

Moving On Up: Building a Healthy Self-Confidence *Quadruplicity, 2012*

Confidence Promoting Attitudes:

confidence is a choice, believe in yourself...or not

think about what you want to have happen, not what you fear may happen

use your mental screen door, don't take it personally

attach your success to the process, not the outcome

define your success

develop a long-term memory for your successes, attach strong emotions

accept the gift and say, "thank you."

honor your abilities

strive for excellence, rather than demand perfection

challenge your thoughts

be your own best friend

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