SUGGESTED ACTIVITIES TO HELP BUILD YOUR CONFIDENCE



## GIVE YOURSELF MORE CREDIT

- Make a list of all your competencies.
- Identify who benefits from these.

## DO MORE

- Restart doing things that are important to you.
- Set a regular routine of practice.

## ASK FOR WHAT YOU WANT

- Practise asking for what you want out aloud and facing the mirror.
- Do it a few times to feel more comfortable hearing yourself saying it.
- Ask the relevant person clearly and unapologetically for what you want.

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FOR MORE TIPS**

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