



## WHAT IS CONFIDENCE?

By Hillary Stone

Let's ask ourselves, what is confidence? The dictionary defines it as a combination of words: The belief that I feel realistically and objectively in my own trust of certainty and ability regarding experience and challenges. The two key words to confidence in this definition are belief and trust. I found a new quote a few days ago to add to my list of favorites, it was on the tag from my tea bag that read "The purpose of life is to know yourself and love yourself and trust yourself and be yourself." How might I use this quote to gain confidence reminds me of my most favorite quote "I always know what giving up feels like. I want to see what happens when I don't." This quote is from Neila Rey a fitness enthusiast who offers her talents in fitness programs and videos.

You may say to yourself, wow this is great; however, I am different. You may be surprised that many of our famous men and women celebrities have risen from the lack of self-confidence from those internal negative thoughts or unthoughtful sayings from others. Here are a few from a long list of female celebrities who have had self-confidence challenges and some may surprise you: Lady Gaga, Kim Kardashian, Jessica Alba, Oprah Winfrey, and Michelle Obama.

So, for confidence sake, ask yourself, what can I do to believe and trust in myself? One terrific idea would be to get involved in things you really enjoy. Maybe you enjoy volunteering, playing sports, writing articles, cooking, singing, these are just a small list of many options. Sharing your feelings of accomplishments in wherever your ambitions take you, talking with family, friends, relatives, coaches, and teachers will inspire you to know you trust and believe in yourself. Be excited to learn about yourself and where you are going. Another fun way is to start a journal keeping daily or weekly the positive feelings that continue to flow in your journey. Confidence is a door opener to self-esteem, self and stress management, friendships, goal setting and many other issues and challenges you may face as you become a more empowered woman.