Self-Confidence & Diabetes

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Defining CONFIDENCE

According to Merriam-Webster:

1a: a feeling or consciousness of one's powers or of reliance on one's circumstances <had perfect confidence in her ability to succeed> <met the risk with brash confidence>b: faith or belief that one will act in a right, proper, or effective way <have confidence in a leader>

2: the quality or state of being certain: certitude <they had every confidence of success>

3a: a relation of trust or intimacy <took his friend into his confidence>b: reliance on another's discretion <their story was told in strictest confidence>c: support especially in a legislative body <vote of confidence>

http://www.merriam-webster.com/dictionary/confidence
Defining SELF-confidence

Fill in the blank: _______ YOURSELF to _______

Believing in
learn a new
skill
share meet
a specific goal

Trust ing in
persevere

Just being

Take a chance
succeed
Be healthy.
Be you!
How does Diabetes strengthen your confidence?

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I am capable.

I am strong.

I am brave.

I am in tune with my body.

I am...
Building your confidence

Things you can do to give yourself a boost

- Journaling
- Celebrating success
- Setting SMART goals
- Support
- Volunteering
“Go confidently in the direction of your dreams.”

-Henry David Thoreau