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Dr. Connie's Top 10 Confidence Boosters

KNCY Extension Update
June 23, 2012

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Welcome to the Extension Update! My name is Connie Reimers-Hild, and I am an Extension Educator focused in leadership, innovation and entrepreneurship at the Kimmel Education and Research Center in Nebraska City. In today's Extension Update, I will present 10 practical confidence boosters that you can start using right now!

Why invest in your self-confidence? Innovation always begins with people. Self-confident individuals filled with passion, purpose and confidence are the most creative and innovative individuals. They have strong Inner Leaders and the confidence it takes to lead personal, organizational and community change and innovation. Growing individual confidence and the confidence of others are key factors associated with great leadership. Before you can successfully lead others, you must first lead yourself. So, invest in yourself. Focus on developing your Inner Leader by strengthening your confidence and living the life you want for yourself!

Strengthen your Inner Leader by investing time and resources in your self-confidence. There are a number of confidence building tools, and you have to find and use the tools that best serve you. As a Certified Professional Coach I find the issue my clients struggle with most is confidence. From my research and experience, I have developed Dr. Connie's Top 10 Confidence Boosters:

1. Cherish Your Freedom

Realize that you alone control your destiny. You have the freedom to decide how to live your life every single day.

2. Invest in Self-Care

Care for yourself so you are better able to maximize your energy and talents. Self-care is the foundation for living a life of strength and confidence. Take time to relax and do things you enjoy. Get out into nature. Exercise daily and eat for health and energy to strengthen your body, mind, spirit and confidence.

3. Be Honest with Yourself

Only you know what you truly desire. Be honest about what you truly want, make a plan, and go for it!

4. Program the Subconscious Mind

The subconscious mind is a powerful tool. It produces automatic responses and has the ability to generate ideas, create solutions and make us aware of amazing opportunities! Train your subconscious to help you develop a positive, open mind. Deliberate repetition of thoughts, words, phrases and images can help program your subconscious.

5. Take Purposeful, Inspired Action Daily

What you do every day matters. Life is the accumulation of individual days, so don't waste even one! Purposeful daily action is essential to sustainable, personal innovation.

6. Create Your Personal Confidence Team

Surround yourself with people you know, admire, respect, appreciate, like, and trust. Make sure the people on your team believe in you. You must also believe in them. Surround yourself only with the best, so be honest and selective!

7. Measure and Monitor Your Progress

Take time to reflect upon and measure your success. Include both numbers and creative ways to measure success like thoughts, feelings, new experiences, and ideas. Also monitor the good things that happen as a result of taking inspired actions. Learn from both positive and negative experiences and change course when needed.

8. Celebrate Your Success

Celebrating success will keep you motivated while growing your confidence. Celebrate both the small and big wins. Share your victories with others!

9. Have Fun

Fun is absolutely invaluable. It is foundational to creativity and innovation and is a wonderful stress reliever and relationship builder. Fun also keeps us young and is the fountain of life!

10. Go Wild!

Live **BOLDLY** and enjoy the ride. Life is meant to be lived. Live life on your terms. Take inspired action with intention, awareness, purpose, passion, and confidence!

There are many ways to develop your confidence. Ultimately, you have to decide what is right for you. Journaling, meditation, the use of personal mantras and affirmations, goal setting, visualization, art, nature, healthy eating, physical activity and coaching can all be great tools to help you move forward. Whatever you decide, just make sure the strategies and structures you put in place work for you and are focused on what you truly want to accomplish and experience. For example, many people set false goals they never achieve because they left their heart and personal desire out of the process.

Setting and pursuing false goals leads to lack of interest and motivation, which leads to goal abandonment and ultimately a feeling of failure and self-doubt. Feelings of failure and self-doubt can seriously erode self-confidence. Goals should be set for you as an individual and based on personal fulfillment, not simply what you think you should do based on the thoughts and influences of others or society. Establish goals, strategies and structures that are holistic and recognize the importance and power of the mind-body-spirit connection.

After my mom's sudden death two years ago, I had many conversations with Dad about living life. He told me he had no regrets. My parents celebrated forty-five years of marriage a month before Mom's passing, and Dad said they did everything they wanted to do together. I will never know Mom's true thoughts on this subject; I just hope she felt the same way. Life-changing events have a way of putting life into perspective. I now use "live life with no regrets" as a personal mantra that I repeat to myself daily. My philosophy about life has become this: Life should be a journey filled with wonderful experiences, and we must define success for ourselves. Many of us tend to focus too much on accumulating titles and stuff rather than experiences. Our individual journeys should be what we want to experience and enjoy. Life should not be a daily grind. Life should not be a to-do list.

Your time on this planet is short, so enjoy it! Be confident and lead yourself on this journey called life. Live a fulfilling life with purpose and passion. Share your true talents with the world, have fun, and live your best life every single day!

As always, please call or email me, Connie Reimers-Hild, at the University of Nebraska Kimmel Education and Research Center (402) 873-3166 or creimers2@unl.edu if you are interested in coaching, training or resources in the areas of leadership and innovation. The University of Nebraska Extension offers a wide variety of great programs, and we are here to help you! Visit extension.unl.edu and kimmel.unl.edu for the more information on how UNL Extension can help you plant your personal seeds of success, happiness and innovation!

Go Wild!

-Dr. Connie



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