
6 Behaviors

To Increase Your *Confidence*

Confidence isn't a personality trait — it's a set of behaviors.
Here are six you can start practicing today.

Erin Tran

erintran.com

Here's what you'll **discover**.

- 1 Shoulders *Up*
- 2 I *See You*
- 3 Make Yourself *Proud*
- 4 Own Your *Difference*
- 5 Three Little *Words*
- 6 Selfie *Comfort*

1 Shoulders *Up*

- Whether you are sitting, standing, or walking — no hunching over.
- Move like you are proud of your body (even if you aren't at the moment).

It's that simple.

2 I *See You*

- Look people in the eye as often as you can.
- Walking to lunch? Look people in the eye as you pass by them.
- Taking public transit? Look people in the eye as you enter and exit.
- Give your eyes and lips a friendly look — almost as though you are about to genuinely smile.
- If the moment feels right, give a smile.

BONUS

Say hi and/or dip your head in acknowledgement.

3 Make Yourself *Proud*

This is a big one — so let's eat the elephant one bite at a time.

- Regardless of how fit you are right now, there is some part of you that you wish were just a bit more "yummy."
- Let's commit to giving that area our focus every morning for just 30 seconds right after we wake up.

Step 1:

Pick your body part.

Step 2:

30 seconds of an exercise that targets it.

EXAMPLES

Abs: 30 seconds of sit-ups

Arms: 30 seconds of arm circles

Calves: 30 seconds of calf raises

Thighs: 30 seconds of squats

4 Own Your *Difference*

FROM ERIN

I'm a lefty and I spent most of my first year of school being told to use my right hand every time I picked up the scissors. It wasn't my fault I was born left-handed. But I was. And so I started to hide it. Then, at 9, I started playing soccer — my left foot made me a really strong asset on the left side of the field. It gave the team a competitive advantage.

What makes you different?

How can you turn that into a competitive advantage?

Stuck on this? Ask friends, family, or coworkers. I promise you the mindset shift from hiding to competitive advantage will do all kinds of good things for your confidence.

5 Three Little *Words*

- Repeat "I am enough" during those 30 seconds of making your body part "yummy."
- When you finish the 30 seconds, say it one last time with **CONVICTION**.
- Don't ever stop telling yourself this.

REMEMBER

This doesn't mean you don't need to have goals or never to work on self-improvement or learning — it simply sits alongside these things, reminding yourself that you are indeed, enough.

6 *Selfie Comfort*

Step 1:

Take a quick (not posed) selfie of your face. It's okay if part of your body is in the shot too.

Step 2:

Look at this same selfie every day and notice something you like about your face (or body).

FROM ERIN

I have always hidden behind the camera, not liking the way I looked in photos, and I realized that I was quietly judging that I didn't look good enough to be in them — and not until I did this exercise did I start to embrace me, just the way I am.

Confidence is built, not born.

Start with one behavior. Practice it until it feels natural.
Then add the next. You don't have to do all six at once — just start.

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