



A Note from Executive Director, Lisa Zimmers

Living with Confidence

“Confidence” and “self-confidence” are words that are used interchangeably when talking about the belief you can have in you and your abilities. Being confident in yourself is something that provides peace of mind and a feeling of security. Living confidently doesn’t remove worry, but it does provide a stable base to confront the obstacles – large and small—that come with living. Building confidence is something that we should work on throughout our lives.

Confidence comes from physical strength and health. Knowing what you can expect from your body is key to maintaining independence. Whether you’ve been committed to exercise your entire life or are thinking about increasing your movement, it’s never too late to start a good habit. As our bodies change, we need to implement changes to maintain muscle strength, adopt new equipment, and plan accordingly to safely navigate your environment.

Those who permeate confidence are often good communicators. They are typically comfortable sharing information, they take time to listen, and silence doesn’t make them uncomfortable. They don’t feel the need to convince others of their position. Disagreements can be healthy; the maturity to hear another’s position and marinate on their perspective allows you to maintain relationships with others who think differently from you. Acknowledging mistakes and taking responsibility doesn’t expose weakness. Owning a misstep shows willingness to accept that we aren’t perfect and we don’t expect others to be.

Gratitude is a sentiment that goes hand in hand with confidence. It’s important to recognize the blessing in big and small things. Extending gratitude for things that go well and giving credit to those who helped you reiterates your appreciation and lifts others up. Accepting and giving a genuine compliment are simple skills that not everyone possesses. These simple acts provide human connection that can be building blocks for lifelong relationships.

Decisiveness and planning are characteristics of those living with confidence. They don’t shy away from change and live in the past. Recognizing that change is inevitable and preparing for it positions us to pivot when life throws us a curve ball. Another important virtue is the willingness to accept help. When we feel we’re the only one we can depend on, it sets us up for a lonely and stressful life. Recognizing when we need help and knowing where to turn keeps us grounded and feeling optimistic about the future.

Confidence in yourself, trust in others, hope for the future, and courage to pursue new things are fundamental for happiness. I’m fortunate to see confidence in action every day. So many of those who live and work at Twin Lakes exemplify confidence. When you feel less confident about yourself, surround yourself with people that lift you up; put your best foot forward; and try something new. Be willing to accept that you may not be the best at everything, but you’re the best you and that is more than enough.

Lisa Zimmers