

# SELF CONFIDENCE EXERCISE

**1** Define self confidence.

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**2** Where does it come from?

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**3** Do you have a lot of it? Why or why not?

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**4** Why do you want it?

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**5** What is the best way to get more of it?

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**6** What thoughts do you have that are preventing it?

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**7** Do you have any fears about being self confident and the success you will create with it?

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**8** Look at a result you have in your life that you don't want and write it here.

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**9** What is the result you want to create?

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**10** How will self confidence get you there?

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