

# M<sup>4</sup> Marilyn's Monday Morning Message

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## MAINTAINING A STRONG SENSE OF SELF-CONFIDENCE

Our self-confidence is a defining factor in our identity and plays a crucial role in driving our success. Even highly accomplished individuals experience moments that can challenge their self-assurance. While our self-confidence may be momentarily shaken by negative experiences, it is rarely completely shattered. Such instances may include facing rejection for an executive position or coming up short in a fiercely competitive sporting event for which one has diligently prepared.

To safeguard and bolster your self-confidence, consider the following steps:

1. Acknowledge and embrace the qualities that have been instrumental in your past successes.
2. Avoid succumbing to limiting thoughts that perpetuate current negative circumstances.
3. Cultivate a forward-looking vision that is abundant with possibilities for the future.
4. Establish a supportive network of diverse individuals and forward-thinking minds who share a positive outlook with you, regardless of setbacks.
5. Adopt a resilient mindset that sees failure and rejection as opportunities for growth.
6. Focus on developing your own unique identity and self-image, rather than aspiring to emulate others.
7. Prioritize activities that contribute to your overall well-being and promote a healthy lifestyle.

*Marilyn*

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## A Few Credentials (Past & Present)

Greater Richmond Business Hall of Fame; Female Executive of the Year, Style Weekly; Board of Directors, Venture Richmond; Board of Trustees, Ferrum College; Board of Trustees, (First Female Rector (Board Chair) in History of Waynesburg University; Board Member, Go Virginia; YWCA Outstanding Women's Award; Board of Trustees, Richmond Metropolitan Transportation Authority (Former Chair); Board of Directors, Richmond Ambulance Authority (Secretary); Board of Directors, Virginia 21; Board of Directors, Venture Richmond; High School Hall of Fame; Chair, Health & Human Resources Agencies to Reinvent Virginia State Government; Chair to Reimagine the State Fair of Virginia