

Take the Challenge

How Challenge Builds Confidence

Challenge is GOOD

Challenging ourselves to always achieve a level greater than what we expect is beneficial to not only our mental health, but also to our personal well being.



Confidence is KEY

Confidence is such an important characteristic to finding the path to success. With confidence in your own work, comes the reward of the confidence of others in you.

Building that confidence subsequently builds self esteem.

Giving Up can Harm our Self Esteem

When you give up on yourself, you lose faith in your skills and knowledge, which consequently leads to a lower self-esteem.



LiveWell
by BF&M

Challenge Builds Us

As we conquer challenges that stand in our way like roadblocks, refusing to allow our passing, we find confidence in our abilities.



Don't Give Up

When we find ourselves stuck between a rock and a hard place, the worst choice to make is to quit. Giving up on any given task because of the difficulties that fall before you means giving up on yourself.

Face Challenge Head On!

It is so important to maintain a high level of self-esteem and self-efficacy through challenge! Believe in yourself and view challenge as an opportunity for growth and self-development

Next time you are faced with a challenge- take it head on. Prove to yourself you are capable of achieving anything.