

BACK POCKET CONFIDENCE

DEFINING CONFIDENCE

What does confidence mean to you (how does it look/feel/sound?)

When have you felt confident? What about the situation made you feel confident?

Write 2-3 sentences to define confidence in your own terms.

CONFIDENCE BOOSTERS & DEFLATORS

Make a list of the things that boost your confidence.

Make a list of the things that deflate your confidence.

Star the things that are supportive to long-term health and success

BACK POCKET CONFIDENCE

CONFIDENCE TYPES

Innate

Baseline

Practiced

INNATE:

I enjoy spending time alone with myself and my thoughts.

At my core, I feel good about myself no matter what.

I don't believe in mistakes and failure.

When I turn inward, everything becomes peaceful and calm.

I usually feel a sense of safety within.

BASELINE:

I generally hold a positive outlook around my work performance.

I judge myself on past successes, rather than the successes of others.

I find my job fun, playful, and exciting.

I am able to move forward easily after making a mistake.

I separate the outcomes of my work initiatives from my self-worth.

PRACTICED:

I have strong focus and concentration skills.

I have time in my day for practicing that which is important to me.

I trust that I can easily learn anything when I'm determined to.

I have a strong support team (mentors, teachers, etc.).

I talk kindly to myself when I'm learning something new.

I enjoy the process of getting good at something.

BACK POCKET CONFIDENCE

CONFIDENCE TYPE BOOSTERS

Innate

Baseline

Practiced

Innate

Connect with your inner confidence with the 4 F's:

- *Feet on the ground*
- *Feel your spin*
- *Free your breath*
- *Find presence*

Baseline

Free limiting beliefs affecting your confidence

- *Identify limiting beliefs (I'm not knowledgeable enough, I'm too introverted)*
- *Explore where they came from*
- *Explore if they are true - if so, what can you do to address them? If not, what will it take for you to release them?*
- *When you want to release a limiting belief and have worked through it - catch them in real-time and move your attention to something else*

Practiced

Strengthen your confidence through practice & preparedness

- *Identify a situation where you lack confidence*
- *Explore within the situation various skills, knowledge, and abilities you can enhance to increase confidence*
- *Identify at least one action you can take to strengthen your skills, knowledge, or abilities — which will, in turn, boost your confidence levels.*