**SECTION 1**

1) What is your definition of ‘confidence’?

2) On a scale of 1 -10, with one being low and ten being high, please score how confident you are feeling about your life in general – right now

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3) Can you identify the areas in your life – and even business, where are you showing up and feeling confident? Eg, even something small such as I drive my car safely.

4) Which areas in your life are affected by your level of confidence – and give examples?

1. My relationship with my partner (if appropriate or in a previous relationship)

2. My relationship with my children

3. My relationship with my family and friends.

4. My career

5. My health

6. My finances

7. My Hobbies

5) What would having a higher confidence level mean to you? What difference could it make?

6) If my confidence levels were higher, what would I love to achieve? What would I love to do? What changes would I choose to make in my life/business? Where would go that I don’t go currently?

7) If I could identify what stops me from being more confident, what would it be?

8) If there was one thing that could help me to be more confident, what could it be?

9) How important is it to me, to develop my confidence levels?

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**1) Remind Yourself What You Are Good At – Celebrate Your Successes**

Self confidence comes from being the best possible ‘You’. Remind yourself regularly of just what you are good at, and can do well. If you don’t know what you do well, ask your best friend and they will be able to reel of a whole list. Really celebrate each and every success. Keep a ‘Success Journal’ to refer to when your self confidence needs a boost. Banish that negative inner chatter (e.g. I will never be good enough to ...... or I can’t possibly do that because ......) – by raising your awareness of what you are telling yourself, catch yourself and change it by asking yourself, “where is the evidence to support that? Where can you find evidence that this is not true?

**2) Choosing An Attitude Of Gratitude**

Scientists are finding that an attitude of gratitude is a powerful contributor to a happy life. Some believe that it may be the single most effective way to increase happiness. One of the first books I was given on my own Coaching journey was ‘The Secret’ by Rhonda Byrne, and ‘A Gratitude Journal’, I write in this regularly, being grateful for what I already have, and practising gratitude now for what I know I want in the future. This visualisation process makes clear my intentions and really does help to manifest things in a way I have never experienced before.

I really do believe that few things can affect your overall quality of life as powerfully as your attitude can. Your attitude affects your career, your relationships, your hobbies, and even your financial status. Most people discover that when they improve their attitude, everything else in their lives seems to improve also. A daily practice of gratitude is one simple way to give yourself a painless attitude adjustment because it reduces your temptation to focus on more "negative" mind-sets.

We tend to think of challenges as big mountains that stand between us and our goals. That seems like a bad thing at first glance. But ask any mountain climber what benefits they gain from conquering such rough terrain and they would probably talk your ear off about overcoming fears, sharpening focus, physical strength and building character. Mountains don't seem like such a bad thing to them.

**3) What Makes You Feel A Million Dollars?**

What makes you feel comfortable and confident?. Do whatever is within your control and work with what you’ve got. Don’t lust after ‘stuff’ that you can’t control. Do ask for help. Maybe a new haircut, a new accessory or even consider going shopping with a friend or stylist. Try on things you’ve not considered before. When I first lost all my weight, nothing seemed to suit me anymore, but that’s because I no longer needed to wear the things I used to wear. It took a good friend and an inexpensive trip to Matalan, to help me discover a whole new wardrobe.

**4) Take Action – Take A Risk!**

Take action and sometimes that will also involve taking a risk. Confidence comes from taking action, confident people also take risks. Whatever challenge you are facing, break it down into small steps and take that first step, no matter how small it seems. Ask yourself, What’s the worst that could happen? What’s the best that could happen? Be clear about what outcome you want?

When you’re trying something new or difficult try using the “as if” frame of mind. If you were confident, how would you be acting? How would you be moving? What would you be thinking? What would you be telling yourself inside? By asking these questions, you are forced into a confident state to answer them. You will then be acting “as if” you truly are confident. Have you seen the television programme ‘Fake it till you make it’ where there is a ‘fake’ contestant masquerading against several professionals. And the judges have to decide who the fake one is? Often the fake one is so believable... the judges sometimes get it wrong and believe the fakes are professionals.

**5) Think about What You Need and Want from Life**

Really think about yourself and your needs. It is all too easy to meet everyone else’s needs and forget your own. Learn to say ‘No’ to others and ‘Yes’ to you. Stand back and take a good look at your life and make some decisions about areas that work for you and those that no longer meet your needs. Take control and begin to make those changes one step at a time. Seek help to do this if you know you want things to change but perhaps are not yet clear about what or how.

**6) See and Feel your Future Success (visualisation)**

Go to your answer in question 5 on page 1 – re what difference a higher level of confidence could make...

If you consistently view each situation you are faced with as an opportunity to succeed and shine, rather than stumble and fall, you will begin to believe it can happen in just the way you pictured it. Imagine yourself thriving in every opportunity, however difficult, and being the very best you that you can possibly be. Carry those visual images with you at all times and repeat the process daily to consistently boost self confidence. Remember, as the saying goes, “If you can see it, you can be it.”

**7) Be Confident In Your Dreams**

Find a supportive environment in which to grow and develop your dreams. Learn to recognise other people’s doubts – for what they are. These people may be looking out for you, trying to protect you from possible hurt or failure. Sometimes they are unconsciously trying to sabotage your success because of their own limited beliefs and perhaps because if you succeed it could lead to a change in the status or dynamics of your friendship or relationship.

A great example of a supportive environment is Fab Friends. It’s a group of amazingly inspiring women, who grow in confidence from week to week, because of the incredibly supportive environment that is based on sharing our successes. It was at Fab Friends I first learnt about using something like a Dream or Vision Board, which can really help you start to get clear about your future wishes, hopes and dreams.

There are then other options to develop further, like at workshops like this. Perhaps with some 1:1 support from a coach or mentor, or even attending a retreat with like minded people where you will find the confidence like I did to work with the support of someone who really can inspire and encourage you to take action to turn those dreams into goals and reality.

**8) The Power Of Positive Affirmations**

For every negative there is a positive, it’s like a game. Every time you catch yourself saying “ I can’t do this” “that will never happen” “I’m not good at....” Try to Re arrange the statement to become a positive one – ie, “I can do this”, “It will happen”

**I could do this with....I could do this if someone showed me how...I will be able to work this out if....**

Affirmations are always written with the 3 P’s – In the present tense, personal to us and positive. Its like giving a new instruction to the unconscious mind, and when you practice it often it becomes a new empowering belief and then a reality. It’s so important to really enjoy the feelings of being that person you are becoming. Saying “Every day I am becoming more and more confident”, “I am perfect just the way I am”. Write your own affirmations and practice at least 10 times each morning and evening, and whenever you have a quiet moment, in the car, cooking dinner, in the shower etc.

**SECTION 2**

1) How many of the 8 Tips can you act on right now to help grow your confidence?

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2) Who can help to support you with this? A best friend, a partner, a coach?

3) How will you stay motivated?

4) What could stop you from following this through?

5) How will you know when you have succeeded?

6) How will you reward yourself?

**Visualise this new more confident you achieving all that you want to achieve, being who you want to be and excited by the knowledge that you really can do this....**

**If you found this exercise helpful and would like to explore what else coaching can help you achieve why not book in for one of my complimentary How to fall in love with life sessions at** [**www.janinewood.com/free-session.html**](http://www.janinewood.com/free-session.html)