

WHEREAS; formally defined by the American Psychological Association as a trust in one's abilities, capacities, and judgment and belief that one is capable of successfully meeting the demands of a task, self-confidence is an important attribute for personal growth and fulfillment; and

WHEREAS; while self-confidence is not a metric of one's tangible skill, it is a barometer of internal belief, and increased self-confidence can reap positive benefits, including increased resilience and happiness; and

WHEREAS; improving self-confidence has no finish line and requires proactive mental vigilance, including focusing on honesty, trying new things, and making positive lifestyle changes; and

WHEREAS; knowing when to ask others for help, especially when it comes to matters of mental and physical health, is critical for implementing effective self-care practices and emboldening self-confidence; and

WHEREAS; today, the state of Wisconsin encourages all Wisconsinites to practice and embody self-confidence and take pride and ownership in their personhood;

NOW, THEREFORE, I, Tony Evers, Governor of the State of Wisconsin,
do hereby proclaim June 13 2024 as

SELF-CONFIDENCE DAY

throughout the State of Wisconsin and I commend this observance
to all our state's residents.

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Wisconsin to be affixed. Done at the Capitol in the City of Madison this 24th day of May 2024.

TONY EVERS, Governor

By the Governor:

SARAH GODLEWSKI, Secretary of State