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HOW TO USE THE 3 R'S OF

## 4 Quick Confidence Boosters



Remedies when you need  
just-in-time help

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# 4 Quick Confidence Boosters

Remedies when you need just-in-time help

## Tip 1: Stand or Sit Tall



Your mother was right when she told you to stand up straight and not slouch.

The more upright your stance, whether standing or sitting, the more confidence you communicate and feel.

### What the research says:

*Researchers [at Ohio State University] found that people who were told to sit up straight were more likely to believe thoughts they wrote down while in that posture concerning whether they were qualified for a job. <sup>1</sup>*

The researchers also asked participants to write down three positive and three negative things about themselves. Those in the upright position rated themselves more highly than those in the slouched position. Conversely, those in the slouched position rated themselves more negatively.

### Need a quick confidence boost?

- Throw back your shoulders, look straight ahead, and stand with feet shoulder-width apart or sit with your feet flat on the floor.
- Create a list of positive things about yourself and your life.

## Tip 2: Turn Off Negative Self-Talk

Negative self-talk can easily undermine your self-confidence with a constant diet of criticism. This inner critic is tricky and sly.

Most of the time, you don't actively listen to what your self-talk is saying; it's a constant chatter running through your mind. Like elevator music, you just ignore it. However, when that chatter comes from your inner critic, it's full of negative statements that can undermine your confidence without you're realizing it.

Suddenly, you're doubting yourself and don't know why.

## What the research says:

*Becoming aware of exactly what you are saying to yourself about yourself can help you understand why you react the way you do to events and people in your life. It can also give you a handle on controlling your moods, repeating your successes and short-circuiting your shortcomings.* <sup>2</sup>

Just as your body suffers if you feed it a solid diet of junk food, your self-esteem and self-image suffer when you feed them a constant diet of negativity. Your mood turns sour, which, in turn, affects your attitude and, ultimately, your behavior and performance suffer.

### Need a quick confidence boost?

When you feel less confident or when you become unsure of your ability, it's likely coming from your inner critic. Start to pay attention to what you're telling yourself and immediately stop the messages. Replace them with something positive by:

- Remembering past successes. You've met challenges before; you can do it again.
- Talking to yourself as a close friend or loved one would.
- Telling yourself that your thoughts are just that: thoughts, not facts.
- Giving your inner critic a name. Brené Brown, PhD, a research professor at the University of Houston Graduate College of Social Work, calls hers "The Gremlin." I call mine "Wormtongue" from the character in *The Two Towers* by J.R.R. Tolkien.
- Creating an outrageous avatar of your inner critic. Wormtongue is a scrawny chicken with a long neck. This image alone makes me laugh away the negative messages.
- Standing in front of a mirror, looking yourself right in the eyes, and repeating your negative self-talk messages aloud to your image. When you stop laughing, change the self-talk channel to a more positive one.

## Tip 3: Strike a Bad-ass Pose

Think about Superman or Wonder Woman or Black Panther. What does their posture tell you about boosting your confidence? They don't just stand tall. They take up space by using a larger stance, putting their hands on their waist or hips, and thrusting out their chest.

Body and mind are connected.

Try this quick experiment.

- For about 60 seconds, think of something that makes you insanely happy. Your spouse, kids, pets, football. It doesn't matter what it is as long as it makes you feel happy.
- Are you smiling? Has your mood elevated?
- Now, think of something else that makes you happy. This time, frown and purse your lips. Can you do it without changing what you're thinking of? Probably not.

Mind-body-emotions are all connected in a system. Change one element and the system shifts.



## Here's what the research says:

Social psychologist [Amy Cuddy gave a talk](#) about the scientific evidence behind power posing at TEDGlobal 2012. Two minutes of power posing:

*.... Lead to these hormonal changes that configure your brain to basically be either assertive, confident and comfortable, or really stress-reactive, and feeling sort of shut down. And we've all had the feeling, right? So it seems that our non-verbals do govern how we think and feel about ourselves, so it's not just others, but it's also ourselves. Also, our bodies change our minds. <sup>3</sup>*

### Need a quick confidence boost?

You might want to do this someplace private.

- Strike a power pose.
- Think of your favorite super hero.
- Mimic their pose.
- Wonder Woman? Imagine you're wearing her bracelets and cross them in front of you.
- Superman? Thrust out your chest and imagine that cape flowing behind you.
- Black Panther? Shout "Wakanda Forever!" as loudly as you can.
- Get into character, then raise your hands over your head in a "V," pump your fists, or run in place.

## Tip 4: Pump Up the Music

Listening to music can energize you and increase your mood and confidence.

This is a practice that athletes often do before a performance. What kind of music is blasted through the stadium to rev up the crowd? It's not opera or symphonic. It's loud and has a pounding beat.

The key is to use music with lots of bass and little treble.

Think about the theme music John Williams created for Darth Vader in the original three *Star Wars* movies. Vader is the quintessential, powerful, confident villain. Whenever he appears, you hear his heavy, deep, pounding-beats theme: Dum, dum, dum, dum-da-dum, dum-da-dum.



## What the research says:

A group of researchers decided to test the theory that music can be used to make people feel more powerful.

*They brought people into the lab, played them a number of songs, and simply asked them to rate on a seven-point scale how powerful, dominant, and determined the songs made them feel. The winners — Queen’s “We Will Rock You,” 2 Unlimited “Get Ready for This,” and 50 Cent’s “In Da Club” — were compiled into a “high-power” playlist.<sup>4</sup>*

Empowering music can put you in a more confident state of mind.

## Need a quick confidence boost?

- Create a playlist of music that pumps you up.
- The louder the music, the stronger the benefit.
- Sit in your car and let it rip.
- Put in your ear buds, but don’t blow out your eardrums.

## Resources

1. [Ohio State University. “Body Posture Affects Confidence in Your Own Thoughts Study Finds.” ScienceDaily. ScienceDaily, 5 October 2009.](#)
2. [A Description of Self-talk\\_ Narrative Self-talk to Examine the Value of Self-talk In Soccer Player.](#) Daftari, M.A., Sofian Omar Fauzee, Sadeghi, H, Department of Sports Science, University Putra Malaysia; and Akbari, A., Department of Exercise Physiology, Central Tehran Branch, Islamic Azad University, Tehran, Iran
3. [Your Body Language May Shape Who You Are.](#) Ann Cuddy.
4. [“Pump Up the Jams and Feel Powerful.” Kellogg Insight. Kellogg School of Management, Northwestern University.](#)

# Online Course

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By Patricia Haddock\_



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## Bio

**Patricia Haddock** has been a successful entrepreneur for more than 25 years. A professional writer, editor, trainer, and consultant, Patricia uses a multi-disciplinary approach to help her clients develop a success mindset and overcome obstacles to achieve unstoppable success. Visit her website at [www.theunstoppableprofessional.com](http://www.theunstoppableprofessional.com).