



Believe in Yourself

BUILDING CONFIDENCE IN YOUR ABILITIES AS A BOATER

Hi! I'm Tammy



Remember...

**THERE IS
SOMETHING
INSIDE YOU
THAT IS
GREATER
THAN ANY
OBSTACLE.**

-CHRISTIAN D. LARSON-

Has this happened to you?

- ▶ Poor planning (didn't check weather, route, etc.)
- ▶ Head/Toliet breaks
- ▶ Steering fails
- ▶ Lose power / batteries drained
- ▶ Engine overheating
- ▶ Lose anchor
- ▶ Fuel gauge broken / No fuel
- ▶ Bad weather

What did you do?

- ▶ Sat back quietly and waited
- ▶ Bit your tongue (your cheek, your knuckle, etc.)
- ▶ Walked away

Gave...the look



So why do you do that?

- ▶ I'm not that "into" boating
- ▶ It's my husband / boyfriend / partner's "thing"
- ▶ I don't understand stuff like that
- ▶ I'm not technical
- ▶ It's too complicated
- ▶ I don't want to get in the way
- ▶ I'll get yelled at

**What if
I'm
wrong?**

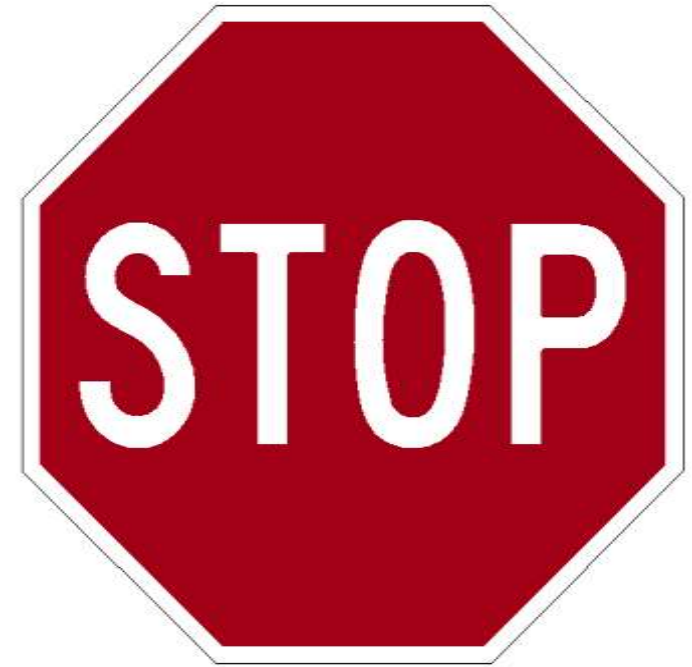
**Why are you on
the boat?**



Find
YOUR
Reason

Find Your Word

- ▶ Stop the negative thinking
- ▶ Stop making excuses
- ▶ Stop waiting
- ▶ Stop being in the background



Educate Yourself

**"YOU
ARE ONLY
CONFINED
BY THE WALLS
YOU BUILD
YOURSELF"**

Knowledge is Power

- ▶ Instructions Manuals – believe it or not, there's actually good info in there
- ▶ YouTube – even you can break into a car (and troubleshoot a toilet)
- ▶ Pictures, pictures, pictures
- ▶ Dock talk
- ▶ Boat shows / Seminars / Webinars
- ▶ Trial and Error

**I'm smart!
Now what?**



Practice, Practice, Practice

- ▶ Set a goal for each time you step on the boat
- ▶ SMS Rule
 - ▶ One System, One Mechanical, One Steering
- ▶ Girls Day Out
 - ▶ Plan the route
 - ▶ Captain the boat
 - ▶ Party like the crazy unicorn you are!

What about a
crisis?



KEEP
CALM
AND
CARRY
ON

You've Got This!!

- ▶ Have a plan
- ▶ Divide and conquer
- ▶ Play to your individual strengths
- ▶ Teamwork makes the dream work

But don't forget to...

- ▶ Assert yourself



NEVER
FORGET
HOW
WILDLY
CAPABLE
YOU
ARE.

Believe in
yourself
a little
more.

DON'T STOP
GYMQUOTES.CO
BELIEVING IN
YOURSELF.
NO MATTER WHAT
HAPPENS.

You are better
than unicorns
and sparkles
combined

