

BELIEVE

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

Session 2: How to strengthen your self-confidence before important events where you want to perform at your best

1) What were the most important ideas and techniques you learned in the last session that you could use to improve your self-confidence?

2) Fill in the blanks...

“You can only have one dominant _____ at any point in time. And that thought you are thinking will create the _____ you are feeling.”

3) Fill in the blanks...

“You are the _____ of your thoughts. You have the power to switch off _____ thoughts and switch on _____ thoughts.”

4) Fill in the blanks...

“If you’re not independent of _____, you can find yourself being dragged down by other people.”

5) Write a list of all the people you can think of that have to regularly perform to the best of their abilities in high-pressure situations.

6) Identify one specific situation where you would like to have more self-confidence right now?

7) Identify three people who regularly have to perform under pressure in that situation?

8) What questions would you ask that person if you had 10 minutes of their time and wanted to learn how they regularly perform to the best of their abilities in high-pressure situations?

9) What could you do to learn directly from that person?

10) Fill the blanks...

“Proper _____ prevents poor _____.”

11) What percentage of their time do members of the military and other peak performers (e.g. professional athletes) spend practicing skills so they can confidently perform at their best when they need to?

12) According to the research Kevin quotes in the video, how much time does it take a human being to master a skill (i.e. become competent and confident at doing something)?

13) In which areas of your life and with which specific skills haven't you done enough practice yet in order to master that skill and have self-confidence in that area (e.g. public speaking)?

14) What is 'Mental Rehearsal' and how can it benefit you?

15) Describe the steps of the Harry Potter Technique.

16) Fill the blanks...

“People that have the most confidence and stay calm in high-pressure situations are those who have prepared for the _____ case scenario.”

17) For which worst case scenarios could you use the Harry Potter Technique to boost your self-confidence and performance levels?

18) Fill the blanks...

“The people who _____ for the worst are the people that _____ with the worst when it actually happens.”

19) For how many consecutive days do you need to practice the Harry Potter Technique in order to improve your self-confidence?

20) When are you going to start using the Harry Potter Technique?
