



AKONDA SY
CONSULTING

5 WAYS TO IMPROVE YOUR

Confidence and Self-Esteem

“Whether you think you can or think you can’t, you are right.”
—Henry Ford



Do you ever feel like the whole world is out to get you?

Do you ever feel frustrated, down-hearted, or even jealous, and start to wonder when it will finally be YOUR turn to experience happiness, success, or inner peace?

Do you ever look at your life and think, “This isn’t what I signed up for”?

If so—believe me, I get it.

Even though feelings like that can be isolating, the truth is that many women struggle with self-doubt and low confidence.

When we’re in those low places, it can feel impossible to climb upward... Like the whole world is waiting to kick us while we’re down, so why even try?

But I know from personal experience—the only way to move forward and overcome these feelings of lack is to take full responsibility for our self-esteem, our lives, and our results.

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Often, we fall into the trap of blaming other people or external factors for what happens to us and how we feel about it. Because we feel like our short-comings are based on things outside of our control, we look outside ourselves for the solutions.

But what if I told you that right now, you have within yourself everything you need to overcome any obstacle, obliterate distractions, and start showing up 100% in your life? What if I told you that taking full responsibility for your own happiness could actually give you more power over the path of your life?

In this guide, I’m going to share with you my five top strategies for improving confidence and self-esteem by taking responsibility in your own life.

These strategies might not all be comfortable—but based on my own firsthand experiences with self-doubt, as well as those of dozens of women I’ve coached to overcome their poor sense of self-esteem, I can assure you...

These confidence-building tips work.

So buckle in, my friend. It’s time to take back the reins in your life, boost your belief in yourself, and start rebuilding your sense of self-worth, so you can confidently pursue the life you want.



1. Stop Saying, "I Can't."

In a world full of critics, the first—and most important—voice you must learn to block out is the one in your own head telling you that you can't do something. When your inner critic pipes up, tell her to sit down and stop lying.

This is often easier said than done, but whenever that voice in your head starts whispering in your ear that you're not smart enough, creative enough, successful enough, etc., it's absolutely crucial that you ignore it and move forward anyway.

You can accomplish anything you set your mind to do. It starts with believing in yourself and setting aside intentional time to work on your goals





2. Close Your Eyes & Imagine Yourself Accomplishing Your Goals.

What's your biggest, brightest goal? Can you visualize yourself succeeding?

Right now, close your eyes and imagine yourself giving that speech, getting a standing ovation, feeling on top of the world ... Or doing whatever it is you want to do.

Visualization is a powerful and under-utilized tool. You might be amazed at how regular visualization exercises can help boost your confidence!

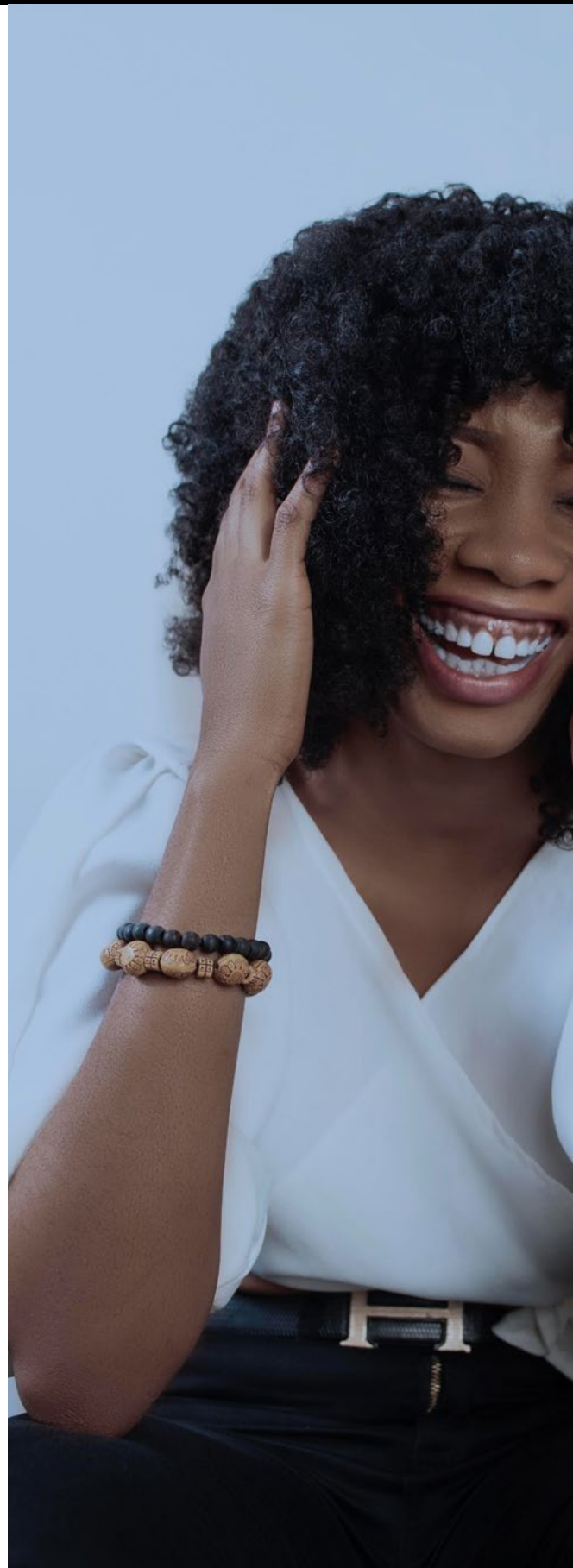
3. Take Time to Acknowledge Your Achievements.

Have you ever noticed how we tend to dwell on our failures... But we brush off our achievements?

Human nature is to remember the bad things that happen to us far more clearly than we remember the good. For example, we may recall in perfect detail the day we lost a loved one, were fired from our work place, or were involved in an accident.

But trying to drum up a memory of the last time you felt aligned and powerful? That's much harder.

So make an intentional effort—instead of letting your successes fade into the background, relish them. Celebrate them. If you passed an exam, lost weight, or signed an awesome new client in your business, be proud that all your hard work paid off!





4. Take small risks as often as possible

Self-confidence comes as a result of taking risks and coming out on top. But for people with low self-esteem, taking risks can be terrifying...

So start small. Increase your comfort with risk a little at a time. Learn a new skill. Challenge yourself to meet a difficult-but-achievable goal.

In time, you'll find that you succeed in the face of risk more often than you expected—and your willingness to take bigger chances on yourself will grow.

5. Set SMART Goals.

If you feel like you can't ever meet the goals you set for yourself, it's probably because you're not setting SMART goals.

SMART goals are Specific, Measurable, Achievable, Realistic, and Timely. In other words, they're designed to help you make trackable progress towards creating the reality you want.

Break your goals down into milestones. Check to make sure each of your milestones fits the criteria of a SMART goal. Then, celebrate every single milestone you achieve along the way to your bigger goal. These small celebrations will give you the energy to keep moving forward.





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Ready to Get Serious About Improving Your Confidence & Self-Esteem by Taking 100% Responsibility For Your Life?

I'm here to help!

Click here to schedule a free consultation with me, where we'll come up with a strategy to help you overcome nagging self-doubt, ditch the overwhelm, and start thriving.

[Schedule My Call Now]

Meet Akonda



Hey there! I'm Akonda—a Personal Development Coach who empowers women to thrive after overwhelm using proven success strategies.

I help women move from STUCK to SUCCESSFUL, from CONFUSED to FOCUSED—because I believe that each one of us is destined for greatness, and that achieving greatness is all about stepping into our individual purpose.

Women tend to provide and support for everyone around us... But we also deserve to experience unshakeable belief in ourselves. I coach women like you to build up your sense of self-worth, so you can unleash your full potential, turn your vision into a set of concrete goals, and outline a clear strategy to reach them.

It's time for you to decide what you want, and to move towards achieving the greatness that is rightfully yours. I'm here to be your guide and help you overcome the inner obstacles that threaten to hold you back.