

## Seven Ways to Build Confidence

By Sara Debbie Gutfreund

*Never give up hope in yourself and in what you can achieve.*

- 1. See today as a new start.** Reframe your past mistakes as learning opportunities and approach each day as if you can make a whole, new life today. You can.
- 2. Know that God loves you.** Throughout your day remember how much God loves you and expects greatness from you. You are His child and He created you in His image. You always have this divine potential within you.
- 3. Give.** Give not only charity, but also your time, your wisdom, your warmth to others. The more we give, the more we realize how much more we have to give.
- 4. Learn Torah.** Every day learn something new, even if it's just one paragraph of wisdom and try to apply it to your life. Learning Torah reminds us how special it is to be a Jew and how much beauty we have in our souls.
- 5. Do something beyond your comfort zone.** Every day do one thing that requires a bit of stretch to accomplish. Doing several small challenging things gives us the confidence to tackle the bigger challenges when they arise.
- 6. Be humble.** Admit when you don't know something and put truth before pride.
- 7. Persist.** Don't give up when obstacles get in your way. Keep going, keep believing, and never give up hope in yourself and in what you can achieve.