



# Self Confidence and Self Motivation

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- ❖ Self-confidence is **an attitude about your skills and abilities**. It means you accept and trust yourself and have a sense of control in your life. Self-confidence is an attitude that you hold about yourself that allows you to move forward and achieve your goals.
- ❖ Self motivation is the inspiration drawn from within to do an action.

# Self Confidence

- Everyone holds opinions about the type of person that they are. These opinions are at the heart of self confidence and they affect how you feel about and value yourself.
- Self confidence is not static and fixed; your beliefs about yourself can change throughout your life as a result of circumstance and experience.
- People with low self-esteem have more trouble dealing with failure, or what they perceive to be failure. They tend to experience social anxiety, making social interaction more difficult and stressful than they should be. A lack of self-confidence causes a lot of problems.
- Your level of self-confidence can show in many ways: your behavior, your body language, how you speak, what you say, and so on.



# Examples self confidence

- ◆ **Self-Centered Confidence**
- ◆ **Perfection-Seeking Confidence**
- ◆ **Faith-filled Confidence**

# Self-Centered Confidence

- ◆ This level of self-praise is a bit nauseating for everyone around that person. It's a result of self-obsession
- ◆ This type of confidence is unwarranted because it assumes "I'm better than you" for no reason.

# Perfection-Seeking Confidence

- ◆ The thought here is that if I perform in all of these areas, then I will be confident. This is exactly what I subscribed to in middle school. I figured, if I work really hard in all these areas and simply exemplify confidence, I will in turn be unshakeable.



# Faith-filled Confidence

- ◆ Faith-filled confidence, which is not dependent on outside circumstances, but an underlying faith that tomorrow can be better than today through hard work and grit. This is the type of confidence that brings you peace in understanding that you might n
- ◆ Hey I might currently suck at this particular skill, but I know I'll get there eventually." It brings you peace.ot have it all together today, but you trust that you have the values to get you there.

What is Rudder?



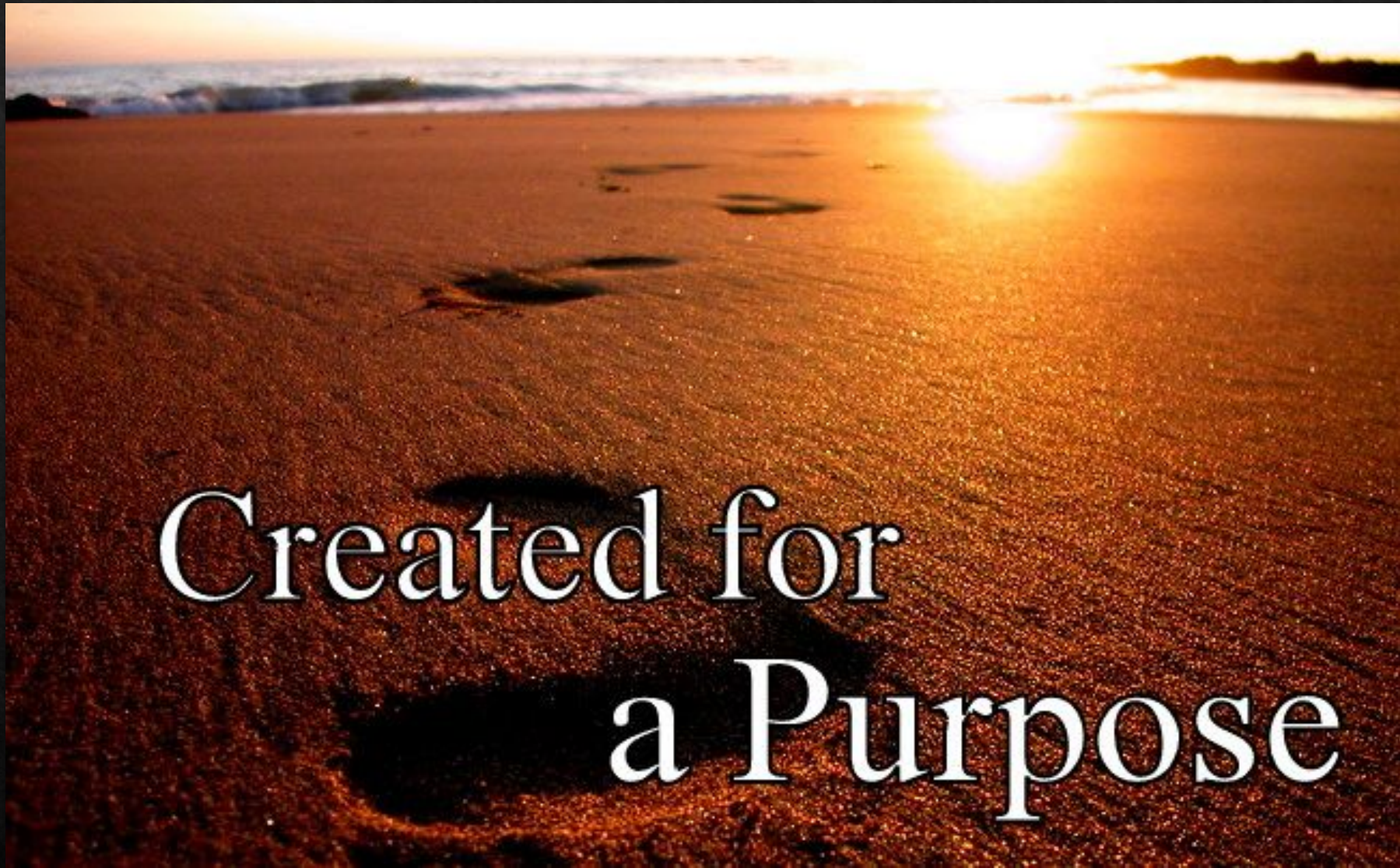
# Rudder



- The Basic form of a rudder is a flat plate or a sheet of material that is used to steer ships, boats, submarines, etc.
- Rudder operates by directing the flow of water thereby making a turning moment that makes the ship turn.

Never Underestimate the power of a  
rudder





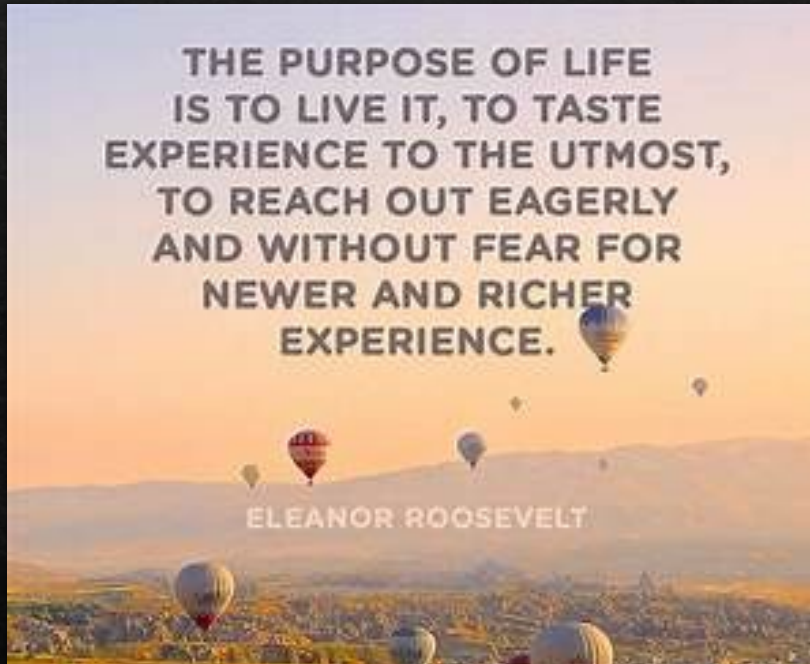
Created for  
a Purpose



# Write your own destiny:

- ◆ <https://www.youtube.com/watch?v=CUeIqKulW6k&list=WL&index=1>

# Purpose of Life



- Amazon list 151928 books to know the purpose of life

Did you ever take some time to think about the big life questions?

- What are my goals in life? And have I been able to reach them yet?
- How valuable is my life? Am I really loved by someone?
- Is life making sense anyway? Does my life matter?
- How will my future look like?



Brainstorming for finding Purpose of Life



What you love to do?

What one thing you are supremely qualified  
to teach other people?

Who you do it for?



What do they want or need?

How do they change or transfer as a result of  
what you give them?

Thank you