

Ultiself Confidence Routine

Implement this routine to build confidence, be more self assured and have greater self respect and self efficacy.



Review Your Goals - Accomplishing goals and objectives gives you a dopamine boost and increases your confidence.

ACTION - Review and prioritize your goals daily or weekly.



Breathing Exercises - Breath control slows down your heart rate and makes you feel confident by strengthening your parasympathetic nervous system.

ACTION - Take 10 deep breaths before confidently addressing stressful situations.



Proactive Discomfort - Exposing yourself to controlled uncomfortable situations will improve your stress reaction.

ACTION - Engage with situations that make you feel anxious or stressed on a regular basis (being careful).



Visualization - Taking your goals and visualizing yourself as having achieved them improves your confidence.

ACTION - Take one goal and visualize achievement as detailed as possible.



Omega 3 Intake - Omega-3 fatty acids protect you from diseases and increase your mental awareness.

ACTION - Take 250-500 mg of omega-3 fatty acids every day.