

#### CONFIDENCE BUILDING EXERCISES







#### Confidence exercises

- √ when implemented regularly,
- √ they can help build a confident attitude
- √ improve productivity and quality of work.





These practices are ways to remind yourself of your abilities and boost your mood.



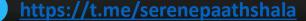






# 1. Smile more







✓ Even if you feel nervous, the act of smiling can help make you feel comfortable and improve your mood.





#### ☐ Most Important

✓ Smiling also serves as an example of positive body language, encouraging other people to interact with you.





✓ Smiling while giving a presentation or recommendations can help your audience perceive you as a confident individual and trust what you say.

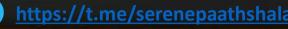




# 2. Portray a confident appearance



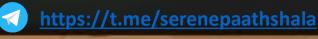






✓ When you feel confident about how you look, it can encourage confidence in other aspects of your life.







- ✓ For example,
- √ wearing an outfit that makes you feel comfortable and powerful can help ease your nerves for a job interview.





## THE 5 MOST COMMONLY USED ENGLISH VERB TENSE











S.NO	TENSES	FREQUENCY
1	Simple Present	57.51%
2	Simple Past	19.7%
3	Simple Future	8.5%
4	Present Perfect	6.0%
5	Present Progressive	5.1%





#### > आपने मुझे जगा दिया।





You woke me up.







#### > उसने वह जॉब छोड़ दी।





> She left that job.







> वह १० बजे चला गया था।







He left at 10 a.m.

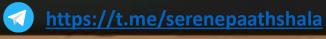






> वह चलते चलते फिसल गई।







She slipped while walking.







अनु की पिछले महीने शादी हो गई।





Anu got married last month.







> रोहन सीढ़ीओ से गिर गया।





Rohan fell off the stairs.







#### > मेरा पर्स घर रह गया।





I left my purse at home.

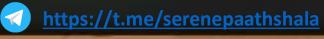






## > उसने मुझसे झूठ बोला।







She told me a lie.







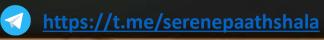
#### > उसने फूल तोड़ दिया।





He plucked the flower.









## > मैंने अखबार पढ़ लिया।







I read the newspaper.







#### > वह उससे बहुत प्यार करती थी।





She loved him very much.





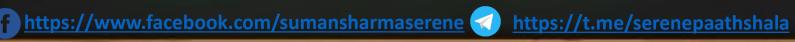


वह 2015 में भारत आया था।





> He came to India in 2015.



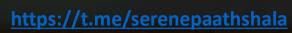




# DAILY SENTENCES









## अपनी मेहतवाकांशा को दिशा दो!





Direct your passion!







## अपनी शक्ति को पहचानो !





Realise your potential!







# > किस्मत वाले हैं आप!



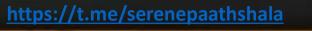




> Lucky you!



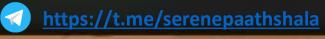






> तुम्हारे लिए अच्छा है!



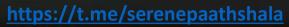




Good for you!









# > बेचारे तुम!

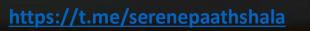




### > Poor you!









> तुम्हे पता है!

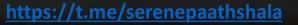




#### You know what?









> ये रहा!

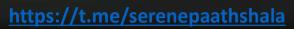




Here it is!









> ये लीजिए!



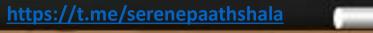




### Here you are!



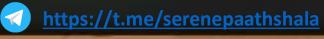






> कुछ बात है क्या ?









Is anything wrong?







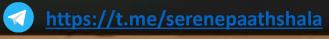
### > मेरा विश्ववास करो!





### > Believe me!







> कभी ना कभी/ आज नहीं तो कल!







Sooner or later!









