

## Confidence for Inner Strength Presentation Handout

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### Confidence and Inner Strength

- Confidence and inner strength are about knowing who you are, recognising and feeling proud of your strengths, managing things that you might not be quite so good at and supporting other people to be the best they can be

### Cycles of Behaviour

- Negative self belief can lead to negative expectations of a day or event, which can result in self limiting behaviour, which supports low self esteem and reinforces negative self belief
- Positive self belief is more likely to lead to positive, optimistic expectations of a day or event, which supports adaptability if things do go wrong, which demonstrates effective behaviour that supports high self esteem and reinforces positive self belief
- It can be difficult to move from one cycle to another, it takes a lot of energy but the transformation is worthwhile

### Positive Reinforcement

- Revisit your list of positives regularly, at least once a week, if you can't manage more often than that and add ticks to the things you've done that week which continue to show that you're good at them
- If you did something that wasn't so great, try not to do it again. But do not remove a tick from your list!
- If you feel comfortable to, share your list and possibly compare it with someone who's doing the same exercise. They will usually identify more positives for you and you can do the same for them

### Negative Voices

- Who's voice is it that you're hearing? Is it yours or someone else's, possibly a parent or someone from your earlier life?
- Are they right or is that a legacy from years ago that you could now work to detach yourself from?
- If I do something that's 'stupid' it doesn't mean I'm stupid. It just means I did a stupid thing. Try to break associations.
- Negative voices can often be more about the other person than you, but that doesn't mean there's a magic wand for dealing with them. Seek professional help if you are struggling to build your confidence and self esteem in a negative environment.

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### Social Media

- While it can be good to be connected via social media don't rely on 'likes' and 'views' to build your self esteem
- Human connections and interactions build our confidence and self esteem as we can take specific feedback from that; what people liked, what they didn't respond to so well

### Build a Picture (you can use the table on page 4 to help you get started)

- Develop a mental image of who you would like to be
- Who is that person, what are they good at and how are they living their life?
- How is that different from where you are now?
- Identify changes and develop a plan for how you can make the transition to become that person
- Ask for help if you need it, there's strength in that
- Work towards your goals steadily, recognising and acknowledging your positive developments

### Positive Reinforcement and Self Belief

- Be proud of your achievements
- Recognise and acknowledge the things you do well....over and over again to reinforce your self esteem
- Tell the people you care about what you're doing. Talk to them about your successes and the things you're struggling with. If they're not pleased for you, that might say something about their self esteem

If you can answer 'yes' to the following questions your self belief is in a good place 😊 If not keep thinking about what you would like to change and how you can make that happen.

- Do you believe you have the right to a happy and fulfilling life?
- Do you believe you deserve to be loved?
- Do you believe you have strengths that contribute to the wider world?
- Do you believe you have a voice that should be heard?
- Do you believe you have a contribution to make?
- Do you believe you are capable of learning new things?
- Do you believe you can be the best that you can be and love your life?

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### Seek Inspiration

- Think about the people who inspire you
- How did they work through difficult times? Did they fail? How did they pick themselves back up?
- Think about their bounce back-ability and use that to fuel your determination and tenacity

### Be Kind to Yourself

- Make time for yourself; to identify the positives, feel proud of your achievements and think about your plan for the future
- Find a kind and supportive inner voice. It might take a little bit of time to change it, but it can definitely be done 😊

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**Build a Picture**

Develop a mental image of who you would like to be:

Who is that person?	Where are you now?	What needs to change?
What are they good at?	What are you good at?	
What do they enjoy doing?	What do you enjoy doing?	
What is important to them?	What is important to you?	
How do they feel about themselves?	How do you feel about yourself?	

## The 10 Commandments for Positive Self Care

Thou shalt not be perfect or even try

Thou shalt not try to be all things to all people

Thou shalt not spread thyself too thin

Thou shalt not worry about being untidy

Thou shalt not ever feel guilty

Thou shalt not be thine own worst enemy, but be thy best friend

Thou shall leave things undone that ought to be done

Thou shall learn to say no

Thou shall schedule time for thyself and thy supportive network

Thou shall switch off and do nothing regularly