

# Cultivating Confidence



Kelly Armatage

How are your confidence levels doing recently? Our resident Counsellor, Life Coach and Cognitive Behavioural Therapist Kelly Armatage discusses how you can cultivate that much needed inner boost to achieve a healthy, happy and fulfilling life.

**C**onfidence is the secure idea of one's own power, knowledge and abilities in differing areas of one's life. Dependent on the individual's perception, confidence can be high or low on subjects such

as self image; themselves as a person; their skills; their ability to achieve personal/career goals; their capacity to cope interpersonally with others and so on. High self confidence ensures smooth achievement of one's goals (big or small), a contented outlook on life, healthy relationships and the rewarding experience of living within positive emotions.

Some may portray high self confidence by working on their image and may appear to others outwardly as being extremely strong, vibrant and able. Yet if that person has not cultivated their confidence, for example in the achievement of their personal goals, then this is where they may feel most insecure.

It is possible to work on your confidence levels for the areas of your life that require that extra bit of attention, focus and energy. A good way to measure your confidence levels is to perform a confidence check. Scoring how confident you think you are in each subject below, ensures a higher self awareness and something to work with going forward.

## Mark out of ten (ten being high in confidence and certainty):

- Confidence in the ability to achieve my personal/career goals
- Confidence in the ability to work towards my dreams
- Confidence in the knowledge of my skills
- Confidence in my self image
- Confidence in my self esteem
- Confidence in the acceptance of my strengths and weaknesses

- Confidence in my capacity to handle social situations
- Confidence in my ability to have a healthy, loving relationship

These are just some examples of areas whereby your strengths, abilities and confidence can be measured. Let's take

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'acceptance of myself' as an example. This would be a person who is certain and in agreement of who they are. Comparing



themselves to others would never occur, self-criticism would not be an issue, a firm knowledge would exist of their self beliefs and values and they would be aware of exactly what makes them tick. They would be conscious of their good points and their flaws. Yet be actively working on their flaws, as opposed to someone who does not accept themselves and is in denial of

their flaws. Someone who is in denial of their flaws nurtures a certain hate towards themselves and others. Flaws can be: 'I'm aware I occasionally procrastinate'; 'I'm aware I occasionally slip from eating healthily'; 'I'm aware my temper can be an issue at times'; 'I'm aware I sometimes am shy during public speaking'. These are so called negatives

that are a) known of; b) accepted; and c) are actively being worked upon as areas for improvement.

It feels

amazing when confidence is soaring in all areas of your life. Relationships flow whereby conflict is minimal, positive times are aplenty and jealousy needs never to be part of the agenda. Personal and career goals are achieved with certainty, clarity and calmness. Obstacles that pop up on your path are items to be hopped over, rather than something that railroads you off into depression. Regular emotions are felt such as contentment, enthusiasm and empowerment. Life becomes something to be interested in, grateful for and enjoyed. Cultivating your confidence levels in the right direction is a fundamental element of a healthy life. What areas of confidence are ready for your cultivation today? ■

*Kelly Armatage Inc - Offering Counselling, Life Coaching and Cognitive Behavioural Therapy. Tel. +973 3993 1399 or visit [www.kellyarmatage.com](http://www.kellyarmatage.com). All feedback on Kelly's services and articles are always greatly received. Please email: [info@kellyarmatage.com](mailto:info@kellyarmatage.com)*