

## 5 Ways To Boost Your Self-Confidence Without Spending Money

Most people have certain issues with their self-confidence. Due to social pressure, insecurities creep in. Then they tend to spend more money to purchase fancier clothing, get expensive facial treatments, shiny accessories or high-end makeup.

But when your budget is pretty limited and you can't afford to splurge and engage in impulsive shopping, your self-confidence level might drop with every purchase you deny yourself. You long for that nice pair of shoes which will elongate your figure or for that new fitness DVD released by one of your favorite celebrities. But self-confidence is not strictly related to one's financial situation.

Here are 5 ways to boost your self-confidence without spending money:

### **1. Surround yourself with people who have a positive attitude towards life.**

Pessimists will tend to make you feel bad and drag down your mood all the time. Also, they might say inappropriate things that will hurt you and lower your self-esteem. Sometimes pessimists will make rude comments just out of jealousy or envy. Some don't even intend to be mean, but their sarcasm will still affect you.

Spend more time with cheerful people, who are always in a good mood and who don't shy away from making compliments. They will see all of your good parts and appreciate you. After all, feeling confident doesn't necessarily have to do with one's looks.

### **2. Help others.**

Knowing that you are useful to others and that you make their lives a bit better can significantly influence you and make you feel great about yourself. Whenever you have a bit of time on your hands, volunteer or help a neighbor. Simply contributing to a DIY task and giving a hand to someone you know can make a big difference.

There are many causes that need volunteers. See what's in your area and discover how you can be of assistance. Making someone smile will make your heart sing and you will forget about your confidence issues.

### **3. Pay attention to your posture.**

Stand tall as this won't only help your spine, but it will make you look more attractive too. This is an easy body language trick to look more confident too. Holding your head high and sitting up straight will allow you to feel more in control and secure.

### **4. Explore the small pleasures of life.**

Have you stopped just to watch a butterfly or to see how the leaves fall to the ground? A walk in a nearby nice park is really all it takes to discover the beauty of nature.

Take a while to be grateful for being alive and for all the good things that you have in life. It would be great if you would make a weekly or a daily list. When writing it, think of people from all walks of life and see how many things you have compared to most people in the world.

### **5. Be active.**

If you are always very busy, you won't have time to constantly think of the things you don't like about yourself. Exercise, cook, go out and make new friends or just watch your favorite series. Just don't keep looking in the mirror or reflect on past mistakes.