

Confidence is the Key to Happiness

Written by Julie M. Armenta, M.A. Education & Family Specialist

1. Every day, look at what accomplishments you have achieved and plan to achieve. It takes many small steps to reach success. Try to acknowledge that it is a learning process and enjoy the process and the journey. Start and end your day with your own confidence building; it only takes 5-10 minutes out of your day for positive thinking, reflection, visualization, etc., but makes it all 5-10 times easier to reach your outcome and to achieve success daily. We can have so many gifts, talents, and ideas, but without confidence and taking action, not a lot can happen with them.
2. Read books, articles, and magazines to rethink, reorganize, and refocus. Read to be inspired, educated, and enthusiastic to learn. Also spend time reading and talking to other confident people; having role models and mentors is very important. All successful people have their ups and downs, we all have them, but it is how we choose to deal with them that makes the difference. Your confidence does grow and build as you take on challenges in life.
3. Be thankful for your friends, family, memories, and health – no matter what. I do know bad circumstances can severely affect your sense of well-being, but remember others are worse off, and appreciate what life has given you. Some don't even have the gift of life anymore. Take a mental snapshot of all the benefits you enjoy everyday. Value life, not things!
4. Having a strong support system is so important; always surround yourself with supportive people such as your friends, family, and mentors. Talk to someone you admire and respect and share with them your dreams, goals, and ambitions, and how you will achieve them. Your support system will be there with you every step of the way. Be unstoppable and show yourself and others you can do it!
5. There's no greater way to build confidence than to get what needs to be done DONE! Each day reflect and move the Big Rocks first – get the hardest done first and all else follows. Create a planner or journal to keep you focused. Focus on the most important and move closer to finishing a project, e.g. expanding a relationship, etc. Put aside time; put it as a priority. Do not allow distraction or temptation. This makes a world of difference. Put you first – you deserve it! Make it a priority to find the time and strategies that work best for you. This will also eliminate guilt, failure, and fear. Take the step toward success; you won't regret it.
6. Celebrate every accomplishment and share with others. Treat yourself for your successes, however small they may be. Don't be afraid to share your success with others, and it is equally important to celebrate others' success. It's great to have that time of praise; we all need and deserve it to keep us going!

The most committed and confident are the happiest, most charitable, talented, and ethical individuals. They are set apart from the rest of the population; we want to instill this in our children and ourselves for generations to come, and make the world a better place. Embrace confidence and be a star!