

PAM LIDFORD
CONFIDENCE COACH

WEEK NINE

Confidence and Self- Esteem

HANDOUTS

AND

PERSONAL DEVELOPMENT
WORK

"A man is but the product of his thoughts.
What he thinks, he becomes."
Mahatma Gandhi



Week 9
Recap Questions

1. What one thing have you learnt from last week's session?
2. What change or progress have you noticed since last week?
3. What difference (if any) did paying attention to your thoughts and feelings on a daily basis make to your progress?
4. How successful were you at catching and then challenging limiting mind chatter?
5. What technique(s) did you use to change them when you caught them?
6. Have you continued practicing your new techniques daily so you can achieve your 30 day challenge?
7. If not, what stopped you?
8. How has your expectation of yourself around your goal(s) improved?



CONFIDENCE AND SELF ESTEEM

There are two pieces of good news for you right at the start of today's session, the first is that so many of the tips and techniques I have shared with you in previous sessions will be useful now as we move into this week's session on confidence and self-esteem building and secondly, if you want to, you can learn how to be confident. Confidence is situational. All that means is, we may be or feel really confident in an aspect of our life, say career but be less confident in another area of our life, such as making new friends or speaking to people we don't know. Of all the confident people I know and have worked with over the years few of them have been confident in every area of their life. The majority, no matter who they are, worried about or lacked confidence in one or more important areas of their lives often around the topic of interacting with other human beings! I wonder if that is helpful for you to be aware of.

Some people appear to have been born with confidence, others have developed it as a skill over a lifetime, others aren't aware they are or bothered about being confident and some don't believe they will ever be able to be confident. Well whatever category you fall into I want to share with you that I have personally been in the non-confident category as well as the confident one and have worked with individuals who fall into all of the above listed categories. Thank goodness for personal development techniques and coaching they were the key to both my personal and my clients being able to make lasting change.

Many of my clients when they come for coaching confuse confidence with self-esteem. They tell me they want to be more confident, usually at everything! But when we start to question what confidence is initially some of them don't know, whereas others do, and some quickly realize they are confident in certain areas of their life (situational confidence) and actually what the challenge or problem is about.... is their self-esteem isn't as high as they would like it to be.

Oliver James (author and psychologist) in 'They F*** You Up' shares his theories that around 50% of the population have esteem challenges due to childhood experiences, and Battle, 1980; Brown, Andrews, Harris, Adler, Bridge, 1986, say that self-esteem issues can lead to depression and vice-versa.

So what is self-esteem and how is it different to confidence?

Self-esteem is very much about how you see yourself, how you talk about yourself internally and how you feel about your ability to try new things regardless of failing. In fact good self esteem doesn't think in terms of failing but rather in terms of 'what can I learn from this in order to develop and grow?' (Remember Kolb's learning cycle) Being able to think like this, is a big part of EI (emotional Intelligence) and CBT work.



Natural or real confidence is easier to attain if you have good self-esteem, (though one can be confident and have low self-esteem) but it takes more effort if your self-esteem is dented or low. The good news is you **can** improve your self-esteem and your confidence through self-awareness, personal development exercises and taking new actions!

As the saying goes, if you do what you have always done you will get what you have always got. And so it is with negative thoughts that affect your confidence and self-esteem. For some individuals their self-esteem may have been impacted upon during childhood for others it will have happened later, during teens or adult life. There is a good chance that most of us, at some time in our life, have had esteem and confidence dips. Identifying and then learning from these times can be really beneficial to avoid similar, unnecessary occurrences happening again in our future. And that is a key point, identifying and learning, because it is through wanting to be confident in a specific area (goal setting), identifying what it means or is for you personally, noticing your past behaviour or strategies practiced at not being confident, learning from past experiences and then replacing the old behaviours with new, better serving ones which you practice regularly until they become your new reality.

If you find your esteem or confidence dipping now and again rather than it being an on-going challenge, you probably already have some excellent strategies or techniques for moving yourself on. If so well done, get clear about what works and then keep up the good work. However, if you find your esteem or confidence is affected regularly or daily then there is some work to be done, though remember, you have many techniques and questions that we have already covered within these sessions that can support you in building upon your esteem and confidence. If you feel you need extra support outside of coaching and personal development, as already mentioned, you may consider seeking the help of a counselor or therapist to support the work you are doing on this programme.

Nathanial Brandon says that in order to build self-esteem one has to value and respect oneself. He says individuals with low or poor self-esteem are respectful of others and value them but not themselves (less than), compared to those with an inflated esteem or ego who think highly of themselves (more than) but don't always treat others well. Good self-esteem usually shows itself as being outward focused, whereas low self-esteem is more inwards focused on how you think about and value yourself – it is important to point out that confidence is not the same as arrogance or a 'more than' attitude. Those with good self-esteem and confidence simply 'get on' with life, tasks and goals, they are less likely to be introspective, self-obsessed and self-focused (as those with low self-esteem and confidence may be) and tend to think of others as well as themselves with a more external, can do approach.



Above I mentioned Brandon talks about valuing and respecting yourself. Before you continue it would be a good idea (if you agree with his theory) to get clear about how you would know if you value and respect yourself. And whatever you answer (yes or no) what do the words mean to you? How do you know you do value and respect yourself? Take a bit of time and answer that question before progressing onto the next set of questions.

Here are some questions to help you build upon the self-awareness work you have already started in previous sessions. If you have trouble answering any of them or you don't like some of your answers, they would make excellent goals for the personal segment in your wheel of life and can support you in feeling better about yourself:

1. How do you show yourself that you are important or worth looking after? (this is important for self-care)

If you don't, state 3 ways you could start to do this now.

2. Do you take time out to do things that you really enjoy and give you energy? If so what and how often? If no, would you like to? If yes, what and when will you start?

3. Do you say yes to everyone, even when you really want to say no?
If so, why might this not be best practice in terms of building self-esteem?

4. When at work or working in general, do you take regular breaks, including lunch, or do you tend to work throughout the day without taking any or adequate breaks?
If you take breaks sometimes that's good, but if you never or rarely do, consider why this might be an unhealthy practice and then commit to start taking better care of yourself. Write your new actions around this topic below.

5. How did you get on with the exercises around knowing yourself earlier on during previous sessions? Did you find you knew yourself well and treated yourself with respect? What did you discover?

6. Do you remember to put yourself first at least once on a daily or weekly basis? If so does it feel ok or selfish? If not state how you could start to and why it may be good in terms of your self-esteem.

7. How are you at spending time alone? Do you enjoy some 'me' time? If so how often do you have it, what do you do and why may it be good in developing self-esteem?



8. In personal development it is considered a 'good thing' to 'honour' yourself so you can do the same for others. What does it mean to you and how do you know you do it?

If you don't, what could you start doing? If you DO what do you already do?

Have any other thoughts come up for you?

Now you've answered those questions think of three things you'd like to start doing, with immediate effect, in order to take good or better care of yourself:

1. _____

2. _____

3. _____

You may like to read Cheryl Richardsons Take Time for Your Life or Life Makeovers to help you continue the work we have started with the above questions.

What did your answers to the above 8 questions turn up for you? Were there any surprises?

Were there any similarities or gaps to the findings you made when you explored value and respect for yourself?

What will you do with the above results?

Maslow, Mindfield College, Bioenergetic therapy and Tony Robbins too, talk about the importance of having our basic human needs met in order to build upon and raise our self-esteem. I want you to know that confidence is easy to work on and with... though it does involve an element of risk in as much as it takes you out of your comfort zone and asks you to step into your stretch zone. This doesn't have to be as scary as it might sound. Stepping out of your comfort zone could mean just dipping your toe into the stretch zone and trying out something small in order to build your confidence. Confidence is not about certainty, that's what your CZ is for. Confidence is about considering stepping into your stretch zone, even just a teeny bit, willing to have a go even when you aren't 100% sure of success. It's about that willingness to embrace some risk (calculated risks are ok) and accept that risk has a place in your life. No risk equals certainty which is great, sometimes, but as Tony Robbins says when he talks about human needs, part of life is about having some of the opposite too, variety or some risk, otherwise we are likely to get bored and fed up.



Taking a look at your basic human needs could be a good idea if you have esteem or confidence issues, and they are easy to research. Many of you will be aware of Maslows, (originally 5 but adapted in the 1970's to 7):

- biological and physiological basic needs
- safety
- belonging and love
- esteem
- cognitive
- aesthetic
- self-actualization

Human Givens are:

- attention
- social connection
- meaning purpose and goals
- status and emotional connection
- creativity and stimulation
- autonomy and control

Tony Robbins 6 human needs are:

- certainty,
- uncertainty,
- significance,
- love & connection,
- growth
- community

If you are interested you can look further into the theories and detail around each of the above.

I do recommend you look a little into whether your basic needs are being met or not and if they're being met in more than one area of your life, as this alone can make a difference to your esteem and confidence growth.

If we are going to change or grow, risk won't go away, so whether you're a coach helping your clients or you're working on yourself, it's important to take small steps in order to build up confidence at taking (appropriate) risks. By doing this you can learn how to value your achievements because you've achieved them in spite of the risk, which in turn shows you how you can face things, deal with them, achieve goals and feel confident to try more new things.

To start working on confidence or self-esteem you need to get clear about what you mean by it, how you would know if you had it, where you want to have it (what specific areas of your life) and what it is you want.



The second step will be no surprise, you need to set a goal, break it down and then take action on it.

So when looking to build your confidence or esteem a good starting place is to take a look at specific past events or experiences that cause you to doubt your confidence, and are keeping you trapped in old stories about how life is, rather than how it could be. And we are going to do that in just a moment.

You possibly already know that we (humans) have millions of bits of information coming at us at any one time and because that is too much information for our brains to handle we filter out what we don't need or recognize and let in bits that fit with our story of who we are. This happens because we interpret an event, give it a meaning and then wrap that around our memory of the event. What's interesting is that if the event was to be discussed with friends or family present at the same time, often they would have a different viewpoint or opinion of what occurred. So that begs the question who's memory is right? And of course the answer is both – it just depends on which subconscious filters we're operating from.

Many people I've worked with (myself included) have had their present reality impacted upon in a negative way, because of remembering something that happened in the past.

So if you want to be able to challenge or change limiting beliefs or confidence challenges from the past it's important to remember that you can only do that in the NOW. After all, when you find yourself upset by a past event, it's in the present moment that you relive it in every full technicolour detail and by not challenging it in the present moment, you are doomed to doing what you've always done in terms of bringing the past to life in the present through your old ways of thinking, feeling, seeing and patterns you've been acting out. So you've the power to ensure the past event continues to be your truth and pain, today, tomorrow and every day into the future, or if you don't like that idea, you can choose to change the future right now. After all, it doesn't exist yet other than in your mind, so you could decide to challenge your thoughts, memories, decisions, feelings etc when that old problem comes up (after all you can't change the past) but you can change your future response, feelings and experiences by working in and with the present. If you are interested in looking at being present and working in the now, you may like to read the Power of Now by Eckhart Toll. So let's do that now.

Think about a confidence or esteem event that happened that still causes you some emotional charge or problem. Think about the first time it happened. In the moment it actually occurred it caused you certain feelings or emotions, name them now, maybe worry, shame, humiliation, fear or something else.

At this point what decision did you consciously or unconsciously make about this event in that moment of presence?

What pain did you feel?

How real were/are these feelings?



Now as you remember, can you start to see and feel how easy it is to bring the past into the present even though the event is not happening right now? Can you also see how if you ignore challenging this past event now, there's a chance you'll take it into your future and continue to feel pain and emotional upset again and again?

All your past memories and future goals can only happen in the present moment and the present moment has the power to resurrect the past and bring it to life and it has the power to alter or change the path for the future. So basically the past only has power and reality if you give it your focus in the present moment, so as always you have a choice....., a choice to continue lacking confidence because of a past event or choice to look at it and change the meaning of it in the present moment. So remembering that event you were thinking of a moment ago, consider the following questions:

- What's your mind chatter saying about the event?
- What decisions did you make about that experience?
- What feelings have you got about the event and where are they in your body?
- What are your thoughts about this event?
- What memories and images have you got?
- Who else could you ask about the event in order to get a different perspective on it?

Each and every time you have a confidence or esteem issue, if you can stop and notice what is going on, work through it and then learn from it, you will more than likely start to notice shifts in how you think and how you behave.

More questions to support change

- Ask yourself how that past event is affecting you in the present moment
- Ask yourself the above questions (I appreciate you may not always be able to do that in the moment so make a note to do it later if you can't in the moment), pay attention to your physiology and change it (you can do that in the moment and it is really powerful)
- Ask yourself what the positive benefits of that old experience are, what is the learning? How has it helped you to be the great person you are today? How has it made you stronger, wiser etc?
- Do or get someone else to do the eye scrambler on you to break up the old picture or image you are holding, this alone can shift emotional feelings and help you to leave the old memory firmly fixed where it belongs in the past)
(That's on today's video – you can watch it now or at the end of these exercises)
- Give the old issue a new meaning in the present and create a picture, words and feelings to represent that new meaning and place it in the position the old image used to inhabit. (you won't forget the old problem but you may find you feel differently about it)



So get started. Think about the things or times that cause you to doubt yourself, not feel confident or affect your self-esteem.

List them below or in your journal and then use the steps (given above) to support you in altering and reducing the emotional charge around each one so you can replace it with a more empowering present and future experience.

If you are having trouble getting started or want to work on this area even more, consider using the following exercise to support you in identifying more areas to work with.

Read the following questions, answer **yes** or **no** and if you want to understand yourself in relation to the questions even more, give them a subjective mark using a scale of **1-10** (1=lowest mark ie I never do that – 10=highest mark ie I always do that) according to how you think about yourself in relation to them:

Your relationship with yourself **example** answer to question 1:

- Q - Do you sometimes wish you could be someone else, or behave differently or try new things but stop yourself saying you can't, shouldn't, mustn't or ought not to?
A -Yes I am almost always thinking like that, I would score this 8/10

1. Do you sometimes wish you could be someone else, or behave differently or try new things but stop yourself saying you can't, shouldn't, mustn't or ought not to?
2. Thinking of your capabilities and your ability to learn, do you believe others can achieve anything they set their mind to but not you?
3. Do you stop yourself freely expressing yourself and showing the world who you are?
4. Do you forget to take time to do nice things for yourself, such as pampering or self-care time?
5. Do you regularly speak negatively to and about yourself?
6. Do you stop and notice when you do wrong but forget to congratulate yourself when you do something well?
7. Do you find it hard or difficult to talk about your good points as and when necessary?
8. Do you believe it's important that you look after others first and you come last rather than understanding you need to take care of yourself in order to help others?
9. Do you find it hard or difficult to accept you are as special and unique in your own way as everyone else is?



Depending on how you answered and scored the above questions will give you some idea of how you think about yourself and how much you value yourself. If you used the 1-10 score system, then the higher the score the more work you may need to consider doing if you want to improve or raise your self-esteem. But don't worry, if your score is higher than you would like, as long as you remember that you are on a coaching programme and you believe you are in control of changing how you think and feel about your life/scores, set the above as goals and start working on them. You have a lot of tools to support you with this change and of course if you have a supporter or coach, they can really help to make a difference.

Here is an even deeper way to consider working on the above.

- Mark beside each one the age you were when these first occurred. You don't have to be exact, allow your unconscious to help you out or use the earlier kinesiology test to help you.

Remember that if this was a significant emotional event or memory you may have gone on to see your world and subsequent experiences and events from this one distorted perspective. There are a number of exercises that your coach could do with you to help you move on from or change this perspective or see the Ultimate Belief Change Tool Kit which has 25 techniques to support such changes, or if you think the identified event requires a different support system such as therapist, counselor, mentor, advisor, please consider seeking the appropriate help.

Take **each one** (of the identified events) in turn and ask yourself the following questions:

(These may take between 30-90 minutes, or even longer, to explore fully)

What effect did this experience have on my self-image?

If appropriate, how did it affect my identity and who I decided I was or could be?

How do I remember this event?

Is it a picture, mind chatter, feelings, a mixture of them, all of them? Get clear about this and the order, is it a picture first? If so, what's next? Thoughts, feelings?

Did this experience cause me to make any decisions about myself? ie I wasn't good enough, or loveable enough, or felt rejected or not accepted, not perfect enough, or alone, fear of judgement or criticism, etc etc

What beliefs do I hold about myself because of this event?

How could I use the learning cycle to help me break free of this experience/belief/event?

(*Stage 1 –notice the experience, stage 2 – reflect, stage 3 - check out the facts without emotion, stage 4 – ask what can I learn from this experience? Then choose to move on*)



What choices do I have to make the above possible?

What do I need to do first?

You've looked at the thinking and conscious side of your experience. If there are any upsetting or sad images that you are ready to let go of because the time is right and they cause you unhelpful emotions, remember you can use the eye scrambler which you can see on this week's video.

After you have used the learning cycle and or the scrambler, you may find you feel much better about the situation. You now can choose to let go of the event and allow it to live in the past or you may decide it needs coaching work or other support in the form of counseling, therapy or NLP. Whatever you decide will be right for you. Please do not move on until you have made a decision about how you wish to challenge or deal with the events you have come this far with. (you may recall I have previously mentioned Reflective Repatterning, Byron Katie and the Sedonna Method to support you in letting go of past events)

If you really want to make change consider these 3 ideas:

- stop doing what doesn't work
- try something new if it works keep doing it, if it doesn't try something new
- turn what works into a habit. As the saying goes: Winners make a habit of doing things losers don't.

EXPERIMENT

Fold arms normally/comfortably. Now swap them over so it is different or uncomfortable.

How does that feel? Most people say uncomfortable, and who likes to feel uncomfortable? But to grow or make change happen we have to go through a phase of feeling uncomfortable. Could you use folding your arms as a memory jolt for whenever you are struggling to change old beliefs or work on your confidence or esteem?

As well as folding your arms you might want to consider affirming "I am comfortable being uncomfortable" You could also do the fingers exercise & move them along one which feels odd again.

If you practise what is uncomfortable over time there is a neural shift in the brain and it will become comfortable. Can think about this as stepping into your SZ.

- Growth and change requires some element of discomfort and feeling uncomfortable, whatever you are working on be it a goal, confidence or a limiting belief, if you let discomfort stop you from moving forwards you will never move out of our comfort zone or old patterns.



EXERCISE

Think about a business OR personal challenge that bothers you because of a confidence or self-esteem issue that you would like to change it but haven't because it causes you some discomfort, effort or fear.

Write it down.

- Has this behaviour become a habit?
- How easy is it to stay here?
- Are you stuck in your CZ?
- How much do you want to change this behaviour? 1/10
- What would it give you if you changed it?
- What would you lose?
- What are the benefits of staying where you are?

Now imagine keeping this behaviour and time passing, it's now 12 months in the future, stop and imagine that. Nothing has changed but 12 months have passed. How does that feel?

Now take it further into the future, let's go forward 3 years. How old will you be then? How does it feel still having this going on for you 36 months later and nothing has changed. See it, talk to yourself about it and feel it.

Not enough pain? Well do the same 5 years in the future then 10 years. Really take yourself there now. You had a chance 10 years ago to do something about your confidence or esteem around a particular issue but you chose to do nothing. Think of the missed opportunities, the people you didn't get to meet the joys you missed out on, the learning you lost out on, hear that internal nagging voice, goading you, laughing at you reminding you of how useless you are, think of the guilt, the resentment, anger whatever emotions you allowed to run you back then and notice how they haven't eased up, they are still running you now. And you know that all you had to do back then was get clear about what you wanted rather than what you didn't want, all you had to do was set that as a goal and then take some regular and consistent actions, all you had to do was find a supportive friend, supporter or coach and things could have been so different. The time flew by anyway but here you still are, exactly the same just older, sadder, more emotional, and the issue is still here.

Does that motivate you to work on the issue? Or maybe the issue isn't as big or as worrying as you thought it was. Or perhaps you found yourself thinking about the rewards and benefits whilst I was speaking.

How do you feel taking part in that exercise? If you didn't it might be worth doing if only to find out it doesn't motivate you! And if it doesn't it's time to find out what will.

Take some time out now and find out if the fear of doing nothing motivates you.



How did you get on? Do you remember I spoke to you just a little bit about move towards and move away from motivation? Well the above exercise is a good way of exploring whether you are more towards or away from. Neither is right or wrong they're both just ways of operating. If the above did cause you pain and has motivated you, then work with who you are, you may need to remind yourself of how bad you will feel if you stop taking actions as you work with your goals, by doing that you may be able to keep up your motivation, however, if you are working with a coach know they can support you in finding more positive ways of achieving your goals if you would prefer to find them. And of course next week we are going to look at procrastination and in week 11 we'll look at accountability which may help you with taking action in spite of fear or confidence issues.

However, if that exercise didn't motivate you at all, then maybe you are on the move towards continuum. All that means is that you are more likely to be motivated by the rewards than the pain. So instead of the horror of how awful you will feel in 1,3,5 or 10 years you might decide to consider how great your life will be when you make the changes to your confidence. What the benefits and rewards will be and how great it will be when the issue or problem is solved.

Play with the above scenarios and see what works for you. Remember the first and second scenarios are extremes, many of us find we are a bit towards the benefits but more motivated by the pain of not taking action, or about 50/50 or some other percentage, remember you can use your kinesiology test to help you too. I just tested myself and got a 75% towards and 25% away from result, I'm ok with that, I used to be more away from and I still achieved goals. But I decided to work on being more towards for two reasons:

- 1 it feels more positive and I like that feeling better
- 2 the other way was very exhausting and less reliable though it never stopped me from getting things done, it just meant I was really hard on myself and too serious most of the time

The reason it is less reliable is that as soon as you take actions that move you away from the pain, (that means things started to improve), the pain lessens so what happens for so many of us it that we take our foot off the metaphorical pedal. Without the pain as a motivator (remember it's less now because of the actions taken) it is easy to forget how horrible the thoughts used to be. And for so many of us we gradually slip backwards without even noticing and sometime later find ourselves back where we started, having taken only half the steps we needed to move on, and fall back into negative affirmations around how we knew we'd never do it anyway and other types of dis-empowering self-talk.



Coaching is about getting you to think about goals you want to take action on, the idea is you leave a session feeling good about your choices and actions rather than beating yourself up about what you should do. Coaching involves being stretched and that means initially you may have to feel a little discomfort until you get practiced at your new way of thinking or behaving.

Tips

In order to develop and improve your confidence and self-esteem, consider the following 5 areas to focus on:

- **Mind:** create a positive focus by using meditation, affirmations, positive self-talk and replacing any limiting beliefs with positive ones, consider coaching, NLP, TFT, Reflective Repatterning to support you
- **Imagination:** create a vision board, find positive pictures of yourself or others doing what you want and use daily visualisations to start to manifest them
- **Emotions:** accept you have them and learn how to express them in a healthy way, consider group work, talking therapy, TFT, bodywork
- **Body:** learn to love it, accept it and express it, consider a body image workshop or bioenergetic therapy if you have problems loving and accepting it, do a dance class or take exercise if you accept but want to tone it!
- **Intuition:** trust your gut instinct as much as you do your mental thoughts – if you don't know how to, consider meditation, chakra work, therapy, reflective repatterning, personal development work.

That's a lot this week there follows (in your workbook) 40 tips to help you feel great (and confident) I am sure you will find some that resonate with you. I would encourage you to select 2 or 3 that you really like and add them to your daily actions to support you with your confidence changes. Remember confidence is all about doing, it is external and action focused, you need to know what you want to be confident at, breaking that goal down into small pieces then take just one small step at a time out of your comfort zone into your stretch zone.

For personal confidence coaching speak with your coach, change your physiology and make sure you handle any mind chatter or limiting images as they come up. Remember, focus on what you want, break it down, plan how you will get it, use role models to learn from, be yourself and incorporate little bits of your role model into your daily actions. As well as the following 40 tips!



40 Tips to feel better and more confident

Stand up, shoulders back, chin up, eyes up, imagine a golden thread holding you in this upright position going from top of your head to the sky.

Repeat powerful and positive statements to yourself

Select clothes in colours that make you feel good

Listen to motivational music that makes you tingle

Watch a feel-good movie or clip of a movie

Dance around your room or do small amounts of exercise, such as bounce on a rebounder for 5 minutes

SMILE – lots and often

Listen to yourself and what you say – challenge anything that is not useful

Choose your thoughts – catch yourself saying negative things and ask yourself – what would I like to choose to think or say instead

Ask yourself positive questions

Mix with other positive people

Select at least 2 or 3 great people to hang out with each day that help you feel good

Remember a time when you felt really confident, what did you think, say, see and feel?

Identify what confidence means to you. How will you recognise when you are confident?

Take small steps – build that confidence muscle daily. What can you do today to feel confident or good about? Name 3 things now

Remember that confidence is about taking action – self-esteem is about how you talk to yourself or feel about yourself inside – which one troubles you? Get clear then act on the knowledge

Ask someone you know what they love about you then focus on it – daily!

List your strengths, what are you good at, what do you do well?

Read motivational quotes every morning and throughout the day

Place positive and inspirational objects, statements or quotes around your house, car, office, in your diary, on your phone, computer screen, where else? As you get used to catching yourself and your thinking, question your negative chatter and start replacing it with what you want rather than what you don't want.

Focus on what you get done – do a got done list out of your 'to-do' list.

Congratulate yourself on each small or large task you get done throughout the day

Keep a journal and note all your achievements

GRATITUDE – what are you grateful for in your life? Get specific

Look in the mirror and identify your best features – at least 3 – what do you love about them?

Create positive affirmations – then say them in the mirror until you believe them

For each positive affirmation create 3 actions that you WILL do daily until they become your empowering truths

Look for role models who are confident, what are their strengths? Which ones do you already possess? Which ones would you like to develop? Prioritise them. Come up with all the ways you can start to bring these characteristics or strengths into your life.



Think kindly of others – see the good in them- then do the same for yourself
Do something for someone else who isn't as fortunate as you – it helps you forget about your troubles and makes you feel great – (and grateful)
Try something new and exciting that you've been dying to do for ages – go on take a leap of faith.
Have a 'non-complaining day' on a regular basis, get a like-minded group of friends together and agree to have a fun forward thinking, positive day once a week.
Commit!
Go to some of the free or low priced great talks or trainings that are on around the country and make some new friends.
Go for a walk in beautiful surroundings
Learn and practice meditation
Create an image of how you will look, feel and be Decide to be it!
Find out about Kaizen approach, something small and new every day.
Identify what your comfort and stretch zone means to you and then select at least one topic a week that will take you into your stretch zone, then practice it until it becomes part of your comfort zone

Next Week

Procrastination, what it is and how to start working with it

RECAP

Confidence and Self-esteem
Authors to read and research further
Respecting and valuing yourself
Basic Human Needs
Changing limiting beliefs and confidence
The power of now
Scrambler and NLP exercises
Towards and Away from
5 tips to focus your mind
40 tips to feel good and confident

Personal Development Exercise (s)

Recap questions
Personal development questions
8 self-care questions
Actions to develop your self-care
Working with a confidence issue
Questions and exercises to support change
9 self-coaching questions
Using NLP and the scrambler to make change
Going deeper
Move away and move towards exercises



Personal development work between sessions

WEEK NINE exercises to do at home in between lessons

Find a coach or trusted friend who you can report to on your actions and successes

I will ask to support my work on this course

In order to continue the self-awareness work I have started here **as I go through my week, I will ask myself the following questions as often as I can every day** and just notice how I operate so I can choose to change anything that is not helpful for me.

Questions to think about and ask yourself daily and throughout the coming week:

1. How confident am I feeling about my goals and actions today? How do I know this is true?
2. How am I challenging any confidence dips I have today?
3. What am I doing today to value and respect myself?
4. What confidence tips am I using today?
5. If/when my mind brings me past events that cause me emotional feelings, I noticed I stayed focused xx times on my new interpretation of a past (negative or confidence busting) event, recalled the new positive interpretation, concentrated and focused on it and noticed how it changed my present feelings.

Optional Extra

Research on Human Needs

There is loads of reading on this weeks' topic so here are a few recommendations:

Eckhart Toll–The Power of Now

Take Time for Your Life-Cheryl Richardson

The Self-Esteem Bible-Gael Lindenfield

The Confidence Booster workout-Martin Perry



WEEKLY ACTION PLAN

Where are you with your goal(s) now?

Write a sentence saying what you think about the goal you are working on right now.

On a scale of 1 - 10 how much do you want to achieve this goal(s)?

What three steps could you take this week to help move you closer to your goal?

Write them below.

- 1.
- 2.
- 3.

What have you done over the past weeks to take you closer to your goal? Write your progress to date here.

