

LIFE BALANCE: INCREASE YOUR CONFIDENCE RIGHT NOW!

TONI KRASICKI SPENT FIVE MINUTES WITH HUMAN BEHAVIOURAL SPECIALIST AND BESTSELLING AUTHOR, DR JOHN DEMARTINI, TO GRAB SOME TIPS ON HOW WE CAN GAIN GREATER SELF-CONFIDENCE. AND THIS IS WHAT SHE DISCOVERED.

WE'VE ALL BEEN THERE at some time or another; doubting our abilities, lacking enthusiasm and optimism, or feeling as though the ladder of success is an awfully steep climb.

Self-confidence can either make or break us, and affects every aspect of our lives from the gym to the office, and in all our relationships, including the one with ourself.

Human behavioural specialist and bestselling author Dr John Demartini (www.drdemartini.com) says confidence is the 'calmness and certainty of action due to congruency between goals and high priorities or values'. He also says that confident people 'walk their talk, not limp their lives'.

Confidence is about having a positive and realistic perception of ourselves, our abilities and our situation. And congruency is the key. In fact, when describing attributes that reflect confidence Dr Demartini cites 'certainty of vision, an ordered mind, poise, presence, power, purposefulness, patience, and congruency of body language, speech and action'.



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Dr Demartini believes that a lack of congruency between set goals and objectives, and priorities or values is our major downfall in establishing and retaining confidence. He explains. 'People see opportunities, make decisions and act according to what they feel will give them the greatest advantage over disadvantage, greatest reward over risk and according to what they feel will fulfil their highest priorities or values. When they set unrealistic expectations, their goals or objectives become unmet and unfulfilled, which erodes their confidence'.

Ever wondered why some people exude confidence while others work hard to even fake it? The truth is, not everyone displaying signs of cockiness or 'over-confidence' are the real deal. Dr Demartini states that an outward display of over-exaggeration is often a sign of fear and uncertainty and it is 'often nothing but a compensation for a hidden counter-balancing minimisation of self'.

So does that mean that 'faking it til you make it' is out of the question?

Dr Demartini believes so, saying 'Acting confident can be useful only if the act is an advanced commitment to true sustained action. Incongruency is eventually recognised, and the very façade that brings the rise serves the fall'.

We all have areas of high and low confidence, depending on where our priorities lie. For example, maybe you are highly successful and confident in your job, but when it comes to the gym you may not be confident in knowing the right way to train effectively. Perhaps this is because the former is of greater importance to you than the latter. Demartini explains that 'anytime people expect to excel in an area that is not truly highest on their priority list they will feel lowered self-esteem and confidence



because they will tend to procrastinate, hesitate and frustrate doing actions that are not truly important to them; and they will, instead, become pre-occupied by actions that are truly more important to them. But these same people have another area in their lives where they excel – in the area of congruency.'

If you are looking to increase your confidence in some area of your life the best news is that confidence can be learned, as long as you keep your set goals congruent with your priorities, and evolve with them as your life progresses. Demartini declares that once we establish confidence we awaken our innate or natural born capacities. So, when we start having positive experiences and feel success, we then expect to be successful; and voila, our confidence soars!

So, the question remains – how can we boost our confidence FAST? Demartini says it's important to 'break large projects down into smaller bites and eat them one bite at a time'. He suggests the following:

- + **Set realistic** expectations.
- + **Set goals** and objectives that support your highest priorities and values.
- + **Know yourself** and be yourself.
- + **Break large** projects down to manageable pieces and tackle them one at a time.

Dr Demartini's final message about confidence is that it's all about living your own life and not by someone else's priorities or values. And always remember, little actions can lead to big dreams!

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TONI KRASICKI, BHMS (ExSc) GDipHlthProm

Toni is a group exercise instructor with almost 20 years experience in the industry both here and abroad. She is a freelance writer and can be contacted via tkrasicki@hotmail.com