

BELIEVE

7 WAYS TO HAVE THE
CONFIDENCE YOU WANT,
WHEN YOU WANT IT!

Session 1: *What's the story to your confidence level?*

1) In which areas of your life do you now have more self-confidence than you did a year ago?

2) Why do you think some people continue to have low self-confidence even after they've received techniques that are proven to help people improve their self-confidence?

3) Fill in the blanks...

*"The only way that any habit will stay in place is if the person
_____ something from having that habit."*

4) What might you have gained by doing low self-confidence in the past?

5) Are there better ways to gain these things?

6) Fill in the blanks...

“The thoughts you think generate your _____.”

7) In which situations do you feel out of control?

8) Fill in the blanks...

***“If you want to have more self-confidence
the first thing you’ve got to do is take
control of the _____
you are _____.”***

9) Fill in the blanks...

***“You cannot control _____,
but you can control your _____ of reality.”***

10) Write a list of all the negative stories you might have told yourself until now?

Make a commitment to stop telling yourself these negative stories because they contribute to draining you of your self-confidence.

11) Write a list of all the negative stories you might have told other people until now?

Make a commitment to stop telling other people these negative stories because they contribute to draining you of your self-confidence.

