

BOSS UP

By Leonard Chester

Me seeing my future and appreciating the circumstance that I'm in now, is what built me.

Struggling and being in that environment gave me the strength to build character.

With the struggle that built my character gave me my ambition.

My ambition is like ammunition to a weapon that no army could think of making. It's like a bomb waiting for it's time to explode!

Boom!

There are my struggles

Boom!

There are my dreams

...and it's great to have a team so then you guys can huddle, and embrace the good times and celebrate the times of struggles.

Until tears of sorrow transition into tears of joy; understand your worth.

Bow down and say,

"Thank you God, for you made the way! Even thou I doubted you, you somehow made a way. All it took was me too kneel and pray and mix that up with some faith.

Now I'm on my way!

BOSS UP!



Who We Are

About Us

The Overcame Foundation, Inc. was founded in October 2015. Founder Leonard Chester had a vision to help the youth and young adults in underprivileged environments and together he and Co-founder Jade Harper brought that vision to life. Currently the foundation is servicing communities in the Philadelphia and Baltimore areas. We are creating platforms for talented youth across these two cities and teaching them how to be leaders through various enrichment programs.

Contact Us

*Email: info@theovercamefoundation.org
Web: www.theovercamefoundation.org*

Connect w/ Us

*Facebook: The Overcame Foundation, Inc.
Instagram: TheOVCFoundation
LinkedIn: The Overcame Foundation, Inc.*



Philadelphia, PA
Baltimore, MD

The Overcame Foundation Inc.



Guide to Building Confidence



The Overcame Foundation, Inc.



Guide to Building Confidence

Confidence comes from self-control. The more power you have in getting yourself to take the right actions, the more confident you will be. Your level of confidence affects your overall happiness, health and actions.

GET MOTIVATED. Read something inspirational, listen to something empowering, talk to someone who can uplift your spirits, who can motivate you to become a better person, to live more consciously, and to take proactive steps towards creating a better life for yourself and your family.

SET GOALS. By setting goals that are clear and actionable, you have a clear target of where you want to be. When you take action towards that goal, you'll build more confidence in your abilities to follow through.

CREATE A PLAN. Having a goal alone won't do much. Get clarity on your action items. One of the biggest reasons people get lazy is because they don't have a plan to achieve their goals.

DO SOMETHING YOU'RE GOOD AT. What are you especially good at or enjoy doing? Regularly doing things that you are good at reinforces your belief in your abilities and strengths. Whether it be writing, singing or helping other people, do it!

GO SOCIALIZE. Get out of the house or setup a lunch date with a friend. Socializing with others will give you opportunities to connect with other people, and practice your communication and interpersonal skills.

GIVE AFFIRMATIONS. Use affirmations, but in the right way. Don't just speak about it, be about it! Give yourself powerful, actionable and positive compliments.

DON'T COMPARE YOURSELF TO OTHERS. Stop comparing yourself to other people. Low confidence stems from the feeling of being inferior. Don't worry about what your neighbor is doing. Accept that it'll serve you more to just go down your own path at your own pace rather than to compare yourself.

The Overcame Foundation, Inc. strives to build our young people in to great leaders. Becoming a great leader starts with having confidence in yourself and your work.

