



# NLP strategies for building confidence



## Create a mantra

Create a mantra for success. Before you even get out of bed in the morning, repeat your mantra aloud 3-5 times. This will set you up for success in the day ahead by starting it off on a positive, motivating note! Repeat your mantra in your head when you are gearing yourself up to take on a particularly challenging task.



## Receive compliments

Receiving compliments can give you a boost of self-confidence. If this is not easy for you to do “fake it till you make it” as eventually, you will come to see yourself in a more positive light and recognize your strengths and contributions.



## Anchor your good feelings

Anchoring is about making a connection between an emotion or feeling, for example confidence, and a physical action. When someone pays you a compliment or you achieve something great, anchor the feeling by touching your thumb and forefinger together. Doing the action repeatedly will pump up your confidence feeling. After building the connection, use this technique for anything that gives you anxiety because an anxious state drains confidence.



## Posture

Another important element to confidence is recognizing the importance that posture has on us. When we are feeling down our shoulders slump, our head is down, we slump. Pay attention to your posture. Neuroscientists have numerous studies on how the superman posture positively affects your brain chemistry and boosts confidence.



## Visualize

Visualizing is something we can all do. Spend time seeing yourself succeed rather than seeing yourself come undone. The brain is always listening to your narrative. Do not self-sabotage. See yourself being successful. The more time you put into it, the more you are training your brain to seek out opportunities to help you succeed.



## Modelling

An important key foundation in Neuro-linguistic Programming is modelling. To model, you emulate those who are confident. You observe, analyse, and then replicate the factors that contributed to their outstanding performance. Modelling helps you shorten your learning curve. You can learn to avoid common mistakes and apply the essential steps and strategies that have helped your role model succeed.



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