

SELF-CONFIDENCE EXERCISE

DEFINE SELF-CONFIDENCE

WHERE DOES IT COME FROM?

DO YOU HAVE A LOT OF IT? WHY OR WHY NOT?

WHY DO YOU WANT IT?

WHAT IS THE BEST WAY TO GET MORE OF IT?

WHAT THOUGHTS DO YOU HAVE THAT ARE PREVENTING IT?

DO YOU HAVE ANY FEARS ABOUT BEING SELF-CONFIDENT AND THE SUCCESS YOU WILL CREATE WITH IT?

LOOK AT A RESULT YOU HAVE IN YOUR LIFE THAT YOU DON'T WANT AND WRITE IT HERE.

WHAT IS THE RESULT YOU WANT TO CREATE?

HOW WILL SELF-CONFIDENCE GET YOU THERE?
