



Supreme

Family Overview

Styles

Supreme Thin
Supreme Thin Italic
Supreme Light
Supreme Light Italic
Supreme Regular
Supreme Italic
Supreme Book
Supreme Book Italic
Supreme Medium
Supreme Medium Italic
Supreme Bold, Bold Flat
Supreme Bold Italic, Flat Italic
Supreme Black
Supreme Black Italic

Separate PDF

Supreme **Display**

About the Font

LL Supreme presents a new take on Paul Renner's Futura (1927). Neither a revival nor a redesign, it reframes the concept famously underlying Renner's modernist uber classic: that a distinctive, fully functional yet sophisticated typeface could be constructed purely out of straight lines and circular curves. How, then, would this be best approached with today's digital means, almost a century later?

Lineto's first encounter with the Futura legacy dates to 2004, when Cornel Windlin was commissioned to art direct the catalogues and communication for Vitra's newly-established Home Collection. Vitra had been using Futura since the early 1980s, and while Cornel proposed to stick with it, he had trouble finding a suitable digital version.

Some were based on dubious phototypesetting sources, others focused too narrowly on reproducing metal types, replicating characteristic details resulting from the limitations of long-gone technologies. Aiming at a tougher, crisper and more geometric rendering of Futura, Cornel first worked with Laurenz Brunner on a single Medium cut. This proved successful, and in the years to follow, it was developed into a range of five weights called VFutura.

Ten years later, Arve Båtevik joined Lineto as a staff designer and was tasked with overhauling the five cuts of VFutura, in order to finally create matching italic cuts. However, upon examination, Arve proposed to entirely redraw the roman weights instead. This time, no particular version of Futura would serve as a starting point. Renner's concept

rather than its interpretation would serve as a guideline, so that everything would be geometrically constructed from scratch: Futura as it should have been. The project required a thorough understanding of Renner's principles of construction, his method for optical corrections, and his aesthetic preferences. After comparing original drawings with earlier drafts from 1925, and with the metal types in Light, Medium and Bold crafted by the punchcutters at Bauer in 1927, Arve defined the curves for individual groups of letters, fine-tuned the joins, and found distinctive solutions for the many formal problems across each weight.

Working against the current tendency of interpolating entire families, each cut of LL Supreme was drawn separately and, as a consequence, has its own identity. In a last step, the historical stylistic alternates were added to the project, reminiscent of the font's history and paying homage to Renner's daring spirit and his sense of elegance.

LL Supreme offers a contemporary take on Futura, meeting the aesthetic challenges of the digital era.

Glyph Overview

| | | |
|---------------------|--|--|
| Design | Designed by Arve Båtevik/Lineto (2017 – 2020) | |
| Credits | Font engineering and mastering by Alphabet, Berlin. | |
| Encoding | LL Supreme: Latin Extended | |
| File Formats | Opentype, Truetype, WOFF, WOFF2, EOT | |
| Contact | General inquiries: service@lineto.com Technical inquiries: support@lineto.com Sales & licensing inquiries: sales@lineto.com | Lineto GmbH Lutherstrasse 32 CH-8004 Zürich Switzerland Telephone +41 44 545 35 00 www.lineto.com |

| | |
|---|--|
| Uppercase | A B C D E F G H I J K L M N O P Q R S T U V W X Y Z |
| Lowercase | a b c d e f g h i j k l m n o p q r s t u v w x y z |
| Proportional, Oldstyle, Mono Figures | 0 1 2 3 4 5 6 7 8 9 0 1 2 3 4 5 6 7 8 9 o 1 2 3 4 5 6 7 8 9 |
| Ligatures | ff fi fl fj ft fm fn |
| Std Accented Characters – Standard Western | À à Á á Â â Ã ã Ä ä Å å Æ æ Ç ç È è É é Ê ê Ë ë Ì ì Í í Î î Ï ï Ð ð Ñ ñ Ò ò Ó ó Ô ô Õ õ Ö ö Ø ø Š š Ù ù Ú ú Û û Ü ü Ý ý Ÿ ž Ž ž Ɔ ɔ |
| Pro Accented Characters – Latin Extension | Ă ă Ă ă Ȧ ȧ Ā ā Ą ą Ą ą Ą ą Ą ą Ą ą Ą ą Č č Ć ć Ć ć Ď ď Ď ď Đ đ Ď ď Ď ď Ď ď Ě ě Ě ě Ě ě Ě ě Ě ě Ě ě Ě ě Ě ě Ĝ ĝ Ĝ ĝ Ĝ ĝ Ĝ ĝ Ĝ ĝ Ĝ ĝ Ĝ ĝ Ĝ ĝ Ĥ ĥ Ĥ ĥ Ĥ ĥ Ĥ ĥ Ĥ ĥ Ĥ ĥ Ĥ ĥ Ĥ ĥ Ĭ ĭ Ĭ ĭ Ĭ ĭ Ĭ ĭ Ĭ ĭ Ĭ ĭ Ĭ ĭ Ĭ ĭ Ĭ ĭ Í í Ĺ ĺ Ĺ ĺ Ĺ ĺ Ĺ ĺ Ĺ ĺ Ĺ ĺ Ĺ ĺ Ĺ ĺ Ĳ ĳ Ĳ ĳ Ĳ ĳ Ĳ ĳ Ĳ ĳ Ĳ ĳ Ĳ ĳ Ĳ ĳ Œ œ Œ œ Œ œ Œ œ Œ œ Œ œ Œ œ Œ œ Œ œ Š š Š š Š š Š š Š š Š š Š š Š š Š š Š š |

Glyph Overview

[illegible]

Punctuation (. , : ; ... ¡ ! ¿ ?) [& @ # ¶ §] { - _ — }
« » ‹ › – “ ” ’ ’ ’ ’ ’ ’ • \ * / % ‰ | ¡ °
† ‡ ℓ € © ® ® ™ ** *

Case Sensitive Forms `(){}[]--—«»<>:iž@#ıç£№€¢`

Currency ₪ ¢ ¤ ₧ ₨ \$ € ₧ ₨ ₪ ₮ ₯

Mathematical Operators

Tabular Glyphs 0 1 2 3 4 5 6 7 8 9 0 1 2 3 4 5 6 7 8 9

+ - × ÷ = ≠ ≡ > < ≥ ≤ ± # . ¬ ≈ ~ / ^ ◇

, . " ' ∞ √ μ ∧ ∫ ß Ç ç æ \$ € f Ğ ħ №

£ ¥ ¤ § ¨ Ω δ Δ Π Σ † ‡ ∫

| | | |
|---------------|----------------------|----------------------|
| Superscripts, | H ^{0 1 2 3} | H ^{0 1 2 3} |
| Subscripts, | | H _{0 1 2 3} |
| Fractions, | 1 ¼ ½ ¾ | 1 ª º |
| Ordinals | | |

Circled Numbers

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| ① | ② | ③ | ④ | ⑤ | ⑥ | ⑦ | ⑧ | ⑨ |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |

Symbols

Ornementals

Arrows

Roman Numerals
I II III IV V VI VII VIII IX X XI XII
L C D M

Numerators, Denominators

Superscript, Subscripts $H^{0\ 1\ 2\ 3\ 4\ 5\ 6\ 7\ 8\ 9}$ $H_{0\ 1\ 2\ 3\ 4\ 5\ 6\ 7\ 8\ 9}$

Layout Features

| | | |
|------------------------------------|--|--|
| Case Sensitive Forms | [secret] May–July info@lineto «Hello» ¿A qué hora? | [SECRET] MAY–JULY INFO@LINETO «HELLO» ¿A QUÉ HORA? |
| Standard Ligatures | flat suffix | flat suffix |
| Tabular Lining Numbers | 4.9.1984 1.1.2011 | 4.9.1984 1.1.2011 |
| Arbitrary Fraction | 2 7/8 6 2/5 × 9 4/5 34 1/6 ÷ 7 1/7 90 2/3 | 2 7/8 6 2/5 × 9 4/5 34 1/6 ÷ 7 1/7 90 2/3 |
| Superscript | North1, East2 | North ¹ , East ² |
| Subscript | H2O | H ₂ O |
| Ordinals | 1 ^a , 1 ^o | 1 ^a , 1 ^o |
| Stylistic Set 1: Alternate A, M, N | AWESOMENESS | AWESOMENESS |
| Stylistic Set 2: Alternate Æ | Ex Æquo | Ex Æquo |

| | | |
|-------------------------------------|----------------------|----------------------|
| Stylistic Set 3: Alternate J | Journey | Journey |
| Stylistic Set 4: Alternate K, k | Knowledge kale | Knowledge kale |
| Stylistic Set 5: Alternate a | Greatness | Greatness |
| Stylistic Set 6: Alternate a | Beast | Beaſt |
| Stylistic Set 7: Alternate e | Detox | Detox |
| Stylistic Set 8: Alternate f, z | Neurofeed Kunzite | Neurofeed Kunzite |
| Stylistic Set 9: Alternate g | Smart Drugs | Smart Drugs |
| Stylistic Set 10: Alternate g | Agressive | Agressive |
| Stylistic Set 11: Alternate g | Original | Original |
| Stylistic Set 12: Alternate g | Psychological | Psychological |
| Stylistic Set 13: Alternate j | joyful | joyful |
| Stylistic Set 14: Alternate n, m, r | Transformational | Transformational |

Layout Features

Stylistic Set 15:
Alternate f

Conscious

Conf3ciouf3

Stylistic Set 16:
Alternate f
Ligatures

Affective

Affective

Stylistic Set 17:
Alternate 0

20 + 3500

20 + 3500

Stylistic Set 18:
Alternate ?

Burn out?

Burn out?

Stylistic Set 19:
Alternate &

Power & Wisdom

Power & Wisdom

Stylistic Set 20:
Alternate
Accents

CAPHARNAÜM
MAELSTRÖM
ÄQUILIBRISMUS

CAPHARNAÜM
MAELSTRÖM
ÄQUILIBRISMUS

80 Points

Psychological well-being
(*Hearing voices*)
Early Warning Signs
Mental Health
Inevitable challenge

LL Supreme Thin

25 Points
- Standard
Ligatures

Anxiety Disorde, Behavior
Caffeine, Diagnosed,
Early-morning Awakening
Gain Score
HABIT-FORMING

32 Points
- Case Sensitive
Forms

Illnesses, Jealousy
[Karma]
Labor Turnover
OVERACHIEVER

45 Points

Patience
Quality of Life
RATING

55 Points

Social
Talent; Useful
Versatil
WELLNESS

80 Points
- Case Sensitive
Forms

Xanax
Youth
ZINC-0

6.5 Points

As children we think we can conquer the world, but somewhere between childhood and adulthood, our enthusiasm and natural inclinations to dream big are squashed. Parents and teachers start imposing their own beliefs, about what we can and can't do in life, upon us. If the instructors at the FBI Academy were not pushing us past our self-limiting beliefs, they weren't doing their job. Find your limits by exposing yourself to different situations and pushing

through the uncomfortable. Once you have confidence in yourself, you'll be amazed what you can accomplish. Our memory does not store information exactly as it's presented to us. Instead we extract the gist of the experience and store it in ways that makes the most sense to us. That's why different people witnessing the same event often have different versions. Your brain has a built-in confirmation bias. That means it stores information that is consistent

with your own beliefs, values and self-image. This selective memory system helps keep the brain from getting overloaded with too much information. So recognize that your memory does not always provide you with accurate information. For example if you have low self-esteem, your brain tends to store information that confirms your lack of confidence. That will be all you remember about a specific event. Revisit the facts of a memory loaded with self-

8.5 Points – Alternate a SS05

Does it sometimes seem like everyone around you is confident and sure of themselves? Chances are, they have doubts just like you. So what's the secret they've discovered about how to be confident? They know that confidence is not something you have, it's something you create. Being confident is nothing more than a belief in yourself. It's the feeling of certainty that you can accomplish whatever

you set your mind to. Confidence comes from within, and you can find ways of being more confident at any time. That's not to say learning how to be confident will solve all your problems. Everyone has bad days or moments that upset them. Being confident also doesn't mean you're completely sure of yourself at all times. Creating confidence is not about knowing it all; it's about trusting

10.5 Points

The principles of body language work here, too. Do a quick inventory of your body. What's your posture like? How are you breathing? We all get in negative states which can lead to slouching, shallow breathing or hanging your head. You have the power to change how you're feeling by controlling the way your body moves and the way you present yourself. The fastest way to being more confident is to radically change your physiology. Many people never learn how to fall in love with themselves and develop a lack of confidence early in life and unconsciously adopt

13 Points

There are many ways to think positive. First of all, change your focus - because "where the focus goes, the energy flows", as Tony puts it. Instead of dwelling on all the ways something could go wrong, focus on all the ways it could go right. Think about how you are going to be successful with your presentation and how happy your colleagues will be to hear it. What you focus on becomes your reality, and that includes what you focus on in your own mind. Replace negative words with positive words and start to see the bright side of situations. By changing your goal, internally and externally, you change

16 Points

Positive visualization is a powerful tool to wield on the road to understanding how to be confident in yourself. Think of yourself succeeding and do your best to minimize any thoughts of failure. Remember that you get what you focus on and visualizing your goal will lead to an immediate spike in confidence. Have you ever stopped and thought about all the things your body does for you? When you take a minute to appreciate

LL Supreme Thin Italic

25 Points

Absolute Value
Balance Control, Dare
Experience
Gate-Control Theory,
HARD DETERMINISM

32 Points

Iconicity, Joy
Knowledge base
Latent Goal
OPPORTUNITY!

45 Points

Paroxysm
"Quantitative"
RELATIONSHIP

55 Points

State
Taurine, Unity
Vitality
WISDOM

80 Points
- Case Sensitive
Forms

X-Ray
Yin-Yang
Zimbo

LL Supreme Thin Italic

6.5 Points

Just because somebody has something (tons of friends, a million dollars, a bitchin' beach body) doesn't necessarily mean that this person is confident in it. There are business tycoons who totally lack confidence in their own wealth, models who lack confidence in their looks, and celebrities who lack confidence in their own popularity. So I think THE FIRST THING WE CAN ESTABLISH IS THAT CONFIDENCE IS NOT NECESSARILY LINKED TO ANY EXTERNAL MARKER. RATHER, OUR

confidence is rooted in our perception of ourselves regardless of any tangible external reality. Because our confidence is not necessarily linked to any external, tangible measurement, we can conclude that improving the external, tangible aspects of our lives won't necessarily build confidence. Chances are that if you've lived more than a couple OF DECADES, YOU'VE EXPERIENCED THIS IN SOME FORM OR ANOTHER. GETTING A PROMOTION AT YOUR JOB DOESN'T NECE-

ssarily make you more confident in your professional abilities. In fact, it can often make you feel less confident. Dating and/or sleeping with more people doesn't necessarily make you feel more confident about how attractive you are. Moving in together or getting married doesn't necessarily make you feel any more confident in your relationship. CONFIDENCE IS A FEELING. AN EMOTIONAL STATE. IT'S THE PERCEPTION THAT YOU LACK NOTHING. THAT YOU ARE EQUIPPED WITH EVERY-

8.5 Points

Like, how are you supposed to be confident at your new job if you've never done this type of work before? Or how are you supposed to be confident in social situations when no one has ever liked you before? Or how are you supposed to be confident in your relationship when you've never BEEN IN A SUCCESSFUL RELATIONSHIP BEFORE? ON THE SURFACE, CONFIDENCE APPEARS TO BE AN AREA WHERE THE RICH

get richer and the poor stay the fucking losers they are. After all, if you've never experienced much social acceptance, and you lack confidence around new people, then that lack of confidence will make people think you're clingy and weird and not accept you. Same deal goes for relationships. NO CONFIDENCE IN INTIMACY WILL LEAD TO BAD BREAKUPS AND AWKWARD PHONE CALLS AND EMERGENCY

10.5 Points

People who are confident in business are confident because they're comfortable with failure. They realize that failure is simply part of learning how their market works. It's a reflection of their lack of knowledge, not a reflection of who they are as a person. People who are confident in their social lives are confident because they're comfortable with rejection. They're not afraid of REJECTION BECAUSE THEY'RE COMFORTABLE WITH PEOPLE NOT LIKING THEM AS LONG AS THEY'RE EXPRESSING THEMSELVES HONESTLY. PEOPLE WHO ARE CONFIDENT IN THEIR RELATIONSHIPS ARE CONFIDENT

13 Points

If you've always lost in life, then how could you ever expect to be a winner? And if you never expect to be a winner, then you're going to act like a loser. Thus the cycle of suckage continues. This is the confidence conundrum, where in order to be happy or loved or successful, first you need to be confident... but to be confident, first you need to be happy or loved or successful. So it seems like if you're stuck in one of two loops: either you're already in a happy and CONFIDENT LOOP, LIKE THIS. IT'S LIKE A DOG CHASING ITS OWN TAIL. OR DOMINOS ORDERING ITS OWN PIZZA. YOU CAN SPEND A LOT OF TIME CUTICLE-GAZING TRYING

16 Points – Alternate A, M, N SS01

Strengths are tasks or actions you can do well. These include knowledge, proficiencies, skills, and talents. People use their traits and abilities to complete work, relate with others, and achieve goals. A particularly poignant time to sit back and assess your strengths and weaknesses is when you're submitting a college or job application, OR PREPARING FOR AN INTERVIEW. ALSO, A GOOD RESUME IS BUILT UPON CORE STRENGTHS AND

75 Points
- Elzevirian
Numerals

According to U.K.
Surgeon Journal (1999),
“*mental health is the
successful performance*”
of the mental function.

LL Supreme Light

25 Points
- Case Sensitive
Forms

Action-oriented, Behavior
Curious, Determined
Emphathetic, Focused
Gain score + 30%
[HABIT STRENGTH]

32 Points
- Alternate g
SS11

Ingenious
Knowledgeable
Leading
OPEN-MINDED

45 Points

Perseverant
Quickest
RESPECTFUL

55 Points

Spiritual
Tactful, Unity
Visionary
WARMING

80 Points

Xan
Yawning
Zydis

6.5 Points

Entrepreneur Steve Olenski recommends implementing the "two-minute rule" to make the most of small windows of time that you have at work. The idea is this: If you see a task or action that you know can be done in two minutes or less, do it immediately. According to Olenski, completing the task right away actually takes less TIME THAN HAVING TO GET BACK TO IT LATER. IMPLEMENTING THIS HAS MADE HIM ONE OF THE MOST INFLUENTIAL CONTENT STRATE-

gists online. Meetings are one of the biggest time-sucks around, yet somehow we continue to unquestioningly book them, attend them and, inevitably, complain about them. According to Atlassian, the average office worker spends over 31 hours each month in unproductive meetings. Before booking your next meeting, ask YOURSELF WHETHER YOU CAN ACCOMPLISH THE SAME GOALS OR TASKS VIA EMAIL, PHONE, OR WEB-BASED MEETING (WHICH

may be slightly more productive). If you absolutely must have a meeting, there's some evidence that standing meetings (they're just what they sound like everyone stands) can result in increased group arousal, decreased territoriality, and improved group performance. For those times when meetings are unavoidable, you may want TO CHECK OUT THESE 12 UNUSUAL WAYS TO SPUR CREATIVITY DURING MEETINGS. WHILE WE TEND TO THINK OF THE ABILITY TO

8.5 Points

You may think you're pretty good at gauging how much time you're spending on various tasks. However, some research suggests only around 17% of people are able to accurately estimate the passage of time. A tool like Rescue Time can help by letting you know exactly how much time YOU SPEND ON TASKS, INCLUDING SOCIAL MEDIA, EMAIL, WORD PROCESSING, AND PHONE APPS. IT SOUNDS COUNT-

erintuitive, but taking scheduled breaks can actually help improve concentration. Some research has shown that taking short breaks during long tasks helps you to maintain a constant level of performance; while working at a task without breaks leads to a steady decline in PERFORMANCE. WHILE WE USUALLY THINK OF A STRESS AS A BAD THING, A MANAGEABLE LEVEL OF SELF-IMPOSED STRESS CAN

10.5 Points - Alternate e SS02

Two of the top skills employers are looking for are leadership and teamwork. They want to know you can get the job done, whether working alone or on a team. In truth, you should be able to list one of the two skills. If you have managerial experience, bring on the leadership skills. If you're fresh out of college, feel free to list teamwork skills. If you've ever had an internship, A PART-TIME JOB, WERE A MEMBER OF THE DEBATE TEAM OR ANY OTHER SOCIETY, THEN YOU SHOULD HAVE A GRASP ON THE MECHANICS OF A SUCCESSFUL TEAM. COMMUNICATION SKILLS ARE INVALUABLE. IT'S ONE

13 Points

Hard skills, sometimes called key skills or technical skills, are related specifically to the job you're applying for. This is why it's important to read through your resume before submitting an application. You might be able to add specific eye-catching details with each application. Look at the job posting. Do any of their requirements stand out as a skill you possess? Then, be sure to earmark that for your resume and be prepared to share with THE EMPLOYER HOW THIS IS A SPECIFIC SKILL OF YOURS. DO YOU HAVE SPECIFIC TRAINING OR A CERTIFICATE? DON'T LIE ABOUT ANY OF YOUR SKILLS ON YOUR RESUME. FIRST,

16 Points

When crafting your resume, there are three important sections to keep in mind. They are your objective, your professional background, and your relatable skills. In an age where we scan virtually everything before deciding if a deeper dive is worth our time, featuring your job skills is very wise indeed. Which skills should YOU FOCUS ON? READ ON TO EXPLORE THE BEST SKILLS TO LIST ON A RESUME, ALONG WITH A FEW

25 Points

Analytical
Beast, Conflict Resolution
100 % Determined
Enthusiastic & Friendly
HUMOROUS

32 Points

Ingenious, Joyful
Kind / Lively
Merciful
ORGANIZED

45 Points

Prioritizing
Quest
RELIABILITY

55 Points

Strategic
Thoughtful!
Versatile
WISE MAN

80 Points

Xantias
Yikes
ZESTES

6.5 Points

This goes for any unexpected "bonus" time you may find on your hands suggests author Miranda Marquit. Instead of Candy-Crushing or Face-booking, use that time to pound out some emails, create your daily to-do list, or do some brainstorming. It's common for entrepreneurs to get hung up on attempting to perfect a task, THE REALITY IS NOTHING IS EVER PERFECT. RATHER THAN WASTING TIME CHASING AFTER THIS ILLUSION, BANG OUT YOUR TASK TO THE BEST

of your ability and move on. It's better to complete the task and move it off your plate; if need be, you can always come back and adjust or improve it later. Using work time to exercise may actually help improve productivity, according to a study published in the Journal of Occupational and Environmental Medicine. If possible, BUILD IN SET TIMES DURING THE WEEK FOR TAKING A WALK OR GOING TO THE GYM. GETTING YOUR BLOOD PUMPING COULD

be just what's needed to clear your head and get your focus back. Allowing incoming phone calls and emails to dictate how you spend your day will mean you do a great job of putting out fires, but that may be all you get accomplished. My friend and business partner Peter Daisyme from free hosting company Hostt says, "Set aside TIME FOR RESPONDING TO EMAILS, BUT DON'T LET THEM DETERMINE WHAT YOUR DAY IS GOING TO LOOK LIKE. HAVE A PLAN OF

8.5 Points

Whichever activity you are dreading the most is probably the one you need to complete first thing in the morning. Many people tend to check emails in the morning because after checking a list of emails, they feel fulfilled. But that's just an illusion of having achieved more. In order TO STAY MOTIVATED FOR WHAT-EVER YOU DO, REWARD YOURSELF. KEEP TRACK OF YOUR SMALL WINS AND MILESTONES AND

celebrate them. So whenever you struggle about your progress, you see how far you've come! The Internet has become one of the number one distraction. To increase your productivity, try to do as much of your work offline as possible. I do this a lot when I try to brainstorm new ideas AND HAVE FOUND IT TO BE VERY BENEFICIAL TO SIMPLY UNPLUG. OFTEN TIMES, STARTING IS THE HARDEST PART. PEOPLE TEND TO

10.5 Points

Estimate the time you need to tackle different tasks and set a timer for each of your tasks. When it comes to the time limit, move on to another task first. Distractions include the phone, email notifications and having multiple web browsers open on the desktop. Distractions should be avoided, but sometimes a bit of music in the background can help you focus. Of course, IT DOESN'T NEED TO BE HEAVY ROCK MUSIC, BUT A BIT OF BEETHOVEN MAY DO YOU SOME GOOD. BY LISTING YOUR TASKS IN ORDER OF IMPORTANCE, YOU CAN MAKE SURE THAT YOU FINISH ALL OF YOUR MOST IMPORTANT

13 Points – Alternate g SS12

Having a colleague pop her head into your office to chat may seem innocuous, but even brief interruptions appear to produce a change in work pattern and a corresponding drop in productivity. Minimizing interruptions may mean setting office hours, keeping your door closed, or working from home for time-sensitive projects. If you feel the need to increase your productivity at work, resist the temptation put in longer hours or pack more INTO YOUR ALREADY-FULL CALENDAR. INSTEAD, TAKE A STEP BACK, AND THINK ABOUT WAYS YOU CAN WORK SMARTER, NOT HARDER. LOOKING FOR MORE PRODUCTIVITY

16 Points

Researchers at Florida State University have found elite performers (athletes, chess players, musicians, etc.) who work in intervals of no more than 90 minutes are more productive than those who work 90 minutes-plus. They also found that top performing subjects tend to work no more than 4.5 hours per day. Sounds good TO ME! IT MAY SOUND UNLIKELY, BUT SOME RESEARCH SHOWS OUTFITTING AN OFFICE WITH AESTHETICALLY PLEA-

25 Points
– Standard
Ligature

Advising,
Common sense, Efforts
Famous: Genius
Humorous
INITIATIVES TAKER

32 Points
– Alternate &

Lovely
Multi-tasking
Original & Practical
QUICKEST

45 Points

Problem solver
Quality
RATIONAL

55 Points
– Standard
Ligatures

Social
Thrifty, Up
Volunteer
WILL

80 Points
– Monofigures

Wakin'
Year
18 × 24

6.5 Points

Set a small goal and achieve it. People often make the mistake of shooting for the moon, and then when they fail, they get discouraged. Instead, shoot for something much more achievable. Set a goal you know you can achieve, and then achieve it. You'll feel good about that. Now set another small goal AND ACHIEVE THAT. THE MORE YOU ACHIEVE SMALL GOALS, THE BETTER YOU'LL BE AT IT, AND THE BETTER YOU'LL FEEL. SOON YOU'LL

be setting bigger goals and achieving those too. Change a small habit. Not a big one, like quitting smoking. Just a small one, like writing things down. Or waking up 10 minutes earlier. Or drinking a glass of water when you wake up. Something small that you know you can do. Do it for a month. When you've accomplished it, YOU'LL FEEL LIKE A MILLION BUCKS. FOCUS ON SOLUTIONS. IF YOU ARE A COMPLAINER, OR FOCUSED ONLY ON PROBLEMS,

change your focus right now. Focusing on solutions instead of problems is one of the best things you can do for your confidence and your career. "I'm fat and lazy!" So how can you solve that? "But I can't motivate myself!" So how can you solve that? "But I have no energy!" So what's the solution? Smile. Another trite one. BUT IT WORKS. I FEEL INSTANTLY BETTER WHEN I SMILE, IT HELPS ME TO BE KINDER TO OTHERS AS WELL. A LITTLE THING THAT

8.5 Points

I'm a firm believer in gratitude, as anyone who's been reading this blog for very long knows well. But I put it here because while being grateful for what you have in life, for what others have given you, is a very humbling activity... it can also be a very positive and rewarding ACTIVITY THAT WILL IMPROVE YOUR SELF-IMAGE. GOSH, I SEEM TO PUT THIS ONE ON ALMOST EVERY LIST. BUT IF I LEFT IT OFF

this list I would be doing you a disservice. Exercise has been one of my most empowering activities in the last couple years, and it has made me feel so much better about myself. All you have to do is take a walk a few times a week, and you'll see benefits. Empower yourself with KNOWLEDGE. EMPOWERING YOURSELF, IN GENERAL, IS ONE OF THE BEST STRATEGIES FOR BUILDING SELF-CONFIDENCE.

10.5 Points

One of the things that held me back from pursuing my dreams for many years was fear of failure... and the lack of self-confidence that I needed to overcome that fear. It's something we all face, to some degree, I think. The key question: how to overcome that fear? By working on your self-confidence and self-esteem. Without really thinking of it in those terms, that's what I'VE BEEN DOING OVER THE YEARS, AND THAT'S WHAT HELPED ME FINALLY OVERCOME MY FEARS, AND FINALLY PURSUE MY DREAMS. SPEAK SLOWLY. SUCH A SIMPLE THING, BUT IT CAN HAVE A BIG DIFFERENCE IN OTHERS

13 Points

Get prepared. It's hard to be confident in yourself if you don't think you'll do well at something. Beat that feeling by preparing yourself as much as possible. Think about taking an exam: if you haven't studied, you won't have much confidence in your abilities to do well on the exam. But if you studied your butt off, you're prepared, and you'll be much more confident. Now think of life as your exam, and prepare yourself. Know your principles AND LIVE THEM. WHAT ARE THE PRINCIPLES UPON WHICH YOUR LIFE IS BUILT? IF YOU DON'T KNOW, YOU WILL HAVE TROUBLE, BECAUSE YOUR LIFE WILL BE DIRECTIONLESS.

16 Points

A person who feels that he isn't worth listening to will speak quickly, because he doesn't want to keep others waiting on something not worthy of listening to. Even if you don't feel the confidence of someone who speaks slowly, try doing it a few times. It will make you feel more confident. Of course, don't take it to an EXTREME, BUT JUST DON'T SOUND RUSHED EITHER. STAND TALL. I HAVE HORRIBLE POSTURE SO IT WILL SOUND

25 Points

Accuracy
Consistently meeting
deadlines
Effective, Focused
@GOALS

32 Points

High-achiever
Intellectual
Leader
MOTIVATED

45 Points

1/10 Optimistic
Professional
RESSOURCES

55 Points

Success
Tact
(United)
WORKER

80 Points

You
Will Be
ZEN

6.5 Points

Groom yourself. This seems like such an obvious one, but it's amazing how much of a difference a shower and a shave can make in your feelings of self-confidence and for your self-image. There have been days when I turned my mood around completely with this one little thing. Dress nicely. A corollary of the FIRST ITEM ABOVE... IF YOU DRESS NICELY, YOU'LL FEEL GOOD ABOUT YOURSELF. YOU'LL FEEL SUCCESSFUL AND PRESENTABLE AND

ready to kick the world. Now, dressing nicely means something different for everyone... it doesn't necessarily mean wearing a \$500 outfit, but could mean casual clothes that are nice looking and presentable. Photoshop your self-image. Our self-image means so much to us, more than we often realize. We have a mental picture of ourselves, AND IT DETERMINES HOW CONFIDENT WE ARE IN OURSELVES. BUT THIS PICTURE ISN'T FIXED AND

immutable. You can change it. Use your mental Photoshop skills, and work on your self-image. If it's not a very good one, change it. Figure out why you see yourself that way, and find a way to fix it. Think positive. One of the things I learned when I started running, about two years ago, what how to replace negative thoughts (SEE NEXT ITEM) WITH POSITIVE ONES. HOW I CAN ACTUALLY CHANGE MY THOUGHTS AND BY DOING SO MAKE GREAT

8.5 Points

If you are low in self-confidence, is it possible to do things that will change that? Is your self-confidence in your control? While it may not seem so, if you are low in self-confidence, I strongly believe that you can do things to increase your self-confidence. It is not genetic, and YOU DO NOT HAVE TO BE RELIANT ON OTHERS TO INCREASE YOUR SELF-CONFIDENCE. AND IF YOU BELIEVE THAT YOU ARE

not very competent, not very smart, not very attractive, etc. That can be changed. You can become someone worthy of respect, and someone who can pursue what he wants despite the naysaying of others. You can do this by taking control of your life, and taking control of your SELF-CONFIDENCE. TAKE CONCRETE ACTIONS THAT IMPROVE YOUR COMPETENCE, YOUR SELF-IMAGE, YOU CAN

10.5 Points

Get to know yourself. When going into battle, the wisest general learns to know his enemy very, very well. You can't defeat the enemy without knowing him. And when you're trying to overcome a negative self-image and replace it with self-confidence, your enemy is yourself. Get to know yourself well. Start listening to your thoughts. Start writing a journal about yourself, and about the thoughts you have about YOURSELF, ANALYZING WHY YOU HAVE SUCH NEGATIVE THOUGHTS. AND THEN THINK ABOUT THE GOOD THINGS ABOUT YOURSELF, THE THINGS YOU CAN DO

13 Points

Truer words have never been spoken. It's near impossible to make time for your dreams, to break free from the traditional mold, and to truly be yourself, if you have low self-esteem and self-confidence. As an aside, I know that some people make a strong distinction between self-esteem and self-confidence. In this article, I use them interchangeably, even if there is a subtle but perhaps important respect from others (self-esteem) and whether you believe in yourself (self-confidence). IN THE END, BOTH AMOUNT TO THE SAME THING, AND IN THE END, THE ACTIONS I MENTION BELOW GIVE A BOOST TO BOTH

16 Points – Alternate g SS11

What's on your to-do list that's been sitting there? Do it first thing in the morning, and get it out of the way. You'll feel great about yourself. Doing something is almost always better than not doing anything. Of course, doing something could lead to mistakes... but mistakes are a part of life. It's how we learn. WITHOUT MISTAKES, WE WOULD NEVER GET BETTER. DON'T WORRY ABOUT THOSE. JUST DO SOMETHING.

80 Points
– Standard Ligatures
– Alternate n, m SS14

① *Identify your Strength*
85% more efficient
Be 1st, or improve yourself
*For more tips, contact us!**
Motivation > Fear
“Learn from your mistakes”

25 Points
– Standard
Ligatures

Adaptable Nature
Boss Skills
Common Sense, Driving
Effectiveness
FLEXIBLE, #GOALS

32 Points
– Case Sensitive
Forms

Humble
Inspirational Mind
[Job getter]
LEADERSHIP UNIT

45 Points

Maturity
Power Quest,
RESPECT

55 Points

Strenght
Thirstiness*
User
VISION

80 Points

Warned
You
WERE

6.5 Points

When one of my daughters was in the 4th grade, her teacher gave an assignment called 100% smart. In this activity, the kids had to make a pie chart and identify what percentage smart they were in each of the following areas; people, self, body, math, word, music, art. For example, my daughter was 25% BODY SMART, BUT ONLY 5% ARE SMART. THIS WAS SUCH AN INSIGHTFUL EXERCISE FOR HER AND SOMETHING I HAVE SHA-

red with many clients over the years. She realized that even though she lacked confidence in art, there were so many other areas where she excelled. This is true for everyone. So, maybe you're not the best public speaker, but are you a great parent, smart with your money, or creative? Too many people spend way TOO MUCH TIME TRYING TO IMPROVE, CHANGE, BE MORE OF THIS OR LESS OF THAT. INSTEAD, IF YOU SPENT MORE TIME ACKNOW-

ledging your talents, skills and successes? Try this for one week: at the end of each day, write down at least 3 things that you did well, felt good about, or were proud of yourself for. Know your strengths, know your talents and know you're 100% smart. Nothing zaps your confidence more than comparing yourself TO OTHERS. ESPECIALLY NOW, WITH SOCIAL MEDIA AND THE WONDERFUL OPPORTUNITY TO JUDGE YOURSELF. THE LACK OF

8.5 Points

This is personal, so it will vary from person to person. There's no one size fits all approach to confidence and what works for one, won't always work for another. How can you figure out what gives you confidence? Think about a couple times in your life when you felt most confident. NOW, THINK ABOUT WHAT WAS IT ABOUT THOSE TIMES THAT MADE YOU FEEL SO EMPOWERED. WAS IT THE ENVIRONMENT YOU

were in? Something you were doing? A feeling you had? The more you get clear about this for yourself, the easier it will be to tap into when you need it. One of the surest ways to lose confidence is try to be someone else. One of the best ways to build your confidence? Be true TO YOURSELF. WHEN YOU ARE TRYING TO BE SOMEONE YOU ARE NOT, EVERY PART OF YOU RESISTS IT. YOU ARE EVERYONE'S

10.5 Points

Trying to take on a huge project or task can be overwhelming and daunting and intimidating for anyone, even the best of us. Instead, learn to break off small chunks and work in bursts. Small little achievements make you feel good, and they add up to big achievements. Learn to work like this all the time, and soon you'll be a self-confident maniac. This might seem LIKE A SMALL, SIMPLE THING (THEN AGAIN, FOR SOME OF YOU IT MIGHT NOT BE SO SMALL). IT HAS ALWAYS WORKED WONDERS FOR ME. IF MY DESK STARTS TO GET MESSY, AND THE WORLD AROUND ME IS IN CHAOS,

13 Points

Since confidence is often directly linked to abilities, one of the best ways to build your confidence is to get new skills or experience and step out of your comfort zone. Growing your skills will in turn grow your confidence. And please, as you work on building your skills and expertise, don't mistake a lack of perfection for a lack of ability. No one is perfect. But if you've got a perfectionist bone in your body (like I do), it can make you THINK THAT JUST BECAUSE YOU'RE NOT THE BEST, THAT YOU'RE NOT GOOD AT ALL. MAKE SURE TO CHECK YOURSELF: AM I REALLY NOT GOOD AT THIS, OR AM I NOT GOOD AS I WA-

16 Points

At work expectations are set clearly. Even if there's pressure in the workplace, compared to relationships or the social world where so much is unknown and uncontrollable, work is more straightforward. It's easier to meet the expectations and perform well at work. Therefore, some people with low self-esteem WOULD SHIFT THEIR FOCUS TO WORK AND PUT ALL THEIR ENERGIES THERE. MANY OF US HAVE ALREADY HEARD

25 Points
- Alternate &
SS19
- Standard
Ligature

Advising
Caring & Charming
Disciplined
Efficient, Flexible
HOPEFUL

32 Points
- Sensitive Case
Forms

Inspirational
Listener,
Merciful; Monk
OUTGOING

45 Points

Persuasive,
Rivality?
STRATEGIC

55 Points
- Alternate a
SS05

Social
Volunteers
may be
Welcomed

80 Points

Xerasia
Yer
ZERKS

6.5 Points

Do you know how to be confident? Or how to feel powerful and capable in your professional, social and romantic interactions? There's a big confidence myth: Confidence is just one of those things that you "have or you don't". No way! I want to shatter that confidence myth and tell you how confidence isn't something that would arrive at birth. It's a skill, one that can be developed like any other skill, through intentional

practice. Let's start with your looks. And no, I don't mean your clothes or your hair. This tip is all about your body language. If you want to get dates, win business, and influence people, you have to prep your confidence both inside and out. Often, we're focused only on the words we say in emails, in interviews or in conversation. However, the majority of our communication is nonverbal, how we say something behind

the what we say. Nonverbal communication makes up a minimum of 60% of our communication ability. So, if you only focus on your words, you are using only 40% of your ability. You have to get into the habit of portraying confidence with both your verbal and nonverbal communication. When you walk into a networking event or your office or a restaurant, do you look like a winner? This may seem like a strange question

8.5 Points

Same as happiness, you don't immediately feel happier when you tell yourself to be happier. You need some concrete ways to do so like pursuing a goal that truly matters to you, like spending quality time with your loved ones. When you want to improve your self-esteem don't try too hard on thinking of ways to do so. There's no direct way to improve it. It should

be a by-product of our overall life's satisfaction. According to psychologist Abraham Maslow, to live a fulfilling life, you should take care the 5 levels of human basic needs. As you gradually equip yourself with the skills to fulfil the above needs, you'll forget about self-esteem and suddenly you'll find that you just feel proud of yourself when you know so much that others

10.5 Points

As we can see, low self-esteem is a deeply rooted issue and leads to lots of consequences. To solve it, it's not an easy task, but it's possible. The key is, to use the right ways. Very often, we hear people say "Stay positive", "Hey cheer up!" People with depression know all these do not help. It just makes them feel worse. Same for low self-esteem, simply telling people "To me you're wonderful!", "You're actually awesome", "Why don't you appreciate yourself more?", or even worse "Hey you should be more confident" does not improve their self-esteem. Instead, they

13 Points

Having a low self-esteem, you expect people to treat you badly. When people are being just quite nice to you, you feel overjoyed and have unrealistically good feelings for them. This can be easily mistaken as love and also scare people away who might be just interested in being friends with you (at first). As you think your partner is too good for you, you bear things that you shouldn't stand for. Sometimes you even confuse love with self-esteem. Are you giving in really because you love him / her so much or you just dare not to speak up and bargain? People with low esteem sometimes are

16 Points

During meeting, they keep quiet, during presentation they speak weakly, during daily conversation they say "sorry" and "maybe" too often... As a result, employers and other colleagues perceive people with low esteem as people without much talents. Over time, low self-esteem can lead to depression according to a study done by University of Basel researchers. Psychologist Dr. Lars Madsen added that low

25 Points

Action, Brave
Compassionate, Clever
Dependability
Endurant, Energetic
FASTEST

32 Points

Grateful,
Industrious Ideas
Likability
MONUMENTAL

45 Points

Mental
Open Minded
PROJECT

55 Points

Star
Trustable;
Union
VISION

80 Points

Wrist
Yourself
Zine

6.5 Points

If you're curious about how to be more confident at work, one of the best ways to feel professionally confident is to have meaningfulness in your job. Do you know your company's mission? Do you know the impact of your work? When we don't know how our daily responsibilities contribute to a larger mission, we CAN FEEL DISENGAGED OR HOPELESS IN THE WORKPLACE. TO FEEL MORE MOTIVATED AND AWARE OF HOW YOUR WORK

impacts the larger organization, first find out your company's mission statement. This may be listed on the "About" page of their website or you may need to ask your direct manager. If your company doesn't have one, write your own personal mission statement. Put this somewhere easy to see on your desk or HANG IT ON YOUR CUBICLE WALL. THIS REMINDER WILL SERVE AS A TANGIBLE MOTIVATOR OF YOUR WHY AND BOOST YOUR CONFIDENCE

that what you do is important. A bonus happy-maker is to keep a success folder on your computer. This is a folder that contains records of accomplishments, testimonials and any other examples of your rockstar status at work. If you are in a bad day, open your success folder to remind yourself of YOUR WORTH. ANXIETY IS WHEN YOU FEEL NERVOUS, TENSE OR STRESSED IN A SOCIAL SITUATION, YOU ARE WORRIED OTHER PEOPLE

8.5 Points

One of the biggest mistakes people make with nonverbal confidence is with their voice tone. Confident people would never use the question inflection for statements. For example, be careful not to say your name as a question like "My name is Vanessa?" You want to make IT AUTHORITATIVE BY GOING DOWN AT THE END OF THE SENTENCE. "MY NAME IS VANESSA." MAKE SURE TO USE THE AUTHORITY

tone whenever you answer a question to show you are sure of your words. Research has found that women who use the question inflection are seen as less trustworthy by men. I often get asked how to increase confidence. Perhaps you feel confident already. This is excellent news! BUT MAYBE YOU'RE LOOKING TO INCREASE YOUR CONFIDENCE LEVELS OR YOU'RE SEEKING MORE REGULAR OR

10.5 Points

Now that you've learned how to look confident with your body language, let's discuss your vocal power. When you answer the phone and when you start a new conversation, it's crucial that your voice projects your inner confidence. Often, we make our first impression in our "hello" upon answering the phone. Is your voice helping or hurting your confidence? HERE AT SCIENCE OF PEOPLE, WE DID A FASCINATING EXPERIMENT ON VOCAL POWER. WE HAVE SOME INCREDIBLE TIPS FOR YOU ON HOW YOU CAN MAKE YOUR VOICE SOUND BETTER AND HOW TO BENEFIT

13 Points

To look and feel confident, your body language must show it. First, the easiest way to look like a winner is to claim territory. Own your body and own the space around you by standing or sitting tall. Keep your arms loose by your side or place one or both hands on your hips. Relax your shoulders down your back and open your chest. These expansive postures will show others that you're confident and sure of yourself. Be wary of low POWER POSTURES, SUCH AS CROSSING ARMS OR TURLING YOUR SHOULDERS TO YOUR EARS AS THIS MAY SIGNAL DEFEAT. NEXT, THE EYES HAVE IT! CONFIDENT PEOPLE

16 Points

Too often we look away, check our phone or scope out the rest of the room. This is not only rude, but very low confident. Finally, engage in fronting. Fronting is when you aim your torso toward the person you are speaking with. Non-verbally, this is a sign of respect. When you do this, you look incredibly focused, CONFIDENT, PUT TOGETHER AND CHARISMATIC. BE SURE TO ALWAYS KEEP YOUR TOES AND TORSO AIMED

25 Points

*Admirable, Adapted
Critical
Efficiency, Estimated
Finalization
GOOD JUDGMENT*

32 Points

*Inner World,
Be Your Own Judge
Manager
MOTIVATION*

45 Points

*Persuasive
Questioning
RESPECT*

55 Points

*Schedule
Train
Usable?
VERIFIED✓*

80 Points

*Weak
Xenons
YEAH*

6.5 Points

This is a psychological phenomenon that causes smart, talented people to feel like a fraud—to feel undeserving of their accomplishments. Studies have found that 70% of all people feel like impostors at one time or another. This is a big problem! Here's the most important thing to keep in mind: This is not A DEFECT. IMPOSTOR SYNDROME IS NOT A PERSONALITY TRAIT; A REACTION TO AN EVENT. DO YOU EVER THINK YOUR ACCOM-

plishments are pure luck? Do you ever worry that people will find out you aren't worthy? This is Impostor Syndrome at work! When our mind work against us, confidence shrivels and hides away. A way to fight Impostor Syndrome is with motivating self-talk. Read on to find out how to gain confidence MENTALLY... OUR THOUGHTS DICTATE NEARLY EVERY ASPECT OF OUR EXISTENCE. SO IF OUR THOUGHTS ARE INSECURE OR

demotivated, it's nearly impossible to think and feel confidently about ourselves. Shad Helmstetter, author of What to Say When You Talk to Your Self, argues that we are programmed by our thoughts. Our mindset and our self-truths are the epicenter of our confidence What are the stories you tell yourself? WHAT ARE YOUR TRUTHS? AND ARE THESE FACTUAL TRUTHS OR ARE ASSUMED TRUTHS THAT COULD BE FALSEHOODS

8.5 Points

Confidence often is easier to develop when we can watch and emulate someone in action. Do you have someone in your life who exudes confidence professionally or personally? Maybe a partner, colleague or close friend? Assign them as your confidence role MODEL! THIS CAN BE A SECRET ROLE MODEL (YOU OBSERVE AND TAKE NOTES OF HOW THEY INTERACT) OR A NOT-TOO-

secret role model, which is the better option. There is no better compliment than telling someone their natural confidence is alluring. This can lead to multiple benefits, including you bonding with them on a deeper level, them sharing ideas on how you can up your individual confidence AND MAYBE THEY EVEN BECOME A CONFIDENCE MENTOR OR ACCOUNTABILITY PARTNER. NOT

10.5 Points

Are you in a funk? When we experience burnout or exhaustion, our confidence tends to dip. A fun method to ramp up your confidence is creating different kinds of confidence playlists. This can be a Spotify playlist that gets you in a good mood or a YouTube playlist that inspires you or even your favorite podcast can do the trick. Listen or watch when you're brushing your teeth, getting ready or on your commute, ANY TIME YOU NEED A PUMP-UP. BOOKMARK THESE IDEAS FOR WHEN YOU NEED A BOOST! FOR MANY HIGH ACHIEVERS, SUCCESS COMES AT A PRICE.

13 Points

Unfortunately, social anxiety can suppress our inner confidence and make it feel impossible to be social in an authentic way. The good news is there are ways to overcome your social anxiety with a treatment known as Cognitive Behavioral Therapy or CBT. CBT is recognized as one of the most effective treatment options for social anxiety. It's endorsed by leading mental health organizations, including the U.S. National Institute OF MENTAL HEALTH AND THE U.K. NATIONAL HEALTH SERVICE. CBT IS A SET OF ACTIVITIES PROVEN TO REDUCE YOUR ANXIETY THROUGH REPEATED PRACTICE. IT CONSISTS OF TWO

16 Points

Did you know your walk can project your confidence? Bio Motion Lab analyzes and synthesizes biological motion patterns—a fancy way of saying they study walking and movement for patterns. From their website: "Biological motion contains information about several different emotions, intentions, PERSONALITY TRAITS AND BIOLOGICAL ATTRIBUTES OF THE AGENT. THE HUMAN VISUAL SYSTEM IS HIGHLY

**Confidence
is essential to
Survival!**

25 Points

Amirable
Be your own Boss;
Charitable
Direct, Empathy
GOOD LOOKING

32 Points
- Standard
Ligature

Hosting,
Initiation is the first;
step of awareness
LEADERSHIP

45 Points

Persistent
Questionable
REALISTIC

55 Points
- Standard
Ligature

Selfish
Teamwork
Ultimate
VALIANTS

80 Points

Wisted
Yard
ZEROS

6.5 Points

Self-compassion involves treating yourself with kindness when you make a mistake, fail, or experience a setback. Speaking to yourself harshly, won't motivate you to do better. In fact, studies show it tends to have the opposite effect. A 2009 study published in the Journal of Personality found that self-compassion contributes to more consistent confidence. Can help you feel good even if when you don't perform as well

as you hoped. Rather than beat yourself up or call yourself names, try speaking to yourself like you'd talk to a trusted friend. Cut yourself some slack, laugh at yourself, and remind yourself that no one is perfect. Sometimes, people put off doing things, like inviting someone on a date or applying for a promotion, until they feel more confident. But sometimes, the best way to gain confidence is by doing. Facing some

of your fears that stem from a lack of self-confidence. If you're afraid you'll embarrass yourself or you think that you're going to mess up, try it anyway. That doesn't mean you shouldn't prepare or practice, of course. If you have a big speech coming up, practice in front of your friends and family so you'll gain some confidence. But don't wait until you completely feel confident before you proceed. You might

8.5 Points

Have you experienced sweeping confidence to speak an idea or tell a joke or encourage a friend, just for that confidence to disappear almost instantly? According to Mel Robbins, this is the five-second rule. Mel believes confidence is a skill that requires mindset and action to take effect. Otherwise, the confidence goes away altogether. If you let time and doubt infest your idea

or joke or comment, the confidence can't materialize into action. Mel writes in her blog, "The 5 Second Rule is simple. If you have a natural instinct to act on a goal, you must physically move within 5 seconds or your brain will kill it. The moment you feel an instinct or a desire to act on a goal or a commitment, use the rule. When you feel yourself hesitate before doing something that you

10.5 Points

This insecurity is especially rampant in the online dating space. According to Silva, "It seems that social media is creating a paradox effect: giving off the illusion of many choices, while making it harder to find viable options. The paradox effect in dating is creating the illusion of having more social engagement, social capital, and popularity, but masking one's true persona". Remember, there is a big, bright world happening around you. Social media helps us to stay connected and informed, but it's important to find a balance between

13 Points

When you feel confident in yourself, you're able to devote your resources to the task at hand. Rather than waste time and energy worrying that you aren't good enough, you can devote your energy to your efforts. So ultimately, you'll perform better when you feel confident. For example, if you feel confident about a presentation you're going to make, you'll focus on delivering your message to your audience. If however, you lack confidence in your ability to communicate, you may be worried that no one is listening. You might struggle to concentrate and

16 Points

Whether you compare how you look to your friends on Facebook or you compare your salary to your friend's income, comparisons aren't healthy. In fact, a 2018 study published in Personality and Individual Differences found a direct link between envy and the way you feel about yourself. Researchers found that people who compared themselves to others, experienced envy. And the more

25 Points

**Adorable
Balanced Feelings
Creativity
Empowerment + Esteem
DIPLOMACY**

32 Points

**Educated, Faithful
Generous
Hallucinating, Hard
ICONIC**

45 Points

**Jouissance
"Karma"
LEARNING**

55 Points

**Minority
Nuts
Offensive
PURE**

80 Points

**Quiet
Radical
STOP**

6.5 Points

Self-confidence is your belief in how good you are at something, but it's not a measure of your actual skill. So why does it matter if you believe in yourself? According to Charlie Houpert, the author of "Charisma on Command" and the founder of a 2.7 million subscriber YouTube channel of the same NAME, CONFIDENCE DOESN'T JUST MAKE YOU FEEL BETTER, IT ALSO HELPS YOU TAKE RISKS TO MAKE TANGIBLE IMPROVEMENTS TO

your life. Mr. Houpert said. "Externally, high self-confidence will lead to taking more risks, which directly correlates with reaping more rewards". The "Oxford Handbook of Positive Psychology" puts it another way: "If the person lacks confidence, again there will be no action. That's why a lack of confidence IS SOMETIMES REFERRED TO AS CRIPPLING DOUBT. DOUBT CAN IMPAIR EFFORT BEFORE THE ACTION BEGINS OR WHILE

it is ongoing". If you believe you can get your dream job if you apply, there's a chance, however small, you might get it. If you don't believe that you can get it, and you don't apply, it's guaranteed that you won't. Self-confidence doesn't magically make you better at what you do, but it does prime you to take the risks necessary to achieve YOUR GOALS. IF BUILDING SELF-CONFIDENCE IS A MATTER OF CHANGING YOUR BELIEFS ABOUT WHO

8.5 Points

How you dress can affect how other people perceive you, but it can also affect how you perceive yourself. Wearing different clothes can prompt you to think or behave differently. This effect isn't just limited to feeling good about yourself. Dr. Adam D. Galinsky, a professor AT COLUMBIA BUSINESS SCHOOL FOUND THAT PARTICIPANTS IN A STUDY WHO WORE A WHITE LAB COAT EXHIBITED MORE FOCUSED

attention. In other words, when people dressed like a doctor, they behaved more like a doctor, or at least how they thought a doctor might behave. If you want to feel more confident, dress the way a confident version of yourself would. Impostor syndrome is a nasty mental BUG THAT CONVINCES YOU THAT YOUR ACCOMPLISHMENTS DON'T REALLY COUNT AND THAT YOU'RE GOING TO BE FOUND

10.5 Points

But if your self-confidence issues interfere with your work, your social life, or your education, seek professional help. Sometimes, low self-confidence stems from a bigger issue, like a traumatic event from the past. At other times, it may be a symptom of a mental health problem. And it is possible to have too much confidence. If you're overly confident in your abilities, you might not take action. Being overconfident ABOUT YOUR ABILITY TO ACE A TEST MIGHT PREVENT YOU FROM STUDYING. OR ASSUMING THAT YOU DON'T NEED TO PRACTICE A PRESENTATION COULD

13 Points

When your brain tells you that you have no business speaking up in a meeting or that you are too out of shape to work out, remind yourself that your thoughts aren't always accurate. And sometimes, the best way to deal with negative self-talk is by challenging those statements. Try doing things that your brain tells you that you can't. Tell yourself it's just an experiment and see what happens. You might learn that being A LITTLE ANXIOUS OR MAKING A FEW MISTAKES ISN'T AS BAD AS YOU THOUGHT. AND EACH TIME YOU MOVE FORWARD YOU CAN GAIN MORE CONFIDENCE IN YOURSELF.

16 Points

Confidence and self-esteem are not the same thing, although they are often linked. Confidence is the term we use to describe how we feel about our ability to perform roles, functions and tasks. Self-esteem is how we feel about ourselves, the way we look, the way we think, whether or not we feel worthy OR VALUED. PEOPLE WITH LOW SELF-ESTEEM OFTEN ALSO SUFFER FROM GENERALLY LOW CONFIDENCE, BUT

25 Points

**Arrogance,
Boosted Confidence
Determined,
Enlightening Experience
Far from failure**

32 Points

**Gratitude
Highest on life
Journey
LOVE LEARNING**

45 Points

**Maximised:
Nailed it
PLANNING**

55 Points

**Relations
Streat
Task Taker
ULTIME**

80 Points
– Case Sensitive
Forms

**Value
Winner
iYES!**

6.5 Points

People often feel less confident about new or potentially difficult situations. Perhaps the most important factor in developing confidence is planning and preparing for the unknown. If you are applying for a new job, for example, it would be a good idea to prepare for the interview. PLAN WHAT YOU WOULD WANT TO SAY AND THINK ABOUT SOME OF THE QUESTIONS THAT YOU MAY BE ASKED. PRACTISE YOUR

answers with friends or colleagues and gain their feedback. There are many other examples of planning for an interview. Perhaps you should visit the hairdresser before you go. How are you going to travel to the interview and how long will the journey take? What should you wear? Take CONTROL OF UNKNOWN SITUATIONS THE BEST YOU CAN, BREAK DOWN TASKS INTO SMALLER SUB-TASKS AND PLAN AS MANY AS

you can. In some situations it may be necessary to also have contingency plans - backup plans if your main plan fails. If you had planned to travel to your interview by car but on the morning the car wouldn't start how would you get there? Being able to react calmly to the unexpected is a sign OF CONFIDENCE. KNOWING WHAT TO EXPECT AND HOW AND WHY THINGS ARE DONE WILL ADD TO YOUR AWARENESS AND

8.5 Points
- Alternate e
SS04

First-time parents to-be may well feel nervous and less than confident about having a baby. They are likely to buy books or visit websites which can offer advice and dispel some of the mysteries. They are also likely to talk to other parents to gain knowledge AND UNDERSTANDING. IN THE WORKPLACE, TRAINING MAY BE PROVIDED FOR STAFF TO TEACH THEM HOW TO MANAGE OR

work with new systems and procedures. During a period of organisational change this is particularly important as many people will naturally resist changes. However if those affected by the changes are given adequate information and training THEN SUCH RESISTANCES CAN USUALLY BE MINIMISED AS THE STAFF FEEL MORE PREPARED AND THEREFORE MORE CONFIDENT

10.5 Points

Confident people believe in themselves and have a positive mindset. People lack confidence feel insecure about themselves and their decisions. First things first, let's get specific. In order to tame the demon, you've got to name the demon. Where do you lack confidence? When do you feel self-doubt and your negative emotions creeping in? Where do you feel your skills or abilities are limiting you? WHERE WOULD YOU LIKE TO HAVE MORE CONFIDENCE? ONCE YOU GET SPECIFIC, IT WON'T FEEL SO OVERWHELMING AS YOU WILL HAVE SOMETHING TANGIBLE TO

13 Points

Confidence, it's a powerful word and an even more powerful feeling. Can you remember a time in your life when you felt confident? A time when you felt unstoppable... on top of the world? Now imagine you could feel that way more often. What impact would that have on your health and well-being, your career, your relationships? Not only does being confident feel good, it helps you seize potential opportunities, take more chances and make THAT BIG CHANGE OR TAKE THE NEXT STEP IN YOUR LIFE AND CAREER. LIFE IS CRAZY, BUSY AND BEAUTIFUL. FIGURING OUT HOW

16 Points

"Somehow I can't believe that there are any heights that can't be scaled by a man who knows the secrets of making dreams come true. This special secret, it seems to me, can be summarized in four Cs. They are curiosity, confidence, courage, and constancy, and the greatest of all is confidence. WHEN YOU BELIEVE IN A THING, BELIEVE IN IT ALL THE WAY, IMPLICITLY AND UNQUESTIONABLE". NOW

140 Points

Magnetic

140 Points

- Alternate a SS06
- Alternate g SS09
- Alternate n SS14

Magnetic

25 Points

Appreciation of Beauty
Criticism
Experienced, Energy
Fairness
GENEROUS GUY

32 Points
- Standard
Ligature

Handle Workflow
Identify
Jobs Opportunities
MAGNETIC

45 Points

Neurofeeded
Powerful
QUESTIONS

55 Points

Role Model
Size
#Training
V.I.A

80 Points

Worthy
Xis
YOGA

6.5 Points

Know your strengths and weaknesses. Write a list of things that you are good at and things that you know need improvement. Discuss your list with friends and family as, inevitably, they will be able to add to the list. Celebrate and develop your strengths and find ways to improve or manage YOUR WEAKNESSES. WE ALL MAKE MISTAKES DO NOT THINK OF YOUR MISTAKES AS NEGATIVES BUT RATHER AS LEARNING

opportunities. Accept compliments and compliment yourself. When you receive a compliment from somebody else, thank them and ask for more details; what exactly did they like? Recognise your own achievements and celebrate them by rewarding yourself and telling friends and FAMILY ABOUT THEM. USE CRITICISM AS A LEARNING EXPERIENCE. EVERYBODY SEES THE WORLD DIFFERENTLY, FROM THEIR OWN

perspective, what works for one person may not work for another. Criticism is just the opinion of somebody else. Be assertive when receiving criticism, don't reply in a defensive way or let criticism lower your self-esteem. Listen to the criticism and make sure that you understand what is being SAID SO YOU CAN USE IT AS A WAY TO LEARN AND IMPROVE. STAY GENERALLY CHEERFUL AND HAVE A POSITIVE OUTLOOK ON

8.5 Points

If you believe that you can achieve something then you are likely to work hard to make sure you do it, however, you don't believe that you can accomplish a task then you are more likely to approach it half-heartedly and therefore be more likely to fail. The trick is CONVINCING YOURSELF THAT YOU CAN DO SOMETHING, WITH THE RIGHT HELP, SUPPORT, PREPAREDNESS AND KNOWLEDGE.

There is a lot of information about positive thinking both online and in print. The basic rules of positive thinking are to highlight your strengths and successes and learn from your weaknesses and mistakes. This is a lot easier than it sounds, and we often dwell ON THINGS THAT WE ARE NOT HAPPY WITH FROM OUR PAST, MAKING THEM INTO BIGGER ISSUES THAN THEY NEED TO BE.

10.5 Points

Ideally this will be someone that you see regularly, a work colleague, a family member or a friend - somebody with a lot of self-confidence who you'd like to mirror. Observe them and notice how they behave when they are being confident. How do they move, how do they speak, what do they say and when? How do they behave when faced with a problem or mistake? How do they interact with OTHER PEOPLE AND HOW DO OTHERS REACT TO THEM? IF POSSIBLE TALK TO THEM TO LEARN MORE ABOUT HOW THEY THINK AND WHAT MAKES THEM TICK. DON'T

13 Points

A simple example of this is driving a car. Most people who have been driving for some time do so almost automatically - they don't have to think about which peddle to push or how to handle a junction in the road, they just do it. This contrasts to a learner driver who will probably feel nervous and have to concentrate hard. The learner lacks experience and therefore confidence in their ability to drive. GAINING EXPERIENCE AND TAKING THE FIRST STEP CAN, HOWEVER, BE VERY DIFFICULT. OFTEN THE THOUGHT OF STARTING SOMETHING NEW IS WORSE THAN ACTU-

16 Points

If you feel confident about a task then you will likely feel calm about doing it. When you feel less confident you are more likely to be stressed or nervous. Trying to remain calm, even when you're under stress and pressure, will tend to make you feel more confident. To do this it is useful to learn how to RELAX. LEARN AT LEAST ONE RELAXATION TECHNIQUE THAT WORKS FOR YOU AND THAT YOU CAN USE IF

Technical Information

| | | | |
|-------|--------------|-------------------|-----------------|
| Latin | Afrikaans | Koyraboro Senni | Swahili |
| | Albanian | Langi | Swedish |
| | Asturian | Latvian | Swiss German |
| | Asu | Lithuanian | Tachelhit |
| | Basque | Lower Sorbian | Taita |
| | Bemba | Luo | Tasawaq |
| | Bena | Luxembourgish | Teso |
| | Breton | Luyia | Turkish |
| | Catalan | Machame | Upper Sorbian |
| | Chiga | Makhuwa-Meetto | Uzbek |
| | Cognian | Makonde | Volapük |
| | Cornish | Malagasy | Vunjo |
| | Croatian | Maltese | Walser |
| | Czech | Manx | Welsh |
| | Danish | Meru | Western Frisian |
| | Dutch | Morisyen | Yoruba |
| | Embu | North Ndebele | Zarma |
| | English | Northern Sami | Zulu |
| | Esperanto | Norwegian Bokmål | |
| | Estonian | Norwegian Nynorsk | |
| | Faroese | Nyankole | |
| | Filipino | Oromo | |
| | Finnish | Polish | |
| | French | Portuguese | |
| | Friulian | Prussian | |
| | Galician | Quechua | |
| | Ganda | Romanian | |
| | German | Romansh | |
| | Gusii | Rombo | |
| | Hungarian | Rundi | |
| | Icelandic | Rwa | |
| | Igbo | Samburu | |
| | Inari Sami | Sango | |
| | Indonesian | Sangu | |
| | Irish | Scottish | |
| | Italian | Gaelic | |
| | Jola-Fonyi | Sena | |
| | Kabuverdianu | Serbian | |
| | Kabyle | Shambala | |
| | Kalaallisut | Shona | |
| | Kalenjin | Slovak | |
| | Kamba | Slovenian | |
| | Kikuyu | Soga | |
| | Kinyarwanda | Somali | |
| | Koyra Chiini | Spanish | |

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|-----------------------|------|-----------------------------------|------|------------------|
| Open Type Features | aalt | Access All Alternates | ss04 | Stylistic Set 04 |
| | case | Case-Sensitive Forms | ss05 | Stylistic Set 05 |
| | ccmp | Glyph Composition / Decomposition | ss06 | Stylistic Set 06 |
| | dlig | Discretionary Ligatures | ss07 | Stylistic Set 07 |
| | dnom | Denominators | ss08 | Stylistic Set 08 |
| | frac | Fractions | ss09 | Stylistic Set 09 |
| | hist | Historical Forms | ss10 | Stylistic Set 10 |
| | liga | Standard Ligatures | ss11 | Stylistic Set 11 |
| | lnum | Lining Figures | ss12 | Stylistic Set 12 |
| | nalt | Alternate Annotation Forms | ss13 | Stylistic Set 13 |
| | numr | Numerators | ss14 | Stylistic Set 14 |
| | onum | Oldstyle Figures | ss15 | Stylistic Set 15 |
| | ordn | Ordinals | ss16 | Stylistic Set 16 |
| | ornm | Ornaments | ss17 | Stylistic Set 17 |
| | pnum | Proportional Figures | ss18 | Stylistic Set 18 |
| | salt | Stylistic Alternates | ss19 | Stylistic Set 19 |
| | sinf | Scientific Inferiors | ss20 | Stylistic Set 20 |
| | ss01 | Stylistic Set 01 | subs | Subscript |
| | ss02 | Stylistic Set 02 | sup | Superscript |
| | ss03 | Stylistic Set 03 | tnum | Tabular Figures |

Codepage Please refer to the Technical Document

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