

3 Tips for Developing Self-Confidence...

1. In most people's lives, they have experienced a combination of successes and failures. Many people can easily list all of their shortcomings...but have to think for a long time to remember their successes! When faced with a challenge, people who lack SELF-CONFIDENCE tend to focus on the failures rather than the victories! A good way to boost your SELF-CONFIDENCE is to create a VICTORY LIST! Try sitting down and listing all the victories, small and large, that you have experienced. Don't hesitate to think back to high school, or even elementary school. Update your list periodically. When faced with a challenging situation, get out your VICTORY LIST, and, as you review your very best moments, you will feel your SELF-CONFIDENCE being TURBO-CHARGED!
2. People who have strong, healthy bodies tend to feel capable and confident. If you have neglected your body, it will constantly remind you...by making you feel weak, out of control, and unsure of yourself! A regular exercise program, combined with sensible nutrition, will immediately add to your current level of SELF-CONFIDENCE!
3. When you feel a lack of SELF-CONFIDENCE, you are really telling yourself that the task at hand is too big, and you feel overwhelmed. Don't avoid the task...but DO break it down into smaller steps...the more the better! If you still feel overwhelmed, break the task into even smaller steps, until you find the level at which you DO feel confident taking the first step. After you have taken the first step, either go on to the second step, or break that step down even further! Steady progress toward your goals, even in small increments, will make you feel more sure of yourself...and soon, because of your SELF-CONFIDENT behavior, no challenge will be too large!

* a note to parents...all 3 of these SELF-CONFIDENCE building tips can be used with even the smallest children! Use these tips as teaching techniques. Remember that children of any age can benefit from increased self-confidence!

And...if you want to find out more about developing SELF-CONFIDENCE, try the INTRODUCTORY PROGRAM at "DENNY STRECKER'S KARATE" for only \$19.95, you will have the opportunity to see the benefits of letting our Instructing Staff be your personal SELF-CONFIDENCE COACH!
Call 586-573-3881 for more information!

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