



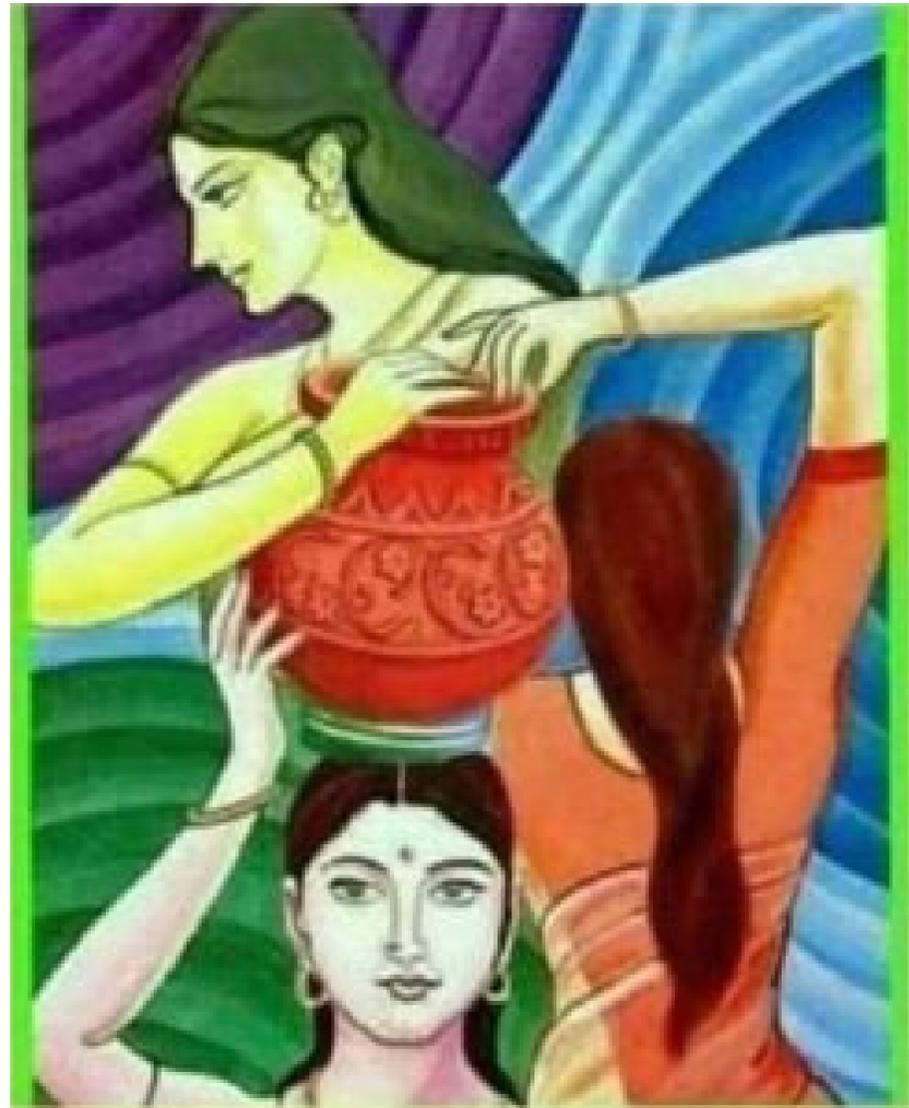
# UNLIMITED CONFIDENCE

**Brenda Hoehn, MSN, BSN, RN, CHTP**  
**ProCare Vitamin Specialist/Life Support**  
**Bariatric Nurse, Advocate, Patient**

*Promoting Life-Balance and Well-Being*



# AGENDA



*One pot carried 3 different ways by 3 different women.  
We all have our unique way of doing things.*

**Let your uniqueness shine without comparison**

- 1 Defining Confidence
- 2 Building a Foundation for Consistency
- 3 Using Your Emotions to Determine Core Values
- 4 2 Ways of Viewing Confidence
- 5 Types of Self-Confidence
- 6 Sources of Confidence
- 7 Next Steps for Creating More Confidence



# DEFINING CONFIDENCE

- Self-Confidence is a skill. It can be learned
- It is independent of what others think of you
- It magnifies the skills, talents and potential you already possess
- Self-confidence is not selfish
- It is authenticity - without apology
- It affects your weight loss journey

*"a feeling or consciousness of one's powers"*

*~ Merriam-Webster*

***It is self-determined***



# BUILDING A FOUNDATION

- Self-confidence is often dependent on our own perception of ourselves
- We need to build our self-confidence on a solid foundation rather than things that are constantly changing like how we look, our achievements, how much money we have, our job, our relationships etc.
- Rules of the game. Each of us has a unique soul print / value which are the rules of our game



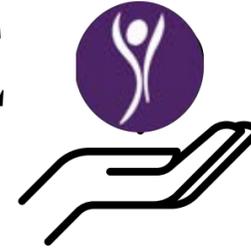
# USING YOUR EMOTIONS TO DETERMINE CORE VALUES



5 THINGS THAT MADE YOU  
**HAPPY**  
LIST

5 THINGS THAT MADE YOU  
**SAD**  
LIST

# WHAT ARE YOUR CORE VALUES?



**1** Being in nature - being around animals, planting garden

**Naturalistic**

**2** Being myself/ voicing opinions

**Authentic**

**3** Exploring new places and create new things

**Explorer / Adventurist**

**4** Finding ways to resolve pain

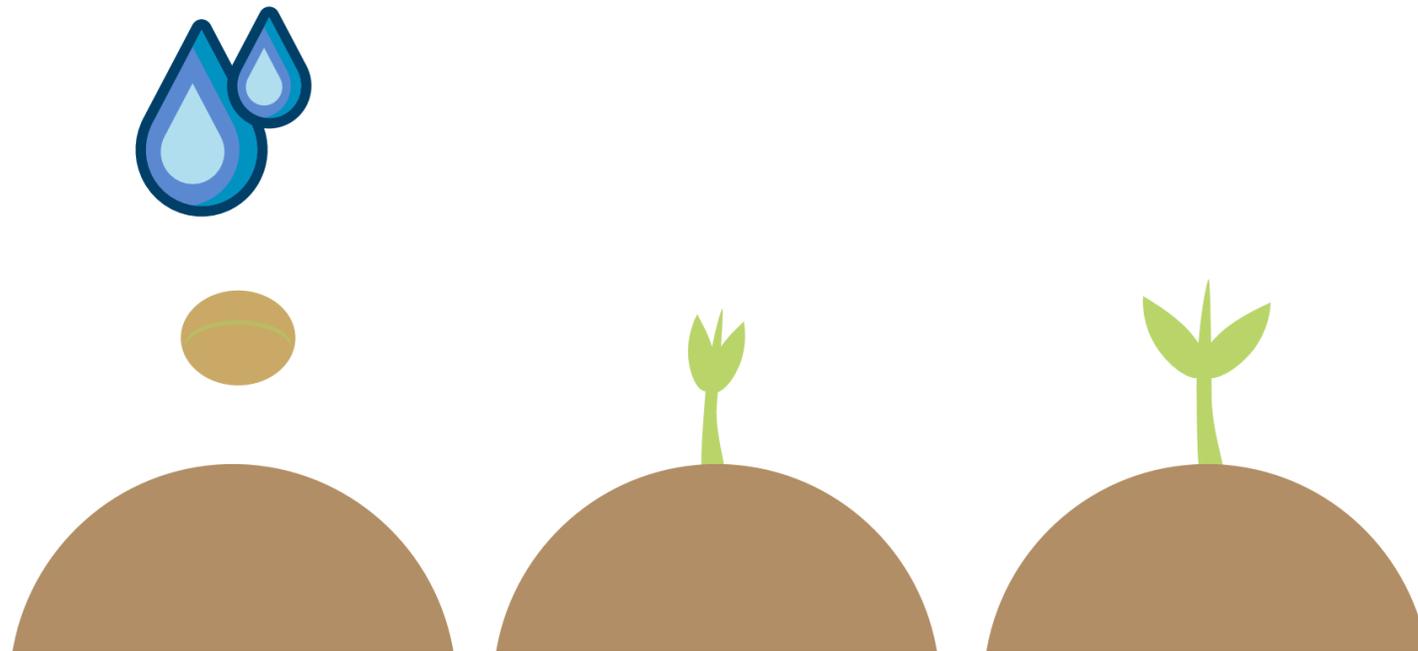
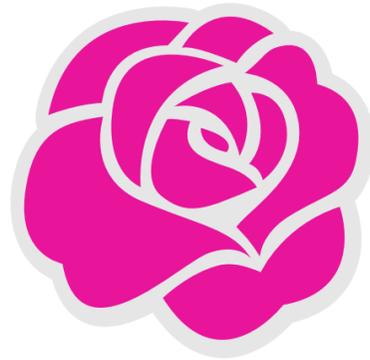
**Healer / Nurturer**

**5** Understanding more of who I AM

**Spiritualist**

# W. TIMOTHY GALLWEY

The Inner Game of Tennis: The  
Classic Guide to the Mental Side of  
Peak Performance



“ When we plant a rose seed in the earth, we notice that it is small, but we do not criticize it as "rootless and stemless." We treat it as a seed, giving it the water and nourishment required of a seed. When it first shoots up out of the earth, we don't condemn it as immature and underdeveloped; nor do we criticize the buds for not being open when they appear. We stand in wonder at the process taking place and give the plant the care it needs at each stage of its development. The rose is a rose from the time it is a seed to the time it dies. Within it, at all times, it contains its whole potential. It seems to be constantly in the process of change; yet at each state, at each moment, it is perfectly all right as it is.

# TWO WAYS OF EXPRESSING CONFIDENCE

DOING



Achieving something, going hard, actionable

BEING



Relaxing, being ok with where you are (body positivity)

# TWO TYPES OF SELF-CONFIDENCE

## GENERAL



Pertains to the overall level of confidence that you have in the moment

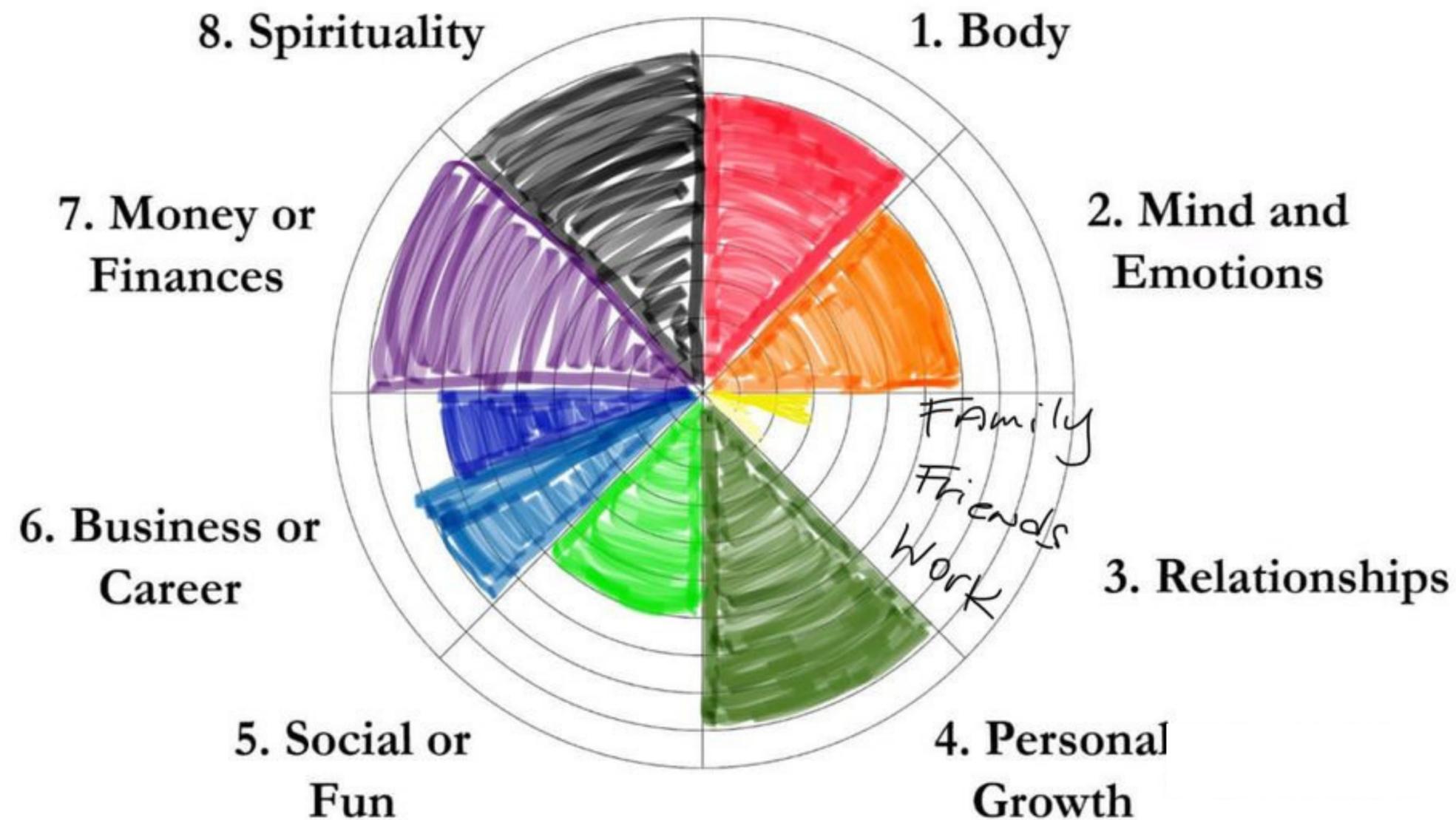
## SPECIFIC



Pertains to a specific area of your life

# HOW SPECIFIC AREAS PLAY A ROLE IN OUR GENERAL SELF- CONFIDENCE LEVEL

How confident are you on a  
scale of 1-10 in the different  
areas of your life?"



Wheel Exercise from:  
"5 Days to Magnetic Confidence"  
by Rolene Strauss"

# SOURCES OF CONFIDENCE



Mastery of  
your own  
experience

Accomplishing  
a goal

Experiencing  
thru another

You know it's  
possible because  
another person did it

Social  
Influencers

Those people you  
surround yourself  
the most

Physical and  
mental  
wellbeing

Being your own ally  
instead of your enemy

# NEXT STEPS



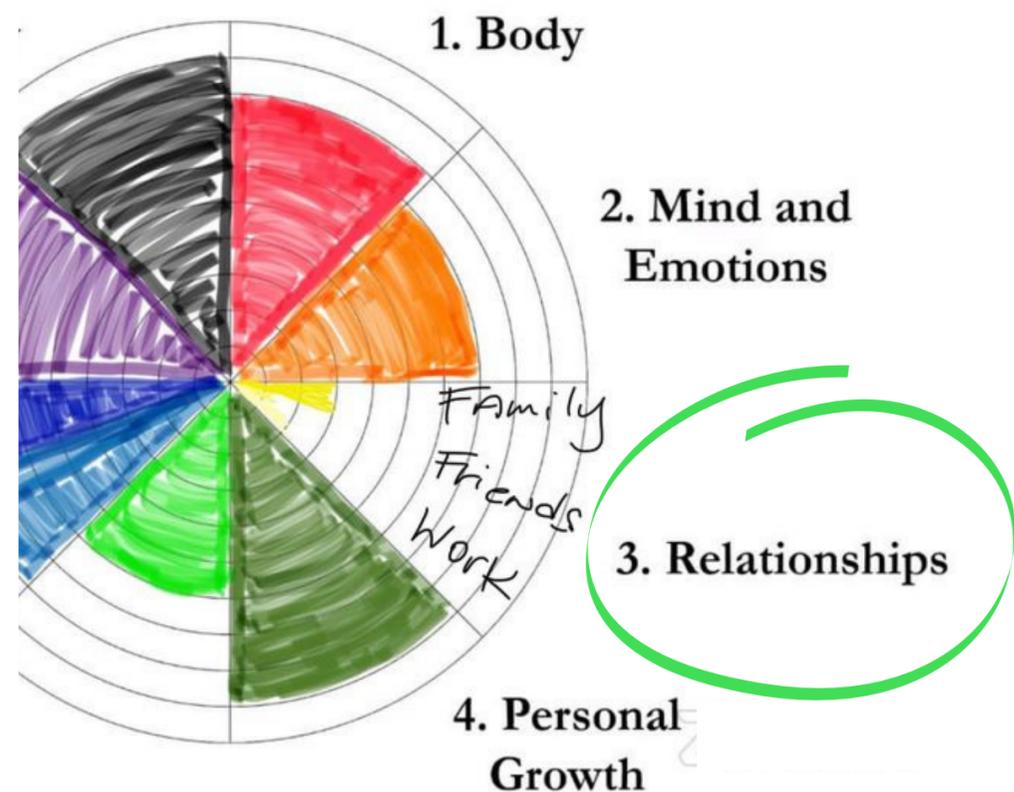
Work on the the area of your life with the **lowest confidence level** taking small baby steps



**Redefine self-discipline:** self-discipline is not about doing the right things at the right time at all times- this will only lead to burnout. Instead, self-discipline is **about being in charge and in control of the decisions/choices** you make



Choose mentors whose soul print/values are aligned with yours



MENTOR



https://procarenow.com

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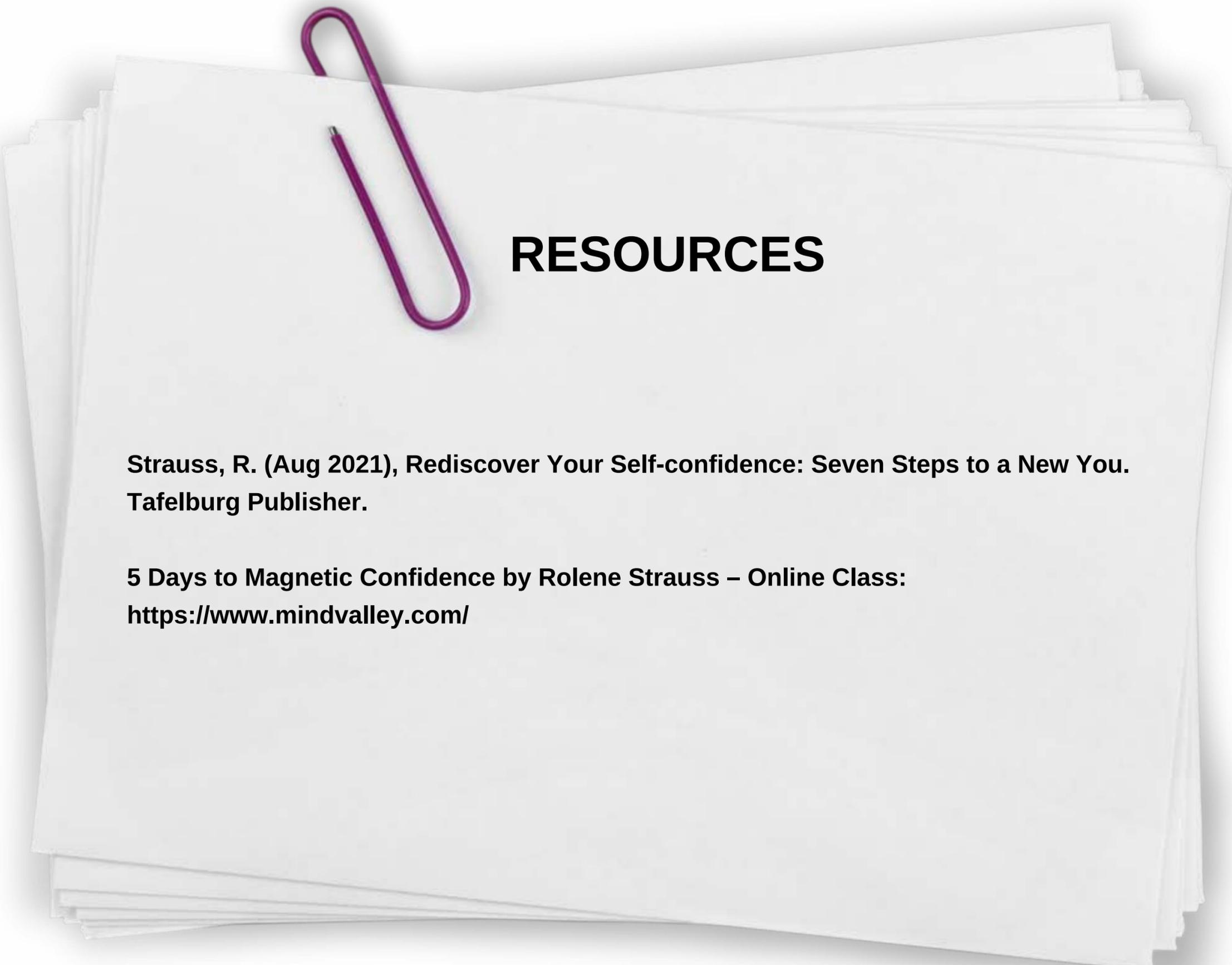
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# NEW PROTEIN POWDER

- ◆ Exclusive Immunity Blend
- ◆ 1g of Carbs, 110 Calories Per Serving
- ◆ Added Electrolytes
- ◆ 26g of Whey Isolate Protein

SHOP NOW





# **RESOURCES**

**Strauss, R. (Aug 2021), Rediscover Your Self-confidence: Seven Steps to a New You. Tafelburg Publisher.**

**5 Days to Magnetic Confidence by Rolene Strauss – Online Class:  
<https://www.mindvalley.com/>**