

**Self-
Confidence...**



**for Dieting
And Health**

A Good Diet for Good Health.

Although dieting and health go together, just like health and happiness, that doesn't mean they can't independently impact our lives. Dieting can be a matter of eating more, or eating carefully for those with allergies or intolerances.

Health can be affected by exposure to a range of environmental influences, including food. Dieting and health do however share the common purpose of supporting the idea that happiness is much easier to sustain if you eat well and enjoy good health.

Two related issues people comment on in regard to diet and health is, which diet will make them look and feel good, and will that diet also provide them with the best health. Those are questions best answered by physical trainers and dieticians.

Self-confidence provides certainty for each person on what they're seeking from any diet or health plan, and why that plan is important to them. Self-confidence clarifies why a person wants to lose weight, gain weight, give up harmful substances or commit to a healthy lifestyle.

Self-confidence will also allow people to recognise any previously destructive health or dietary patterns, which may be worth avoiding, when looking for ongoing good health.

The intent here will be to provide enough self-confidence for people to take whatever steps are necessary for finding, and keeping, that healthy lifestyle.

If we have no doubts about what will make us feel and look good, we're much more likely to follow that pathway. Delivering that certainty will be done by explaining how self-confidence works, and how it is connected to managing diet and health.

Self-confidence is the mental attitude of having *trust* in, *respect* for, and *reliance* on, your own judgement and/or abilities. It embodies the confidence you have in yourself, and it can develop through two different streams.

The first stream is via achievements and the many other external providers. Those providers, associated with diet and health, could in part include family support, gym membership, access to good food, and genuine friends who share your health interests. Naturally if all of those providers are in place you're already doing quite well for yourself.

However, even if all those supporting providers of external self-confidence are available, that doesn't necessarily mean they're working sufficiently for you to manage an ongoing healthy lifestyle. The pressures and stress associated with living a normal life could make a beneficial diet and better health a secondary thought. It is also possible that some people believe that the best dietary practices and good health are unattainable.

That brings us to how self-confidence is connected to diet and health. Self-confidence gives you the ability to satisfy yourself that you have correctly identified all your diet and health issues that need confronting.

Once recognised, those issues can be dealt with, creating peace of mind and a happy, healthy life. Further, self-confidence will allow you an opportunity to discover and enjoy many other areas within your life because you eat and live well. Those opportunities will be completed by exposure to the second stream of self-confidence.

That stream is the internal development process, which assists you to learn more about yourself. The difference between the two streams of self-confidence is that one is delivered by achievements, balanced with all the other external providers, against any perceived failures.

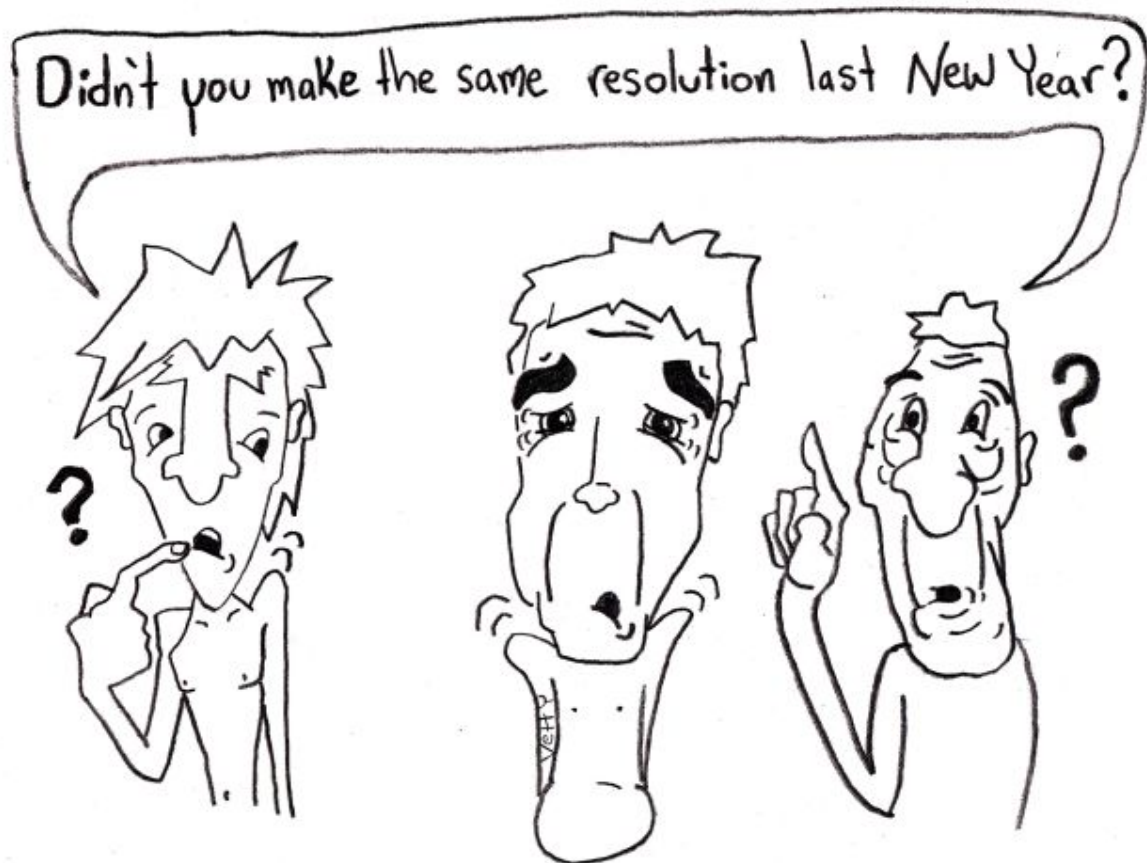
The other stream delivers a *mental attitude* of belief in your self-worth and abilities that remain unshakeable, irrespective of any self-imposed limits for success, including those related to diet or health.

Both streams are important; however to discover the best healthy lifestyle options for each person we need them to work in unison. The reason for that lies in the strength of our natural abilities to overcome the enemies of self-confidence. All of our achievements, successes in life and support from family and friends, can build some defences against self-doubt, uncertainty and fear.

On the other hand, those supporting comments successes and achievements often need to be repeated constantly to maintain that defence. Consider how those enemies attempt to control us, and you can see the difficulties we can have in maintaining a defence against their destruction of our self-confidence.

Self-doubt is usually imposed by the comments of others. As an example, suppose you have resolved to give up smoking, start an exercise programme, eat better food and keep more sensible sleeping hours. Looking for support, you mention your good intentions to family and friends. One of your closest supporters makes the comment to you, "Didn't you make the same resolution last New Year?"

It may just be a throwaway line reflecting a cautious, yet caring concern for the success of your quest. On the other hand, if one or more people ask the same question over the next couple of days, self-doubt may begin to creep in.



"I thought I could do this...now I'm not so sure."

However, let's assume there have not been any comments from anyone, and the date you set for commencing your plan is fast approaching. This is where uncertainty can begin its work.

Uncertainty, closely related to self-doubt, is often a figment of our own thoughts and does not require any comments from others. You know you have given up smoking, started eating better food, and begun exercise routines on separate occasions previously. Now you're going to attempt all of those difficult tasks at the same time.

Reinforcement from others, along with positive reminders from our own thoughts of how determined we can be when we want to succeed, can in the short term build some barriers against that uncertainty and any ensuing fear.

However, even if we have constantly achieved, and had that reinforced by our own thoughts, and by positive comments from others, there can be further difficulties. The self-confidence enemies, uncertainty, self-doubt and fear, may not be working alone to disrupt our plans for a healthy lifestyle.

The enemies of self-confidence represented by conflict of conscience, guilt and arrogance will not be affected by our achievements, or the comments of others. As examples, those three enemies work by creating conflict of conscience questions about why we may have once accepted poor eating habits and an unhealthy lifestyle.

Further, they can create guilt about any past failures to overcome nicotine addiction, or sticking to a diet. Finally, they can encourage us to arrogantly believe we will succeed with our changed lifestyle plans on this occasion, without changing conditions or circumstances that led to previous setbacks.

It is only the internal development processes that can effectively overcome all self-confidence enemies as one. They develop, and deliver, self-confidence at the same time. Therefore to get the balance between the streams of self-confidence correct – and we will – it is important to explain how the internal development process works...

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