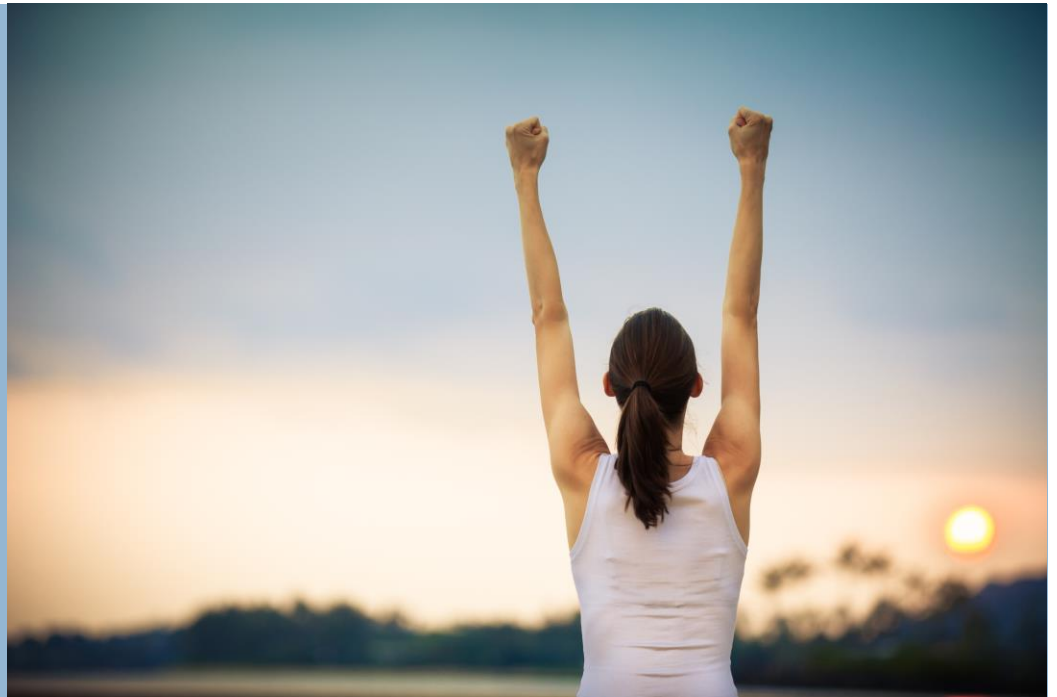


# BUILDING SELF-CONFIDENCE FOR BETTER HEALTH

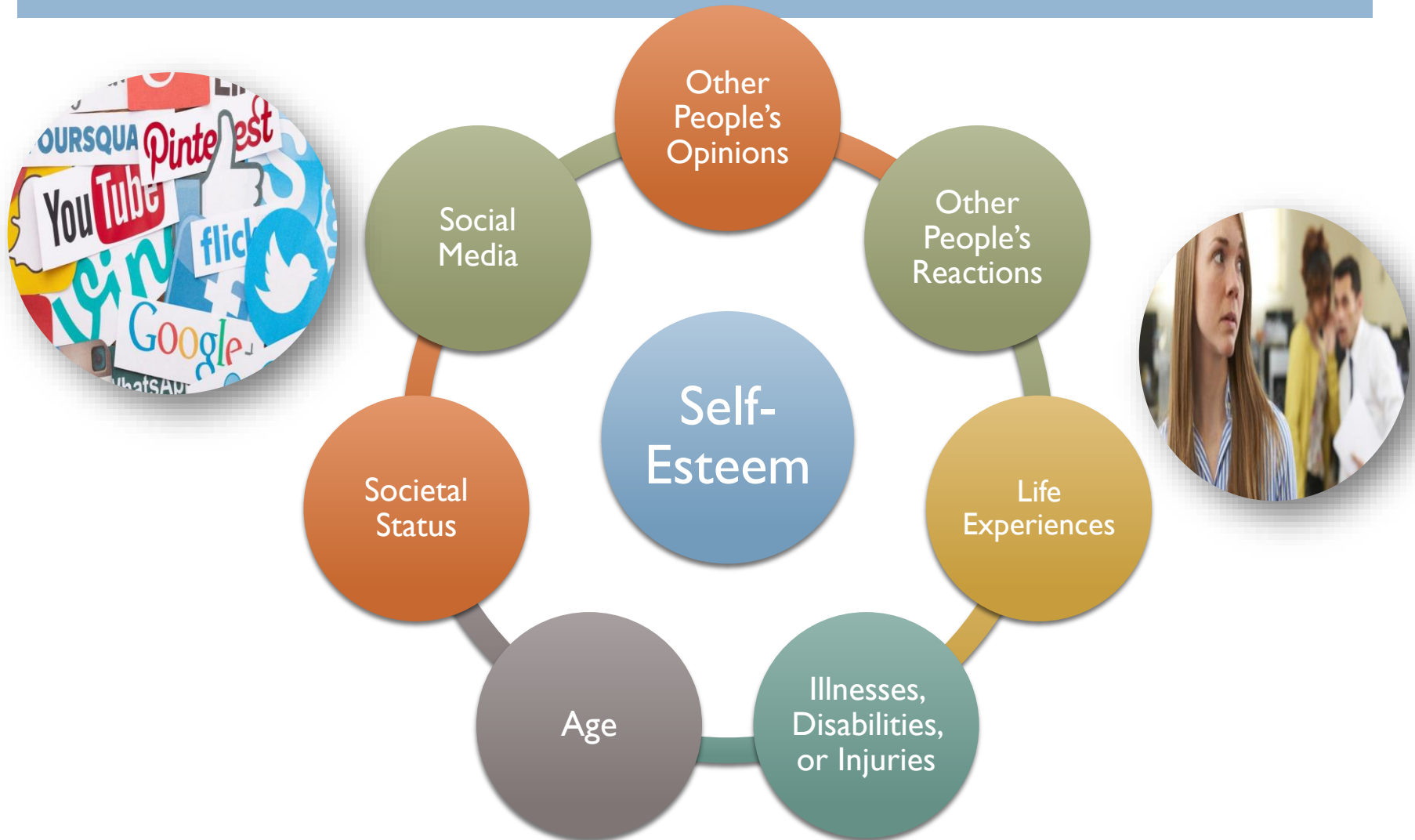


# WHAT IS SELF-CONFIDENCE?

- ❖ Self-confidence is your overall opinion of yourself – how you feel about your abilities and limitations
- ❖ Thoughts, relationships and experiences shape our self-esteem
- ❖ Having a *healthy* self-esteem means feeling good about yourself and see yourself as deserving the respect of others
- ❖ Having *low* self-esteem means you place little value in your opinions and ideas – you might constantly worry you are not good enough



# FACTORS THAT INFLUENCE SELF-ESTEEM



# RANGE OF SELF-ESTEEM

## Healthy Self-esteem



- Balanced, accurate view of yourself
- Have a good opinion of your abilities but recognize your flaws
- Assertive in expressing your needs and opinions
- Able to form secure and honest relationships

## Low Self-esteem



- Focus on perceived weaknesses and faults
- Believe others are more capable or successful
- Heightened fear, anger and pessimism
- Can lead to stress, depression and other mental health challenges

# HOW CONFIDENCE AFFECTS YOUR HEALTH

- ❖ Low self-confidence can reduce your overall quality of life
- ❖ Healthy self-esteem enables us to make healthy, constructive and adaptive life decisions but like any system, it can go wrong
- ❖ This can lead to self-destructive decisions and thought processes



# BOOSTING YOUR SELF CONFIDENCE

Continually seek improvement within yourself



# PRACTICE SELF-COMPASSION

- ❖ Treat yourself with kindness when you make a mistake, fail or experience a setback
- ❖ Self-confidence contributes to more consistent confidence
- ❖ Change/challenge your self-talk



# TAKE CARE OF YOUR BODY



Exercise  
Regularly



Eat a  
Balanced  
Diet



Don't  
Skimp on  
Sleep



Do What  
You Love



# SET TANGIBLE FITNESS GOALS

## ❖ **At the Office:**

- ❖ 15 minute lunch + 15 minute walk
- ❖ Park farther away
- ❖ Take the stairs instead of the elevator

## ❖ **At Home:**

- ❖ Sign up for a gym membership or fitness class
- ❖ Go for evening walks with family or friends



# MAKE A COMMITMENT CONTRACT

A commitment contract is a binding agreement you make with *yourself* to ensure you follow through with your intentions

- Utilizes psychological power of loss aversion and accountability to drive behavior change

Outline your goals on a piece of paper – sign your name

- You can even include a friend or family member for added reinforcement



# CARROT VS STICK



# LINE UP REINFORCEMENTS

- ✦ **Accountability:** Having a supportive friend, family member or significant other makes you more likely to stick with your fitness regimen.
- ✦ **Social Boost:** Start a new workout plan with a partner
  - ✦ When you share a triumph with someone else and they respond enthusiastically, your perceived value of that event increases and you may become more invested.



# 15 FACTORS THAT LEAD TO PEAK PERFORMANCE

1



**Contact  
with  
Nature**

2



**Develop-  
ment of  
Creativity  
& Humor**

3



**Optimistic  
State of  
Mind**

4



**Balanced  
Nutrition**

5



**Work  
Satisfaction  
(Paid or  
Unpaid)**

# 15 FACTORS THAT LEAD TO PEAK PERFORMANCE

6



**Achieving Goals**

7



**Economic Essentials**

8



**Intellectual Stimulation**

9



**Coping with Stress**

10



**Rest and Sleep**

# 15 FACTORS THAT LEAD TO PEAK PERFORMANCE

11



**Spiritual  
Awareness**

12



**Time and  
Space Alone**

13



**Positive  
Self-Image**

14



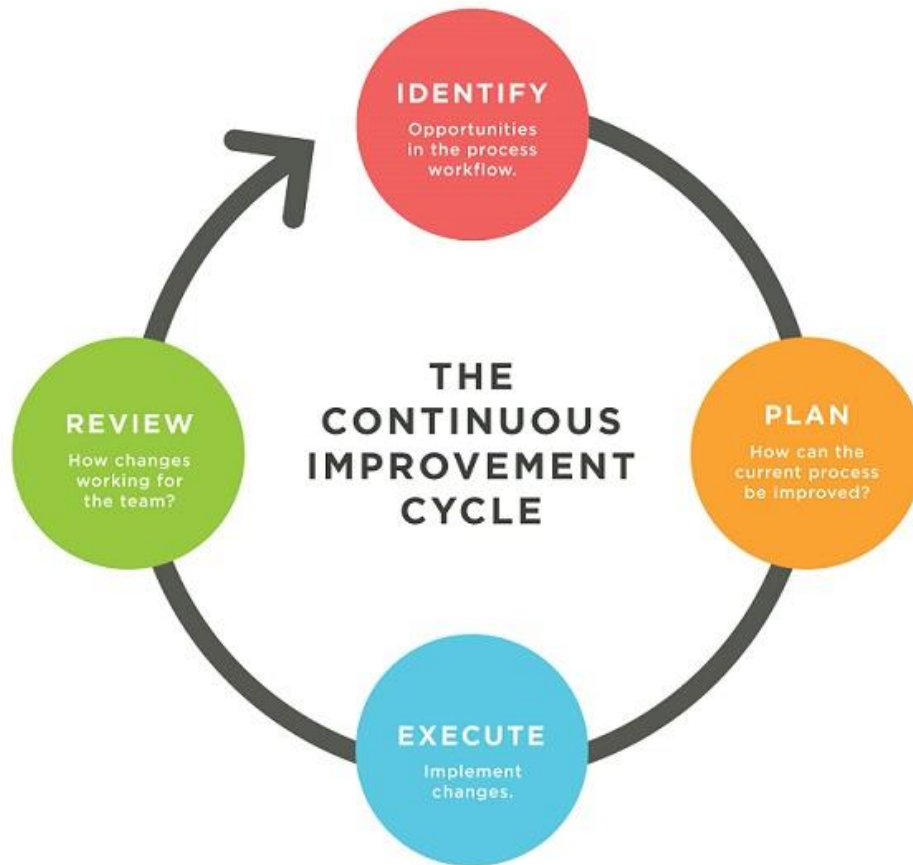
**Physical  
Prowess**

15



**Fulfilling  
Relationships**





# KAIZEN METHOD



# KAIZEN METHOD

Standardize

Measure

Compare

Innovate

Standardize

Repeat



# QUESTIONS?

