

INCREASING SELF-CONFIDENCE!

*Too many people overvalue what they are **not** and undervalue what they are
...Malcolm S. Forbes*

WHAT TO KNOW!

- ❖ Self-confidence is defined as self-assuredness and belief in one's abilities, judgments, potency, and capacity to overcome obstacles and challenges
- ❖ Self-confident people are optimistic, affectionate, independent, emotionally mature, assertive, trust themselves, and handle criticism well
- ❖ People who lack self-confidence have self-doubt, are passive, conform, take criticism personally, distrust, and have feelings of inferiority and not being loved
- ❖ A lack of self-confidence can come from an early home life full of direct criticism, past failure experiences, loss of loved ones and supportive figures, growing up in a home without support/encouragement, bullying, and having unobtainable/unrealistic goals
- ❖ Self-confidence is made up of both self esteem and self efficacy
- ❖ Self esteem is the high regard that we have for ourselves; our belief that we can cope with the events in our lives
- ❖ Self efficacy is our belief that we can achieve our goals through learning new skills and determination
- ❖ Self-confident people not only believe in themselves and their abilities, but are determined to enjoy their lives
- ❖ A person's confidence level is seen in their body language, dress, behavior, demeanor, how they speak, their tone, and what they say, etc.
- ❖ Confidence is a continuum; if you are under-confident, you play safe, do not try and avoid taking risks; if you are over-confident, you may push yourself beyond your capabilities and take too much risk
- ❖ Confident people do what they believe is right despite what others think, learn from their mistakes, take risks to achieve their goals, and accept compliments from others

WHAT TO DO!

- ❖ Stop whining, complaining, procrastinating, and waiting for others to tell you what to do
- ❖ Think positive capable thoughts and eliminate negative ones; use self affirmations
- ❖ Groom yourself and dress nicely
- ❖ Stand tall, smile often, and speak slowly and with conviction
- ❖ Know yourself through a self inventory; what can you do and what can you not do
- ❖ Learn and prepare for your challenges; develop a plan to meet your goals
- ❖ Know your own personal values and live by them; do not be misled by others
- ❖ Set small goals and achieve them; accumulate them
- ❖ Count your victories not your defeats and welcome change and improvement
- ❖ Change bad habits such as stopping smoking and excessive drinking and exercise more often
- ❖ Be grateful and volunteer to help others
- ❖ Promise yourself you will try as hard as you can to improve and be happy with yourself
- ❖ Seek professional help for establishing a positive self image and overcoming the negative emotions of anxiety and depression

WE CAN HELP!

Call us at **954 755-2885** or email us at **DrKimmel@aol.com**.

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