

Self-Belief

Self- Belief is a way of thinking that relates to confidence in one's own abilities, judgement, and power. It is a practice of personal trust that allows one to believe they can do things well, and to achieve strong self-worth.



Develop self-belief in easy steps

1. **Know who you want to be:** "If you were not afraid, what would you do, who would you be? Push away low self-esteem by asking yourself questions that inspire goals.
2. **Affirm yourself:** Get in the habit of stating positive self-affirmations every day! These are positive statements that build self-worth- "I am worthy of everything I desire."
3. **Face your fears:** To face fears, one must face the root of their self-doubt. Once understanding your own insecurities and fears speak about them, approach them!
4. **Address your inner critic:** First decide if your inner critic is society or yourself? Then question why you have allowed either to adopt this role, and how has it helped you/hurt you?
5. **Be prepared to win:** Avoid a "winging it" mindset and prepare to work for the things you want. Trying your best and being prepared are key factors for success.
6. **Encourage others:** Try encouraging others to go after their own dreams. By changing the mindset that success is out of reach, begin believing success is something anyone can achieve; including you.
7. **Cut off negative acquaintances:** Make room in your life for positive relationships by removing yourself from relationships that make you feel unworthy, or unable to succeed.
8. **Take care of yourself:** To create or rebuild self-belief one must practice self-care, this includes all aspects; mental, emotional and physical.

For help on building your self-belief, contact the NYC EAP:

Monday – Friday, 8am – 7pm

Email: eap@olr.nyc.gov

Phone: 212-306-7660

