

MAKE 2014 YOUR MOST CONFIDENT YEAR EVER

CHANNEL YOUR INNER BEYONCÉ AND FOLLOW THESE EIGHT SIMPLE LIFE RULES TO MAKE THIS YEAR YOUR BEST YET...

January can be the least inspiring month of the year when it comes to confidence. We're in a post mince pie funk with a battered bank balance and a severe lack of sunshine. Do we feel ready to seek that promotion or flirt with a new sense of style? Do we heck! But it doesn't have to be that way. Make 2014 your most

confident 12 months ever with these eight mantras from clinical psychologist Dr Jessamy Hibberd, co-author of *This Book Will Make You Confident*. Whether it's playing with a new look, detoxing your relationships or getting that promotion, living your life by these rules will make 2014 your most successful year yet...

1 "I WILL STOP APOLOGISING"

Believe it or not, giving up the constant apologies is one of the first steps to discovering a happier, confident new you. "When it comes to confidence, men are really good at faking it," explains clinical psychologist Dr Hibberd. "Women, on the other hand, can be quick to point out their flaws before anyone else has a chance."

2 "I WILL TRY NEW THINGS"

That application for a new job, the country you've never visited or even the shop you've never dared walk into can all be daunting. But sometimes you just have to jump in. "If we wait until we're ready to do new things, we'd never do them," says Hibberd. "Don't wait. Do it now. Once you've done it, you'll feel confident enough to try it again."

3 "I WILL RUN A YEAR APPRAISAL"

Before you look ahead to this brand spanking new year, run a thorough year appraisal on the last 12 months. Focus on all the things you did particularly well and take the time to write each one of them down. "We often dwell on the things we've done badly," states Hibberd. "But looking at the good bits will be a massive step to increasing your confidence."

4 "I WILL ASK QUESTIONS"

Confident people always ask questions. "Asking questions is all part of the process of learning how to do something in the first place," says the psychologist. So the next time you want to hide under your desk rather than admit you need help, just remember that question may be the only thing standing between you and *that* promotion.

5 "I WILL PRIORITISE MY FRIENDSHIPS"

"Take a good look at your friendships and you might see that not everyone in your life is in your corner, backing you," advises Hibberd. This is a great way to lose anyone around you who zaps your confidence. This year, plan to invest your time on those whose opinions really count.

6 "I WON'T BE AFRAID TO MAKE SOME MISTAKES"

This might sound silly but the best thing you ever do in your career could be to make an error. Hear us out... "If you're afraid to make mistakes, then you're afraid to try," comments Hibberd. "Making mistakes is a crucial part of development. Once you see this, you'll be bolder at work and take on that new project with confidence."

7 "I WILL START GIVING MYSELF PEP TALKS"

You don't have to wait for someone else to say something nice. "The way you talk about yourself has a big effect on the way other people see you," explains the psychologist. "So telling yourself you're looking great – and believing it – is a really important confidence-boosting exercise."

8 "I WILL MAKE A 2014 PLAN"

If you want 2014 to be the year of the promotion, it's time to make a plan. "Use the SMART method to map your work goals," says Hibberd. "Make each step in your plan Specific, Measurable, Achievable, Realistic and Time sensitive. That way you will get a rush of confidence every time you tick something off." By December, you could have a new job to show for it.

