
**INCREASING
YOUR
CONFIDENCE
WORKBOOK**

THE CONFIDENCE WORKSHOP

Having a confidence mindset is directly connected to your thinking and language. What you tell yourself, about yourself matters.

When you get down on yourself and compare where you were at one point in your life to where you are now, and it's not what you thought, those thoughts and words begin to negatively affect your confidence.

Have you ever told a young child how precious they are? How there's no one else quite like them? That also applies to you.

Do you feel it's easy to give someone else a compliment, but have difficulty accepting one about you?

More than likely, the gifts that you admire and see in them are ones that you have. Embrace them.

THE CONFIDENCE WORKSHOP

Why?

It is very simple - you deserve better. You are worth it. You matter.

Making that shift from not feeling confident to being confident will take some time, but you have support. The first step is figuring out what you believe.

So find some solitude in a cozy chair with a cup of tea, maybe a candle is burning or maybe soft music is playing, and complete this workbook. Figuring out what is holding you back is key to turning the feeling of no confidence on its head.

THE CONFIDENCE WORKSHOP

You are a Muttoneer – Beautiful – Feisty – Full of Life
– Worthy and say it with me.... Confident.

1) What is your language? Remember – the words you use and how you say them matter, especially when you are using those words about you. It's hard to feel confident if you are saying things to the contrary.

2) How do you feel when you use that language? Full of energy or depleted? Noticed and relevant or cast aside?

3) Why do you feel like those descriptors?

4) How do you want to feel? This might seem a bit odd, but to exude confidence on the outside, you have to first feel it and believe in it on the inside. So as you write this section, don't let anything get in your way. If you find yourself writing something, then adding a "but" – stop. The "but" will negate what comes before it.

5) Why do you want to feel like that?

THE CONFIDENCE WORKSHOP

6) Take a few minutes and write an encouraging letter to your child or dearest friend and tell them the wonderful gifts, talents, and abilities you see them.

7) How did you feel when you were done?

8) What are seven things that you believe you do well or would describe as a positive attribute about yourself?

9) Take a few minutes and write an encouraging letter to yourself that embraces your wonderful gifts, talents and abilities.

10) What are three actions you can take to start appreciating your gifts and shifting your language to move you to how you want to feel?

THE CONFIDENCE WORKSHOP

Congratulations! This took some serious introspection and vulnerability, and you did it. Having the courage to be vulnerable is actually a sign of strength.

Be proud of yourself! As you continue on this journey of increasing your confidence, consider purchasing a journal to capture your daily thoughts. Choose one that you love so you will want to make time to use it.

The more you write, the more you will see your own progress and believe in your own abilities.