

# Pondering Point

**Do you believe in yourself?** How we decide to answer this question can play a significant role in realizing our ambitions and completing our goals in life. If we find ourselves giving up too easily, making excuses or rendering ourselves immobile at the first obstacle – we may have to admit that our self-confidence needs a tune-up. We can start by looking to others for support as the first step in building or restoring our self-confidence. If we can find at least one individual who cares about us and our success, and is willing to help us succeed, we are on our way to reaching our goals! **Think of it as creating a dream team.**

When people believe in us, it can shape who we become. It may help us to realize the person we always wanted to be. Their faith can give us courage. More than simply finding a “yes man,” true inspiration comes from surrounding ourselves with people that we can gain wisdom from and that challenge us to be a better person. How a person that we look up to looks back at us, may dictate how we will eventually see ourselves. We may already be around people that give us strength on a regular basis. *Do we know who these people are?* **Taking the time to find the right people in our corner can help us achieve our personal and professional goals.**

## Who's got your BACK?

*Do you have the support you need to achieve your goals?*



**Imagine...** surrounding ourselves with those that give us the strength to be the best we can be.

### — From Pondering to Practice —

#### **Activity**

Whether a caper-crusader, a family member, a television icon or simply a man on the street – people can find inspiration in the most unlikely places.

#### **Try This –**

In a group of people, whether at the dinner table or conference table ponder the following questions.

- *Why do we abandon our goals or stop the pursuit prematurely?*
- *What is it a person needs for confidence?*
- *Where do these factors come from?*
- *Who are some of the people that inspire you to be a better/more confident person?*
- *If you had an opportunity to talk to them – what would you ask them?*

***“Keep away from those who try to belittle your ambitions. Small people always do that, but the really great make you believe that you too can become great.”***

- Mark Twain

#### **Self Reflection Activity**

Are you pursuing your dreams right now?

- If not, what is stopping you?

Who's on your dream team?

- Who has supported/inspired you in the past?

Can you rely on them?

Who can you add to your dream team?

“Who’s got your BACK?” is the first installment in a series of Quick Tips & Tools that The Charmm’d Foundation will be working on throughout the year on Building Self-Confidence.

For more Tips and Tools and to see a complete list of the topics we intend to cover, visit our website at:

<http://www.charmmdfoundation.org/QTandT>

*See you there!*