

10 Tips to Build Self-Belief

1. Identify your strengths
2. Celebrate all achievements big & small.
3. Identify your values and stay true to them.
4. Use positive language with yourself.
5. Work on a growth mindset every day
6. Keep a regular gratitude journal
7. Be authentic and "You Do You"
8. Surround yourself with a supportive tribe.
9. Don't fear failure, it's a life lesson.
10. Don't be hard on yourself and practice self LOVE & KINDNESS

