

Confidence through Health

“When you have confidence you can have a lot of fun. And when you have fun, you can do amazing things.”

If you want to be confident, take care of your health first. No weak person can be confident.

Why there is a connection between health and confidence level?

- When you are healthy, you feel energetic and light; When you are energetic, you feel good;
- When you feel good, you act well;
- And when you act well, you feel confident.
- When you are confident, you get courage to do impossible things.
- So healthier you are, more confident you will feel.

If you are not healthy: first thing you can do is to stop blaming your atmosphere and take charge in your hands; Do everything to keep yourself healthy e.g.

- Doing yoga or workout;
- Having a healthy diet and proper sleep;
- Having lots of water;
- Surround yourself with healthy people;
- Avoiding fast and junk food;

So be healthy and be confident.

“You are the only person on earth who can use your ability, once you become confident.”
