

Moving On Up: Building a Healthy Self-Confidence

Quadruplicity, 2012

Sharon Drake Petro, Ph.D.
Performance Coach for Sport, Business & Balance
Head Coaching Enterprises ~ 434.249.6846
www.head-coaching.com ~ sharon@head-coaching.com



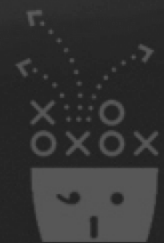
confidence

**a belief that you can be successful
at a particular task**



confidence

**a belief that you can learn the skills
to reach your potential**



confidence is a choice



believe in yourself...or not



a confident person **CHOOSES**

to think about what she **WANTS** to
have happen

rather than what she **FEARS** may
happen.



“The greatest discovery of my generation is that a human being can alter his life by altering his attitudes.”

--William James

19th/20th Century

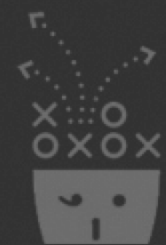
Psychologist and Philosopher



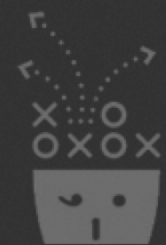
mental screen door



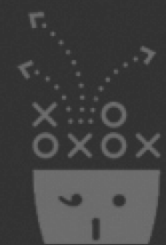
**attach your success to the process,
not the outcome**



define your success



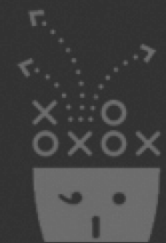
develop a long-term memory
of your successes



strong emotions



positive events



what do you say when someone gives
you a gift on a special occasion?



what do you say when someone
gives you a compliment?



accept the gift and say,
“thank you.”



honor your abilities



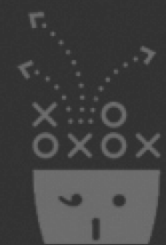
what are you good at?



how did you get to be that good?



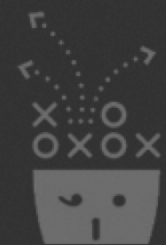
**strive for excellence
rather than demand perfection**



great performers are not perfect,
they are the ones who can recover
well from mistakes



perfectionism is not the best attitude



challenge your thoughts



be your own best friend



“People who feel good about themselves produce good results.”

***--Blanchard and Johnson,
The One Minute Manager***

