

Boost your confidence

Self-efficacy [self effi-ca-cy] *noun* **The confidence we have in our ability to do something or develop a skill; a powerful force in our WW experience.** The more self-efficacy we have in accomplishing a certain goal, the more likely we are to make those first key steps toward it.

WHAT TO DO

Think about a goal you want to work towards. Then, increase your self-efficacy with the technique that inspires you the most.

1

Hit small achievements.

Mini successes can help develop our confidence, so **choose one truly doable step to take this week.** If you're not quite confident in your master chef abilities yet, start by focusing on learning to cook one simple meal.

2

See others succeed.

Look for inspiration from people you relate to. **Watching others hit accomplishments increases our belief that we can also be successful.** Running a 5K? Find inspiration from a friend who started at a similar fitness level - not someone who runs marathons.

3

Feel more balanced.

Keep an eye on your emotions. **If you're worried or tense, your brain will interpret it as a lack of confidence.** Relieving tension, and building excitement, can help us feel more determined and therefore, more likely to succeed. Try deep breathing or dancing to your favourite amp-up song!

4

Get encouragement.

Surround yourself with friends and family you trust who believe in you and your abilities - or try being your own cheerleader! **Have a go-to friend on speed-dial you can call on for a confidence boost, or try writing yourself a positive note.**



What strategy will you use to increase your self-efficacy? Share with us how you're going to remind yourself of it daily in your Connect Workshop Group!

**Wellness
that Works.™**