

6 Steps to confidence



1. Be Aware
 2. Observe
 3. Reflect
 4. Embrace new possibility
 5. Visualise
 6. Seek opportunities
1. What is it that I want to be confident in doing? E.g. Speaking up/ presenting
 2. What prevents me from doing this? E.g. fear of people judging you, failing,
 3. Where, when, how did I develop this fear/ belief about myself
 4. What would I prefer to believe about myself instead?
 5. Spend time each day visualising yourself doing this thing successfully
 6. Seek opportunities to overcome your fear and re-affirm your new belief (start small & grow)