10 Tips to Build Self -Belief

1. Identify your strengths
2. Celebrate all acheivemnets big & small.
3. Identify your values and stay true to them.
4. Use positive language with yourslef.
5. Work on a growth mindset everyday
6. Write a gratitude journal everyday
7. Be authetinc and "You Do You"
8. Surround yourself with a supportive tribe.
9. Dont fear failure, its a life lesson.
10. Dont be hard on yourself and practice self LOVE.