

Size does matter: **THE BIGGER, THE BETTER**

EVERYDAY tips for a bigger self-confidence **CHECK LIST** short version

- ☐ **BRUSH YOUR TEETH**
you want to make sure you'll be able share your smile with the world and make everyone else smile back, feel confident while smiling.
- ☐ **READ MORE BOOKS, WATCH DOCUMENTARIES, LISTEN TO THE NEWS**
you want to feel confident that you know what people around you is talking about, you do not want to be clueless when someone ask you a question. Being an expert in your field will make you the "go to" person in the room, NOBODY likes a know-it-all, but EVERYONE loves a person who's always willing to help and give advice when asked for. Reading will give you the knowledge without the suffering others had to endure to acquire it. And lastly, you want a raise, don't you?
- ☐ **GET BACK IN SHAPE**
gain more confidence by being able to do the same things you did 10 years ago, you won't feel embarrassed due to the lack of breath after taking the stairs, your confidence will increase when you impress him or her because you look more attractive than on the wedding day, being healthier is not a promise of a longer life, but you'll know that while alive you were an example to your relatives and friends. Trust me, exercising will make you feel more confident and more energized.
- ☐ **DO WHAT YOU LOVE AND ENJOY**
life's too short, you want to be doing what you love to do not what you are getting paid to do. Doing what you enjoy will gain you confidence because your chances of mastering it are much higher and you'll have a smile on your face while performing.
- ☐ **USE AN EFFECTIVE ANTIPERSPIRANT (give Sweat block a try)**
you want to feel confident you won't be showing a sweat stain when raising your arms like a champ, pointing at the screen during the meeting or leaving a sweat mark when hugging someone.



Size does matter: **THE BIGGER, THE BETTER**

EVERYDAY tips for a bigger self-confidence

- ☐ **BE ON TIME**
you want to feel confident you won't be causing someone else to be expecting you to get things started. Being the reason for annoyance before even showing up, is not a good idea. Things do happen, if you must be late, be polite and let people know in advance so they can make a better use of their time.
- ☐ **CHILL OUT AND MEDITATE**
you want to be relaxed, with peace of mind great ideas will pop up, more oxygen will enter your brain and you'll feel more confident when expressing your ideas.
- ☐ **STOP COMPLAINING AND TAKE ACTION**
complaining gets you nowhere, it does not get you anything else than enemies, change your career, change your lifestyle, change your eating habits, that'll make a difference and it'll make you be confident that you're doing the right thing, which is actually something about it.
- ☐ **DRESS ACCORDINGLY**
your confidence might be in danger when outstading for the incorrect reason. Being the only person in the room wearing shorts and flip flops when everyone else is wearing khakis and casual shoes doesn't help much with confidence, of course, in that case you wouldn't want to wear a tuxedo either.
- ☐ **CARE FOR YOUR LOOK**
feel confident that your causing the right impression. Nothing wrong with a beard or longer than usual hair for men. Just make sure you wash it, comb it and shave it. Women, shaving and waxing is painful but your loved ones will appreciate your sacrifice. It's not that hard, just **KEEP A CLEAN LOOK**.

WITH OUR COACHING AND MENTORING SERVICES YOU'LL GET PROVEN TOOLS TO HELP YOU ACHIEVE THESE AND MANY THINGS MORE, INCLUDING YOUR GOALS.

READ QR CODE OR VISIT US AT www.contugo.mx/self-diagnosis

