

Blue Diamond - Confidence workshop - exercises

Mantras & Affirmations

Mantras are positive affirmations that help to cultivate a more positive mindset. Make your own and repeat them each morning before you start your day.

Some ideas include:

- I believe in myself
- I can accomplish anything I set my mind on
- I have the courage to step into my future with grace and ease
- I am worthy of achieving everything I wish for

What will be yours?

Blow your own trumpet

- Cultivate self-confidence by completing the following sentences:
- I love my....
- My best quality is...
- I'm great at...
- I feel good about...
- My friends would tell you I'm...

Why not put them visible as a visual reminder?

Alternative Blow Your Own Trumpet exercise

Write a list of all your successes, wins, and achievements throughout your life.

Write a minimum of 50 and go to 100 if you want. You can start from any age, but I literally went back to swimming certificates!

This really helped increase my confidence and the value I bring to people. I'm sure it will help you too!

Comfort zones

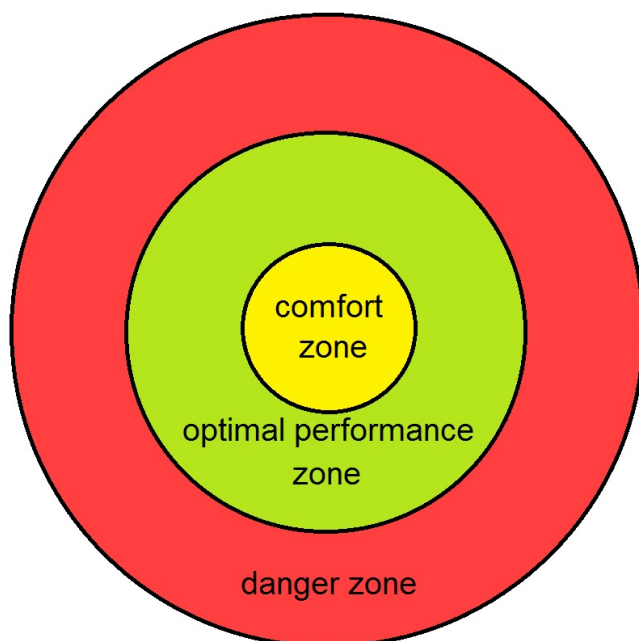
We all have multiple comfort zones depending on multiple factors including the task, topic, situation and environment.

What's in my comfort zone?

What would be in my stretch zone / optimal performance zone?

What would send me into danger or panic?

How can I take steps to encourage me to step out of comfort and into my stretch zone, where I can learn and grow?



Confidence Coaching – bonus questions

Take some time to ask yourself these questions. Be open and be honest with yourself.

- What types of things make you feel more confident?
- What types of things affect your confidence negatively?
- If you absolutely believed that all of life was organized around your success, what decisions would you make? What actions would you take?
- What strengths can you draw on?
- What will you do to help you become a more positive version of yourselves?