

# Wroten & Associates

## April 2013 Leadership Insight

### Self-Confidence: Harnessing Your Power

"The most important point to remember in developing self-confidence is to take responsibility for who we are. This empowers us. We can change anything, do anything, and be anything when we assume full responsibility for ourselves."

- Rachael Berningham

Confidence comes from the way you feel about yourself! Poor self-confidence can negatively affect literally every aspect of your life, including relationships, job related issues, and even your health. If you have poor self-confidence, harnessing the power of your own beliefs and thoughts to change how you feel about yourself is critical.

Psychologists say that feeling out of control is one of the primary reasons for our feelings of inferiority and low self-confidence and a strong self-confidence comes from a sense of control. When we feel in control of ourselves and our lives we feel confident enough to take actions that are consistent with our values.

According to Dr. Wayne Dyer in his book "Your Erroneous Zone" before you can establish a healthy level of self-confidence you first must believe in yourself and not depend on others for your self value. Look at yourself as a work in progress. Most of us constantly talk to ourselves (self talk), especially when dealing with difficult situations. Make sure your self talk is always positive and constructive. Adjusting your thoughts and beliefs and challenging negative and inaccurate thinking is important. Often times we have automatic ways of thinking that we rarely challenge. You are constantly growing and changing. Therefore, your automatic thoughts and beliefs should be challenged and developed. Replace negative or inaccurate thoughts with accurate, constructive thoughts. Know your strengths and leverage them. Try things beyond your comfort zone and be kind to yourself.

Another element in developing your self-confidence is overcoming the need to seek the approval of others. Do not try to become like someone else. You have to be yourself! Don't compare yourself to others as you will always find traits that are different. Instead of comparing and criticizing yourself for not having the traits that you admire in another person, utilize the person as a resource for learning and inspiration.

We all have our own talents, skills, and abilities that make us extraordinary. Remember, you are unique! Don't sell yourself short. You should be proud of who you are. As your self-confidence increases, your successes in your relationships, success in your career and sense of well-being are likely to soar.

Wishing you a confident and insightful month!

Positively provided to you by:

Wroten and Associates and Marilyn W. Allemann, LCSW, CPC

\*\*\*\*Marilynn Allemann, LCSW, CPC will be participating in Wroten & Associates 5th Annual LTC Conference in Anaheim, CA on May 30, 2013. Come spend a day with your colleagues and the attorneys from Wroten & Associates as we explore different areas of Long Term Healthcare. It is free of charge and CE credits are offered. We look forward to seeing you in May! \*\*\*\*\* [Register for conference](#)

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