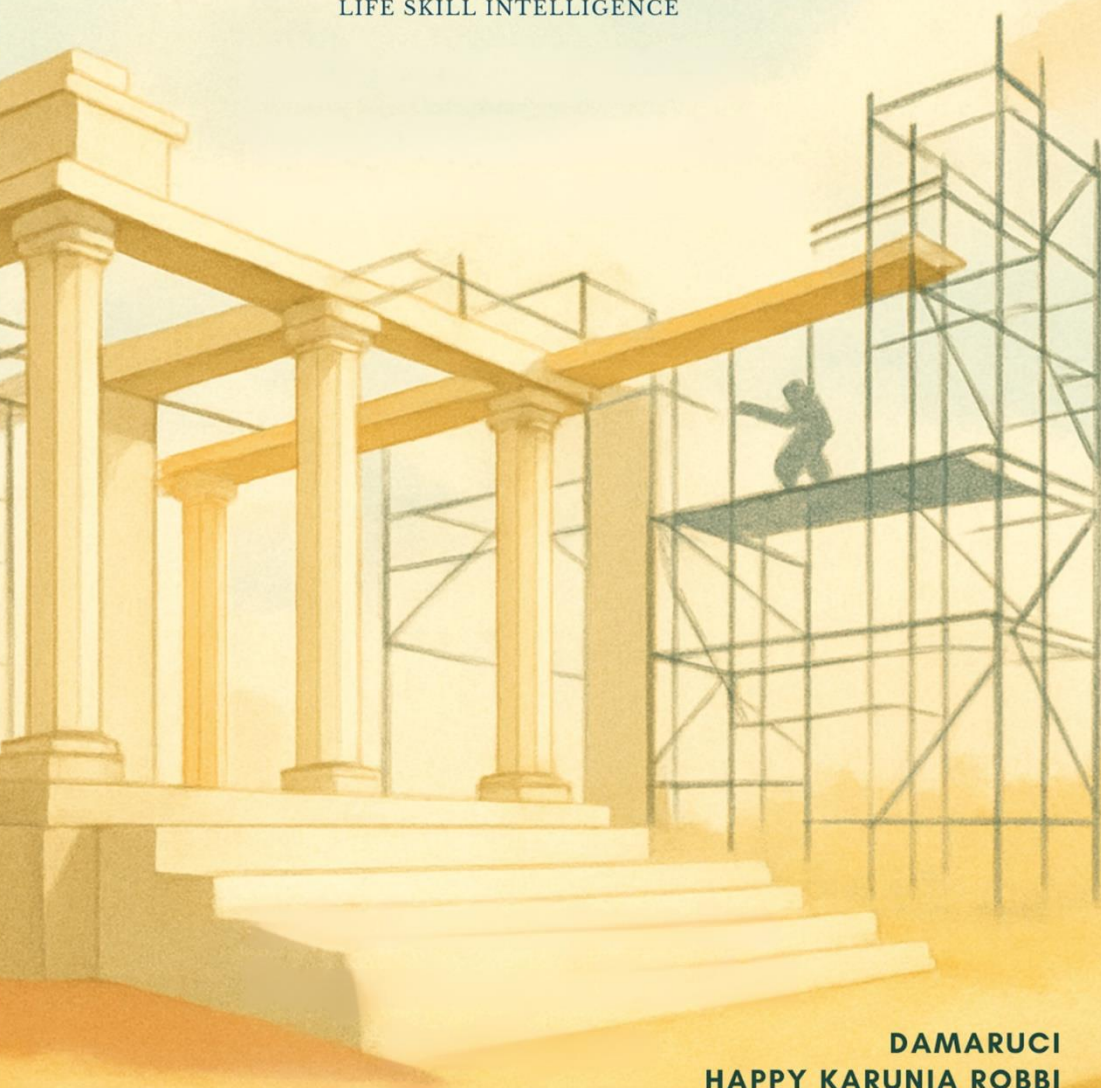


5 BAHAN BAKU PERCAYA DIRI

SELF CONFIDENCE: THE FOUNDATION OF LIFE SKILL INTELLIGENCE

BUKU REFERENSI PEMBELAJARAN & PENGEMBANGAN
LIFE SKILL INTELLIGENCE



**DAMARUCI
HAPPY KARUNIA ROBBI**

PENULIS:

Damaruci & Happy Karunia Robbi

5

BAHAN BAKU

PERCAYA DIRI

SELF CONFIDENCE:

The Foundation Of Life Skill Intelligence

Buku Pembelajaran & Pengembangan

Life Skill Intelligence



PENERBIT KBM INDONESIA

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KATA PENGANTAR

Puji syukur kehadiran Tuhan Yang Maha Esa atas rahmat dan hidayah-Nya, sehingga buku berjudul "**5 Bahan Baku Percaya Diri**" ini dapat terselesaikan dengan baik. Buku ini lahir dari pemikiran mendalam tentang bagaimana kepercayaan diri yang kokoh dapat dibangun melalui lima elemen utama yang diibaratkan sebagai bahan baku dalam proses pembentukan pondasi bangunan kehidupan manusia.

Konsep ini terinspirasi dari analogi bahan bangunan yang melibatkan lima elemen esensial karakter percaya diri yaitu **Mentalitas Keimanan (Citra Diri)**, **Mentalitas Keunikan (Spesialisasi Keahlian)**, **Sikap Kerendahan Hati (Kesediaan Menerima Bantuan)**, **Sikap Senang Membantu (Kedermawanan)** dan **Mentalitas Melepaskan (Ketidakmelekatan)**.

Dengan memahami dan mengaplikasikan kelima elemen ini, diharapkan pembaca dapat membangun kepercayaan diri yang kokoh, stabil, dan berkelanjutan, sebagaimana sebuah bangunan yang berdiri tegak dengan pondasi yang solid.

Kami berharap buku ini dapat menjadi panduan yang bermanfaat bagi siapa saja yang berjuang untuk meningkatkan

kepercayaan diri, membangun karakter yang kuat, dan mencapai kesuksesan dalam kehidupan pribadi maupun profesional.

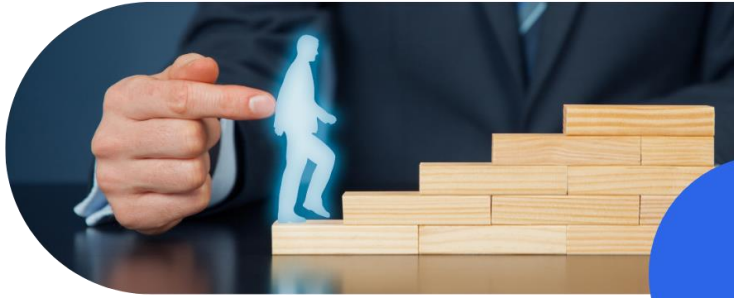
Akhir kata, Kami ucapkan terima kasih kepada semua pihak yang telah mendukung proses penulisan buku ini. Kritik dan saran yang membangun sangat saya harapkan demi kesempurnaan karya ini.

Selamat membaca dan semoga bermanfaat.

Jakarta, 15 Mei 2025

Penulis

Damaruci & Happy Karunia Robbi



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Life Skill Intelligence (LSI) Institute yang merupakan pusat pelatihan dan pengembangan diri mengucapkan selamat atas terbitnya buku yang berjudul **5 Bahan Baku Percaya Diri**.

Buku ini diterbitkan dalam upaya pengembangan *Life Skills Intelligence* yang meningkatkan kualitas hidup seseorang secara individu juga memperkuat hubungan sosial dan produktivitas bersama, menciptakan kehidupan yang lebih cerdas, bahagia, dan sinergis. *LSI Institute* untuk mulai menggali potensi terbaik dari diri sendiri, menetapkan visi hidup yang jelas, dan membangun langkah-langkah strategis yang nyata untuk mencapainya.

Life Skill Intelligence adalah konsep kecerdasan manajemen talenta diri yang holistik mencakup IQ, EQ, SQ, AQ dengan menggunakan kerangka konsep SIPOC (*Supplier-Input-Process-Output-Customer*) & APIE (*Assess-Plan-Implement-Evaluate*).

Semoga dengan diterbitkannya buku ini dan upaya pengembangan ekosistem percaya diri oleh *LSI Institute* dapat

mempersiapkan SDM Indonesia di Era *Artificial Intelligence* menuju Indonesia Emas 2045.

Selamat menikmati suguhan ilmu dan selamat mendapatkan kekokohan kepercayaan diri

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DAFTAR ISI

KATA PENGANTAR	i
KATA PENGANTAR LSI INSTITUTE.....	iii
DAFTAR ISI	v
PENDAHULUAN	1
<i>Character = Mentality + Attitude</i>	<i>2</i>
Pikiran-Tindakan-Kebiasaan-Karakter-Nasib.....	4
<i>Life Skill Intelligence</i> Membantu Membangun Nasib	4
Buku-Buku Pembelajaran <i>Life Skill Intelligence</i>	6
Percaya Diri & <i>Human Life Journey</i>	9
Memahami Makna Sukses	12
Filosofi Percaya Diri = Pondasi.....	14
1. Mentalitas Keimanan (Citra Diri).....	16
2. Mentalitas Keunikan (Spesialisasi Keahlian)	17
3. Mentalitas Melepaskan (Ketidakmelekatan)	17
4. Sikap Kerendahan Hati (Kesediaan Menerima Bantuan)	18
5. Sikap Senang Membantu (Kedermawanan)	18

BAGIAN 1 - MENTALITAS KEIMANAN (CITRA DIRI).....	21
Ciri-Ciri Pribadi dengan Citra Diri yang Positif	22
Referensi Membangun Citra Diri yang Positif.....	24
Membangun Citra Diri Positif Berbasis Keimanan dan Spiritualitas	28
Citra diri dan Trauma.....	30
Penyebab Trauma	33
Cara Mengatasi Trauma.....	33
NLP dan Penyembuhan Trauma	34
<i>Hipnoteraphy</i> dan Penyembuhan Trauma	39
Sugesti Diri: Teknik Universal untuk Menyembuhkan Trauma	41
Tahapan Membentuk Mentalilitas Keimanan (Citra Diri)	43
BAGIAN 2 - MENTALITAS KEUNIKAN (SPESIALISASI) ..	47
Konsep <i>Personal Core Competencies</i>	48
<i>Personal Core Competencies, Personal Branding</i> dan Kesuksesan Pribadi	51
Keunikan <i>Talent & Passion</i>	52
Menggabungkan <i>Talent & Passion</i> Menjadi Talenta.....	54
Hubungan Talenta Dengan Spesialisasi Teknis Inti	56
Nyaman Menjadi Pribadi yang Berbeda.....	57
BAGIAN 3 - SIKAP KERENDAHAN HATI (KESEDIAAN MENERIMA BANTUAN)	63
Sinergi Adalah Wujud dari Sikap Kerendahan Hati (Kesediaan Menerima Bantuan).....	64
Sinergi Adalah Hukum Alam.....	65
Sinergi Bagi Pribadi Sukses Menjadi Sebuah Keniscayaan ...	67
Kekhawatiran dan Ketakutan Menjalin Bersinergi	68
<i>Personal Core Competencies</i> (PCC) dan Proses Menjalin Sinergi	70

Sinergi Adalah Kolaborasi Para Pribadi Juara.	72
Tantangan Bersinergi Dengan Pribadi Juara	74
1. Terlalu Kompetitif	74
2. Meremehkan Kontribusi dan Ide Orang Lain.....	76
3. Kurang Kompeten Dalam Mendelegasikan Tugas.....	77
4. Kurang Memahami Nilai Kolaborasi	79
5. Resisten Terhadap Kritik.	80
Memilih Partner Sinergi	82
Tahapan Membangun Kemampuan Bersinergi	84
Mengelola Penerimaan: Mentalitas Seorang Pemimpin Sejati	86
Komitmen Pada Pembelajaran & Pengembangan Diri Sebagai Sikap Kerendahan Hati;.....	88

BAGIAN 4 - SIKAP SENANG MEMBANTU

(KEDERMAWANAN)	91
Sikap Kedermawanan Dalam Membangun Kepercayaan Diri.....	93
Indonesia Bangsa yang Paling Dermawan di Dunia.....	96
Bentuk-Bentuk Kedermawanan	98
Kedermawanan dan Kebahagiaan.....	102
Percaya diri dan Kebahagiaan	103
Sikap Senang Membantu Sebagai Bentuk Empaty dalam rangka mewujudkan Kebahagiaan Komunitas	106
Empati Sebagai Wujud Kepedulian.....	109
Sumber Kedermawanan Adalah Cinta Kasih	110
Kedermawanan dan Kecerdasan	113
Tahapan Membangun Sikap Kedermawanan.....	117

BAGIAN 5 - MENTALITAS MELEPASKAN

(KETIDAKMELEKATAN)	119
Hubungan Mentalitas Melepaskan (Ketidakmelekatan) Dengan Kepercayaan Diri	120
Melepaskan Belenggu Kesuksesan dan Kehebatan Masa Lalu	121
Mentalitas Ketidakmelekatan Terilhami Konsep <i>Leave a Legacy</i> Stephen Covey	122
Tiga <i>Legacy</i> Yang Dilepaskan Untuk Kehidupan.....	124
Melepaskan Belenggu Kegagalan Masa Lalu.....	125
Tahapan agar Memiliki Mentalitas Melepaskan (Ketidakmelekatan).....	126
DAFTAR PUSTAKA	129
PROFIL PENULIS	155



DAFTAR PUSTAKA

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PROFIL PENULIS

. Dr. Damaruci, S.Sos., M.M.



Damaruci *founder* dan *CEO Life Skill Intelligence Institute* adalah anak ketiga dari delapan bersaudara. Masa bersekolah SD hingga SMP pernah berjualan es mambo, menjadi kuli yang bekerja menurunkan batu bata dari ruang pembakaran, menggembala kambing, menjadi petani, menjadi pemetik dan pemarut kelapa untuk pembuatan minyak kelapa, dan pekerjaan-pekerjaan serabutan lainnya. Saat SMA, untuk membiayai sekolahnya, ia menjadi pedagang asongan, menerima jasa vermak celana panjang, beternak ayam dan lele, hingga buruh bangunan.

Alhamdulillah walau dengan penuh keterbatasan bisa melanjutkan kuliah di Jurusan Kriminologi FISIP UI. Untuk membiayai kuliahnya, Damaruci melakoni beberapa pekerjaan seperti menjadi tenaga interviewer dan pengolah data di

berbagai lembaga penelitian baik di dalam maupun di luar kampus, juga menjadi penulis resensi buku di berbagai harian, dan membuka bisnis penyewaan VCD. Semua dilakukan untuk menggapai pendidikan tinggi yang dicita-citakan sejak kecil.

Setelah lulus kuliah, pekerjaan formal pertama adalah menjadi peserta *Manajemen Trainee* (MT) di sebuah perusahaan retail nasional ternama. Setelah mengikuti program MT selama satu tahun dan menjadi lulusan terbaik, jabatan pertama yang dipilih adalah menjadi *Internal Audit Officer*, *Internal Audit Team Leader* lalu *Assistant Store Manager* hingga menjadi *Assistant Training Manager*. Lalu pindah bekerja ke perusahaan retail asing asal Belanda sebagai *Training Section Head*. Kemudian pindah bekerja di grup perusahaan pembiayaan asal Jepang, hingga menjadi *HR Development Division Head (General Manager)* yang membawahi tiga departemen yaitu *Recruitment & Selection*, *Career Development & Assesment*, dan *Policy and System Development*.

Setelah itu Damaruci memutuskan untuk menjadi *associate consultant and trainer* dengan spesialisasi *Organization Development & Talent Management* di berbagai perusahaan konsultan dan training seperti *Haygroup*, *People Prime Consulting Group*, *Duta Bangsa Training Centre*, *Q-One Consulting*, dan *DSS Consulting*. Disamping itu Damaruci juga mendirikan PT Optimis Solusi Berdaya. Klien konsultasi terkait *Organization Development & Talent Management* yang pernah dilayani Damaruci diantaranya Pertamina EP (2012), Kideco Jaya Agung (2013) Pipit Group (2015), Kisel (2017), Agro Boga Utama (2018), PT Kawasan Industri Makassar (2018), LKPP (2018), KSO Surveyor Indonesia; Sucofindo (2019), Pertamina Holding (2020), KCIC (2021-2022), Hutama Karya Infrastruktur (2023), Dapen PLN (2023-2024), dan PT Usui International Indonesia (2023-2024).

Sambil membesarkan empat orang anak, Damaruci juga berhasil menyelesaikan studi jejang magister (S2) di MM Trisakti dan jenjang doktoral (S3) di Manajemen SDM UNJ. Kegiatan lain Damaruci saat ini adalah menjadi dosen dan asesor BNSP, menjadi ketua RT, menjadi ketua komite sekolah, menjadi anggota berbagai asosiasi, juga menjadi pengelola sejumlah kios sebagai pasif income.

Damaruci telah menulis beberapa judul buku yaitu “Memimpin dengan Filosofi Koki”, “Sukses dengan Filosofi Dongkrak”, “Leadership for Life”, “17 Kebodohan Koruptor”, “Life Skill Intelligence Smart and Synergic Way to Happiness” “Nyali dan Kepemimpinan”, “Salah Kaprah Memahami Percaya Diri”, “Menjadi Manager SDM Bernyali”, “Transformasi, Manajemen SDM di Era Digital”, *Self awareness first, then self confidence*, *Lifepreneurship : personal culture to build your destiny*, Teori-teori pengembangan kepercayaan diri, *Self Confidence, Management & Human Intelligence*, 5 Bahan Baku Percaya Diri, Support System Percaya Diri, *The Wisdom of Happiness; Mindfull Guide to Life Skills Intelligence*

Happy Karunia Robbi, B.Agr.



Happy adalah praktisi manajemen SDM dengan pengalaman lebih dari satu dekade dalam membangun dan mengembangkan sistem HR, *leadership*, dan manajemen organisasi. Lulusan bidang *Applied Biotechnology* dari Shinshu University, Jepang ini di

awal kariernya berkesempatan mendalami sistem manajemen mutu dan sistem manajemen lingkungan berbasis ISO, sebelum fokus pada bidang pengelolaan sumber daya manusia dan pengembangan organisasi.

Dalam perjalanan kariernya di perusahaan industri manufaktur, Happy telah memimpin beberapa inisiatif strategis yang berfokus kepada pengembangan kompetensi karyawan, peningkatan performa dan produktifitas, serta memimpin tim dalam berbagai proyek perbaikan dan inovasi organisasi. Ia memiliki berbagai sertifikasi antara lain *Certified Human Resources Training and Development Manager* dan *Certified Trainer* dari BNSP, *Certified Public Speaking Professional*, serta *Certified Leadership Management Associate* yang memperkuat keahliannya dalam bidang pelatihan, pengembangan SDM, dan kepemimpinan.

Dengan kombinasi pengalaman praktis, wawasan strategis, dan komitmen untuk memberdayakan individu dan organisasi, di luar perannya sebagai *Business and Administration Division Head* di perusahaan manufaktur Jepang, Happy aktif berbagi ilmu melalui pelatihan dan seminar yang berfokus pada pengembangan potensi diri, kepemimpinan, dan manajemen.