

Self-Confidence & Diabetes

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Defining CONFIDENCE

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According to Merriam-Webster:

1a : a feeling or consciousness of one's powers or of reliance on one's circumstances <had perfect *confidence* in her ability to succeed> <met the risk with brash *confidence*>**b** : faith or belief that one will act in a right, proper, or effective way <have *confidence* in a leader>

2: the quality or state of being certain : [certitude](#) <they had every *confidence* of success>

3a : a relation of trust or intimacy <took his friend into his *confidence*>**b** : reliance on another's discretion <their story was told in strictest *confidence*>**c** : support especially in a legislative body <vote of *confidence*>

<http://www.merriam-webster.com/dictionary/confidence>

Defining SELF- confidence

Fill in the blank:

_____ YOURSELF to _____

Believing in

learn a new
skill
share meet
a specific goal

Trusting in

persevere

Just being

~~Take~~ a chance
succeed



Guided Imagery

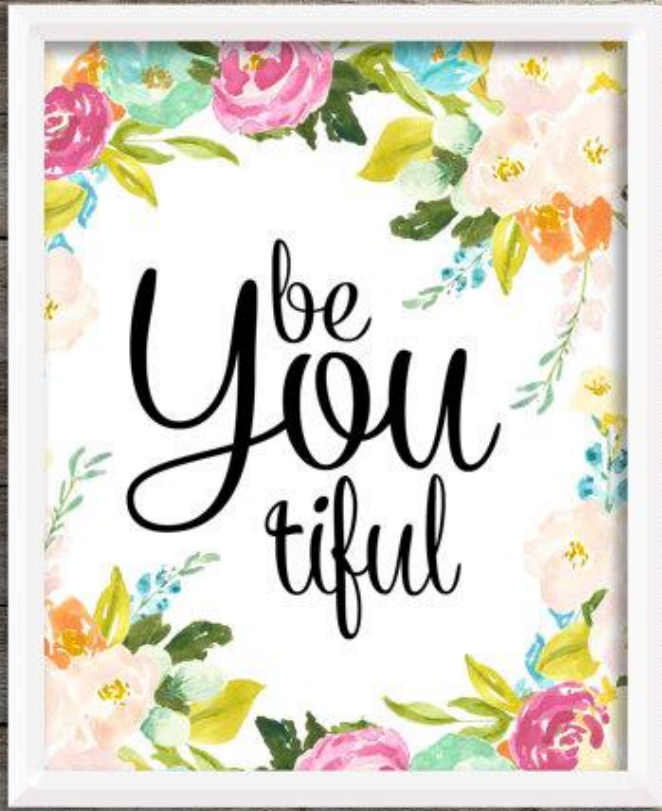
WHEEL OF HEALTH



Self-Care

Professional Care

 Duke Integrative Medicine



Be healthy.
Be you!

Photo/Art Credit: FloraAndFont on Etsy.com

How does Diabetes strengthen your confidence?

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I am capable.

I am strong.

I am brave.

I am in tune with my body.

I am...





Building your confidence

Things you can do to give
yourself a boost

Journaling

Celebrating success

Setting SMART goals

Support

Volunteering



“Go confidently in the direction of your dreams.”

-Henry David Thoreau