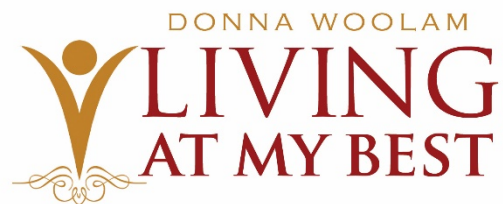




4 STEPS TO RADICALLY BOOST YOUR
SELF CONFIDENCE

The Whole-Self System



DO YOU KNOW THE 16 CHARACTERISTICS OF TRUE LOW SELF ESTEEM?

1. Social withdrawal
2. Anxiety and emotional turmoil
3. Lack of social skills and self-confidence. Depression and/or bouts of sadness
4. Less social conformity
5. Eating disorders
6. Inability to accept compliments
7. Inability to see yourself 'squarely' - to be fair to yourself
8. Accentuating the negative
9. Exaggerated concern over what you imagine other people think
10. Self-neglect
11. Treating yourself badly but NOT other people
12. Worrying whether you have treated others badly
13. Reluctance to take on challenges
14. Reluctance to put yourself first or anywhere.
15. Reluctance to trust your own opinion
16. Expecting little out of life for yourself

THE WHOLE-SELF SYSTEM

CONFIDENCE is produced when we feel in control of the situations surrounding us. The dictionary defines **Self Confidence** as: *realistic confidence in one's own judgment, ability, power, etc.*

Develop the habit of taking charge of situations you can control and learn to release or modify the areas you cannot.

The **WHOLE-SELF SYSTEM** addresses four main areas to regulate your judgment, ability, and power - **BODY, SOUL, MIND and SPIRIT**.

The **WHOLE-SELF SYSTEM** was developed over years through personal experience and working with others.



MY STORY

As a very young girl, I had loads of self-confidence. I believed I was loved, treasured, and adored. I'm sure I was, because I come from a family that values family and interaction. Early on though my mom became ill and the atmosphere in our home turned subdued and gray. I became unsure, shy, and withdrawn.

My confidence was based on how I *believed* others saw me. This skewed my vision of myself, and so I didn't believe I quite fit in. The funny thing is I had friends, was well liked by teachers, and active in sports and extracurricular clubs. I was talented musically and made good grades. Yet, I wasn't quite rowdy enough for the 'bad kids,' sparkly enough for the 'popular kids,' nor brainy enough for the 'geeks.' I felt like a plain vanilla kind of person. More than that, I truly felt invisible. I didn't want to be average. Somehow, I had decided that average wasn't good enough.

Because of those feelings, I made some unhealthy and unsafe choices so that I could have a sense of belonging somewhere. Thankfully, nothing truly horrible happened, but it was simply by the Grace of God.

As I have matured, I've learned that confidence is based on how you see yourself. If you believe that you are insignificant, you will present yourself in insignificant ways. I began a shift in my perspective, which changed everything for me. The following steps outline a few simple ways that you can begin to change your perspective, and so, change your confidence quotient.

SOUL/EMOTIONS



The **SOUL** is the seat of the emotions. Confidence is more a matter of emotion than any other thing. Though there may be skills you can learn to make you more proficient in an area, if you are emotionally withdrawn, you will not have confidence. Our confidence battles are fought within the decision centers of the mind. This goes back to my perception of how I BELIEVED others saw me, not the way they ACTUALLY did.

The first step to changing your perspective is to change the way you think. Joseph Prince, states that “right believing leads to right living.”

When it comes to happiness and success in life, many state that emotional intelligence (EQ) matters just as much as intellectual ability (IQ). Experiencing, displaying, and appreciating emotional responses are good things. When they drive our decisions, our judgment is altered, and power is drained from our lives. EQ is comprised of:

- ❖ **Self-awareness** - You recognize your own emotions and how they affect your thoughts and behavior, know your strengths and weaknesses, and have self-confidence.

- ❖ **Self-management** - You're able to control impulsive feelings and behaviors, manage your emotions in healthy ways, take initiative, follow through on commitments, and adapt to changing circumstances.

- ❖ **Social awareness** - You can understand the emotions, needs, and concerns of other people, pick up on emotional cues, feel comfortable socially, and recognize the power dynamics in a group or organization.

- ❖ **Relationship management** - You know how to develop and maintain good relationships, communicate clearly, inspire and influence others, work well in a team, and manage conflict.

Some simple steps in **SOUL CONFIDENCE** are:

- ❖ Establish healthy boundaries in your relationships. Don't let someone else's agenda drive you into actions that are contrary to your core values.
- ❖ Be willing to experience the sensations of joy. We can find ourselves so preoccupied with day- to-day living that we neglect the simple pleasures of laughter.
- ❖ Examine whether you are experiencing false guilt over situations in which you have no control. False guilt will cause you to believe that you are not worthy of experiencing happiness.
- ❖ Marshall negative emotions: anger, excess, bitterness. These emotions can lead to damaging responses. If you discover that you have an uncontrollable issue, consider speaking with a healthcare professional to assist you.
- ❖ Do something daily to bring joy into your life. It needn't be expensive nor elaborate. Taking the time to enjoy a sunrise or sunset, a few minutes of listening to your favorite music, or putting your fingers in dirt to plant a flower or vegetable plant can help you unwind from daily stresses.
- ❖ Surround yourself with positive people. Common wisdom says we are the sum of the five people with whom we spend the most time. Who are your five closest friends? Are they building you up, or tearing you down? When you hang out with negative people, you become negative. If you are the most positive person in your group of friends, you need some new friends.

MIND/INTELLECT



MIND CONFIDENCE is not a matter of how much formal education you have or how many degree letters appear after your name. It is a matter of knowing and understanding how things work in the realms we want to be engaged in or enter.

For instance, if you want to interact within a community of people who enjoy wine and who are connoisseurs, it will be important for you to know basic facts about wine. You don't have to be the most knowledgeable in the room, but you will at least be able to ask intelligent questions. No one minds a beginner. In fact many people love to be considered an expert in the conversations.

When we walk into a room and are knowledgeable about a particular subject, we automatically have more Self Confidence. Consider the areas in which you already own a degree of expertise. When you find yourself in a discussion of issues in which you are studied, you will be more comfortable than situations in which you do not have a degree of proficiency. Determine to gain more knowledge in the areas in which you do not feel proficient. Use the resources at your disposal to learn something new every week.

- ❖ Determine what knowledge would help you in the areas of your personal and professional life and begin to search for education in those areas.
- ❖ Do you need to know more about the areas of Body, Soul, Mind or Spirit development? Grab a book or watch a video. Keep a notebook handy and take notes.
- ❖ Would you be eligible for a promotion if you knew more about an aspect of your career path? Discover classes or courses. Many are available online or at a local college.

BODY/PHYSICAL



Poor Body Image and Body Consciousness ravage our self-confidence. Media images send thousands of signals per day designed to compel us to buy products to make us *feel* more attractive. It can be difficult to combat the onslaught of information. A few simple steps can put the power back into YOUR hands, out of the hands of the image makers, and increase your **BODY CONFIDENCE!** I've heard it said, "Nothing tastes as good as thin feels." I don't know if that's true (I certainly do enjoy a nice big plate of nachos, or some crispy potato chips.)

What I DO know, is that when I'm working toward my personal health improvement goals, I feel more confident in what I do every day. If I'm making one or two better food choices, parking one row down from the door of the store I'm headed into, or make sure I get a little extra sleep, I'm proud of myself.

- ❖ Learn to love who you are and the way you have been created. Accept your body style and type as NORMAL for you. Use your ability to present the most magnificent representation of YOU possible.
- ❖ Each body type, face structure and skin coloring has an optimal style, shape or color to bring out its best.
- ❖ Discover the best style of clothing for your body type. Are you athletic, petite, curvy, or thin? Not sure? Search 'how to determine my body type' for a list of resources. Another quick online search for "best style of clothes for _____ body type" will help you find what TO wear, and what NOT TO wear. You can make modifications in any style to meet your particular body type to create the best effect.
- ❖ Learn the best hair length and style for your face shape. There are many free and low-cost online programs or apps to assist you in your search. Look for the best stylist you can afford and tell her what you want. Search "how to determine my face shape", and then search "best hairstyles for face shape." You'll be amazed at the selections!

- ❖ Understand which colors look best on you. The wrong colors, in clothes, hair and makeup, can drain you of energy, cause you to look older (or younger) and steal your confidence. Many cosmetics companies offer free makeovers. Take advantage of one of these - either in store or in home - and learn the best cosmetics for your skin tones. Search “best colors for my skin tone” to find a huge list of options.

Be strict with yourself when it comes to these choices. However, find a way to incorporate your favorites which aren't the best style or color options, into your lifestyle. For instance, if you LOVE a particular color which isn't in your color palette, use it as an accent color for accessories.

- ❖ Daily do something - anything - toward a health goal. This can be as simple as choosing something different to eat and parking a bit further away from the door at work; to joining a gym and cleaning out the kitchen cabinets. Simple daily actions to control what goes into your body for health cause a sensation of power to be released. When you feel powerful, you gain confidence.

SPIRIT



To be a WHOLE person, an element of spirituality is vital. You are not an accident! Your life is not an accident. It is important to understand that there is more to life than what you experience with the physical senses. I gain great confidence in knowing that I am not walking this world alone, simply hoping for the best.

My personal Christian belief is centered in the knowledge there is *Someone* Greater than me running this universe, and He is on my side. He wants me to WIN and has given me everything I need in order to win. **SPIRIT CONFIDENCE**, in my opinion, is knowing WHOSE you are, not just WHO you are. The Bible states that our sufficiency, our competency comes from God.

The Apostle Paul told the church at Philippi: “For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus”. I can be confident in this: day by day I am becoming a better version of myself.

You have unique gifts, talents, and skills. The world is full of people who need YOU, not you pretending to be someone else. You need to be unique and OWN your special talents and qualities. Make it your goal to be a FIRST RATE you, instead of a poor imitation of someone else.

Simple steps to obtain **SPIRIT CONFIDENCE**:

- ❖ Consider the fact that you are not an accident.
 - If you are not an accident, then decide there must be a reason for your birth and life.
 - If there is a reason, is it possible there is a plan? Consider what the plan could be.
 - If there is a plan, then know there must be resources available for you to achieve the plan. Identify what those resources could be.
 - Are you open to asking a couple of simple questions to test the thought? The questions are: God, are you there? If you are, will you help me to know You?

You may or may not be a Christian. My hope is that either way you would come to know the great loving God who is on your side.

IN CLOSING

Self Confidence is something you can develop. If you are shy, withdrawn, or hesitant in walking forward into your life, know this: you can be a more confident person.

It is hard to find yourself living on the edges of what is going on around you. One of the most powerful questions ever asked of me was, “If you weren’t afraid, and neither money nor time were an object, what would you do?” I realized then I was spending a great amount of my life being afraid to LIVE because of what I THOUGHT other people were thinking. We only get one spin around this life, isn’t it time for you to be living the life you were meant to have?

Would you like to transform your life? I’m the REINVENTION NINJA! I help women discover their Passion, uncover their Purpose, and TRANSFORM their life into a life of POWER!

Schedule your FREE 60 minute discovery session with me TODAY! Email donna@donnawoolam.com and let’s get started.

About Donna K Woolam

I was raised in the Panhandle of Texas in Amarillo. I have spent most of my life in Texas, with a stint of over a year in South Carolina where our youngest son Monty was born. Richard and I were married for just over 42 wonderful years. He flew to the arms of Christ in 2020, after an 8 year battle with cancer.

We raised two amazing sons, Dustin, and Monty, both of whom are great men. They are a continual source of blessing and joy to me. I believe that children are a gift, a treasure, and that they do not make the decisions in the family.

I am Mother-in-law to one of the most captivating, smart, and wise women I know, Jayme. Dustin and Jayme have made me grandmother to two amazing children - Calista and Ian. They give me joy that I never knew I could experience!

I've lived a life painted with many strokes of color and influence. I've worked from home as well as within the corporate structure. Our boys attended public school until

Dustin was in the 9th grade and Monty in the 7th, and then I home-schooled them through graduation. While working away from home, I also attended Bible School at Knowing Him Bible Institute (alongside Richard), to become a minister of the Gospel and to share the Good News of Jesus Christ with others. We were pastors of a small congregation in West Texas for a time and we've worked in many other churches. I believe that the Word of God holds the final truth on any subject. I am a continual learner and don't think I know everything. I want to continue learning until the day I die.

I am the author of *Breathtaking! Discover and Release Your Greatness* and books in the Confident, Inspired Woman Series. All available books may be purchased on Amazon.

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or call 432-230-8197