



Presented by BU Happiness College

How To Be Confident

www.buhappinesscollege.com





"Confidence is our ability to see ourselves as flawed and still hold ourselves in high regard"
- **Esther Perel**

Check Yourself



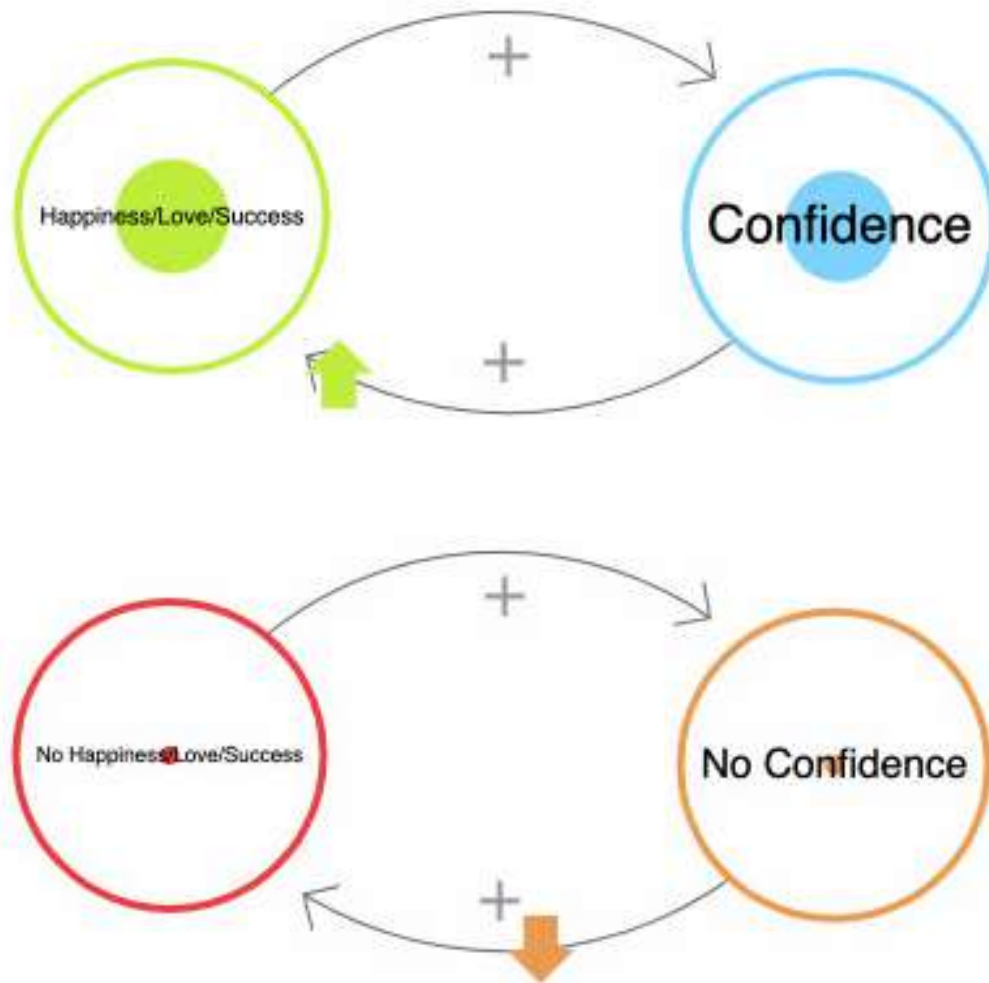
What is confidence to you?



My 7 Adjectives



The Confidence Conundrum



What external improvement techniques have you tried? Did they work?

A large, empty, rounded rectangular box intended for a response to the question above.

Facing The Fear



In what areas do you feel insecure or inadequate?

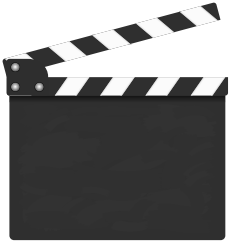
What do you need to work on?

What can you do to increase your competence?

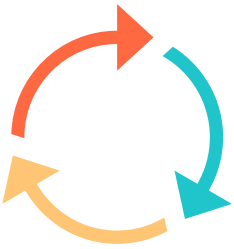


Is Confidence Real?

Action vs Inaction



The Zeigarnik Effect



100-Day Challenge



A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains. The overall tone is warm and focused.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...