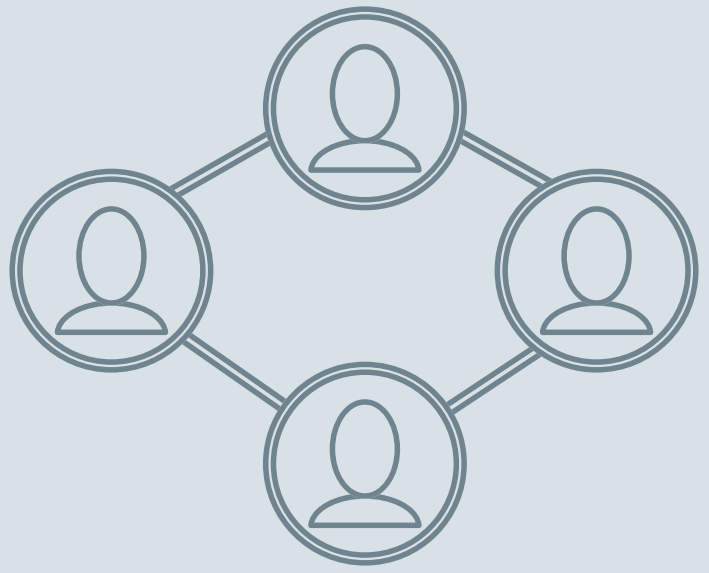


SITUATIONAL SELF-CONFIDENCE

What Is Self-Confidence? It depends ... Whether or not you feel self-confident at any point in time depends upon a combination of the following:



Environment

Your level of comfort with the situation / context.

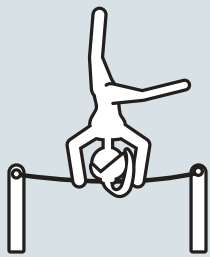
Am I comfortable in this situation?



Emotions

Your general emotional state.

Is my emotional state negative, neutral, or positive?



Skill

Your level of skill in the activity.

Do I feel skilled at this activity?



Inner World

Your conscious and subconscious mind.

What is my self-talk ?

Self-confidence may not be easy, but it is **EESI**

Environment Emotions Skill Inner World

