

BE STRONG

Eat. Move. Live

THE KNOWLEDGE

BUILDING SELF BELIEF

There may be times when you feel like you just can't do this. Losing weight and/or getting fit is hard work, we know, and on occasion our self-belief falters and we lose the faith. Or, you might feel anxious about starting your journey and be really struggling with self-confidence and belief that you can do this (whatever 'this' is for you). Well, we know that you can, because so many people have before you. And they have done it by slowly increasing their belief in themselves and improving their self-confidence. There is a common thread with Be Strong members who are well on with their journey – they grow as a person – their confidence soars, they carry themselves taller, and have belief in themselves that they can achieve what they set their minds to.

How do I build my self-belief?

- 1 Decide on a small goal and set a plan to achieve it.** This could be as small as setting your alarm and getting up 15 minutes earlier to make your lunch for work or choosing to go for a walk on each Sunday afternoon, instead of sitting in front of the TV eating snacks.
- 2 Repeat!** Once your goal is easy to achieve, set yourself another goal. Once you have achieved that one – set another.
- 3 Stretch the boundaries of your comfort zone.** Every now and again, once you have built a little more self-confidence, you need to take the plunge and do something that scares you just a little bit. Make a bold commitment that you will aim to achieve something and stretch yourself until you get there.
- 4 Look to your past or other areas of life for inspiration.** Is there a time when you have felt super-confident? Is there an area of life where you are totally confident and at the top of your game? Draw on how you behave(d) at this time, or in this area of your life. What practices do you put in place here? Can you transfer some of these practices to what you are trying to achieve with Be Strong?
- 5 Remind yourself of your strengths.** Write a list of your strengths, on a piece of paper or in the notes section of your phone. Can you use these strengths to your advantage in lifestyle change? Use the list to remind you of what an amazing, capable, strong person you are... because you are!!
- 6 Don't get comfortable.** Once you start achieving, don't rest on your laurels for too long, because this is where complacency comes in, and we take our eyes off the ball. Always strive to be the best version of yourself. Be proud of what you're doing for yourself and for your friends and family. Because the healthier and happier you are, the better you are for those around you.

If you're stuck in a rut, or you don't feel that you can achieve the goals that you have set yourself, start small, then every now and again test yourself.

Find a way to stretch your comfort zone, just a little bit or maybe a lot... generate some optimum anxiety... something that will stretch you, something that scares you a little, but something that really lights your fire. Do it for yourself, to be the best version of you!