

Building Confidence

confidence |'känfədəns; -fə,dens| *a feeling of self-assurance
arising from one's appreciation of one's own abilities or qualities*

While the term “confidence” can be defined above, the real question is what does confidence mean to you? For me, it’s the ability to be calm, grounded, connected to the world and willing to be curious and open in any situation. It’s the ability to manage life’s challenges with clarity and compassion. It’s the ability to see the big picture. It’s the ability to be humble when successful and generous with everyone you meet. It’s the energy of success and the cornerstone of happiness. Quite simply, it’s the ability to say YES to life.

Now, what does confidence mean to you? Take a moment and write down your description.

I believe confidence is: