

Building Greater Confidence

“...if you have a faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you.” – Matthew 17:20

Have faith you can move mountains for your health!

Remember past success.

Confidence builds on past success. Can you remember a time in your past when you were able to fit in some walks? If so, be confident you can do it again!

Ask for support.

Most of us like to be encouraged and cheered when we reach our goals. Ask family or friends to support and encourage your healthy lifestyle changes, and then return the favor.

Imagine future success.

Confidence grows when we see success. Imagine how good you will feel after you go for a walk and eat a healthier diet!

Overcome setbacks.

Confidence increases when we have a comeback after a setback. Is walking every day difficult? Change it up. Walk in the morning one day and in the evening another day. Be confident, you can do it!

Set SMART goals.

Confidence increases when we achieve our goals. If your goal is to eat more fruits and vegetables, start small by adding one serving of fruits or vegetables each week. Be confident and make your goals a habit!

Take confident steps.

Building confidence is a process. Don't be afraid to take a leap of faith for your health! Try something new – a healthy twist to a favorite recipe or a new type of exercise – and you may be surprised. With confidence, living a healthy life can be fun!



Be a FAN for your health!