

WAYS THAT HELP YOU TO

# FEEL MORE CONFIDENT



MINDTHERAPIESWITHSALLY.CO.UK

# VISUALISE YOUR SUCCESS

- One thing that all confident people have in common is a positive outlook. They are clear about what they want... and believe they can succeed.

1. Using positive words, choose three to describe yourself:

---

---

---

---

2. Write three outcomes you believe you can achieve:

---

---

---

---

3. What will the future you look like? Choose words that will help you to feel more confident.

---

---

---

---

*Self Confidence is the best outfit - Rock it and own it!*

# SELF AWARENESS POWER

- Knowing your authentic self enables you to take good care of your needs.
- When we're able to identify our strengths, it helps boost our confidence levels too. We focus more energy on what we're good at.

1. What are the values that mean the most to you?

---

---

---

2. In your life, how are you living to these values?

---

---

---

3. What steps can you take to live those values authentically?

---

---

---

*Confidence is your reward for overcoming fear*

# PLAYING TO YOUR STRENGTHS

- To feel more confident, practice knowing and *celebrating* your strengths!

1. Write down three things that you are good at

---

---

---

2. Note how those strengths help you to feel more confident

---

---

---

---

---

---

*inhale confidence... exhale doubt*

3. From those three things, how do they help others too?

---

---

---

---

---

---

---

---

# YOUR INNER CRITIC

- A confident person knows how to listen to what is valuable. Confidence grows when you know how to disregard what isn't of value.

1. What negative thoughts does your inner critic create?

---

---

---

2. What evidence do you have to disprove these claims?

---

---

---

---

---

---

*Confidence is silent. Insecurities are loud!*

3. Remind yourself of your achievements - note them below

---

---

---

---

---

---

---

---

# PERMISSION TO BE YOU

- Everyone has flaws. Make your own promises to yourself that will help you to feel more confident, every day.

1. What one thing can you do each day to feel more confident?

---

---

---

2. What one sentence can you say to yourself to remind you to be confident?

---

---

---

3. What steps can you take to live a confident life?

---

---

---

*Confidence is a seed that needs nurturing to grow*



MIND THERAPIES  
WITH SALLY



LET YOUR  
CONFIDENCE  
SHINE!

BOOST YOUR  
CONFIDENCE AND  
LOSE YOUR FEARS -  
BOOK A PRIVATE  
SESSION WITH ME



MINDTHERAPIESWITHSALLY.CO.UK