



CONFIDENCE

AREA OF CONFIDENCE

Task:

Importance:

Reason:

When:

How complex is this task:

What is my current confidence level:

What support systems do I have, and where can I find the support systems I need:

How integrated is my fear in doing this:

NAME:

AREA

CONFIDENCE ANALYSIS

GAINING A SHIFT IN PERSEPECTIVE

Write about a situation where you had past success, any small win, in the area of confidence you are working on. Remember to compare yourself to who you used to be, not to anyone else.



LANGUAGE ANALYSIS

As you pay attention to your language, use this area to write down any words or phrases you catch yourself using, and how you can shift them to better facilitate confidence.

Instead of:

Try this:

TAKING RESPONSIBILITY

GAINING A SHIFT IN PERSEPCTIVE

Once per day, write down 3 actions you took to move yourself towards your goal that went well, and 1 action you took which went poorly.

Outline and develop your great morning routine which focuses on gratitude and what is important to you and get's you in the right mindset for the day.

Analyze: what went well, what went poorly, what can you change for next time?

Who can you surround yourself with (the right people), and who will you avoid (those who talk about the negative)