

BELIEVE

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

Session 6: How to protect your confidence when bad things happen

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...

“ _____ is part of success.”

3) Fill in the blanks...

“You have to _____ in order to _____.”

4) In what situations have you failed in the past and allowed it to knock your confidence?

5) What would you do differently if you ever failed at that thing again?

- What would you do differently before the experience to make sure you were confident and well prepared?
- What would you do differently during the experience to maintain your confidence and perform at your best?
- What would you do differently after the experience to protect and build your confidence?

6) Fill in the blanks...

***“Failure is _____, but
_____ last forever.”***

7) In what situations have you failed in the past but didn't allow it to knock your confidence?

11) What does the previous quote mean to you?

12) Complete Kevin's 'Success Question'...

***“What can I _____ or _____
so that I get a _____ result next time?”***

13) Identify one thing from the last seven days that you failed at or didn't do as well as you'd hoped.

14) Ask yourself Kevin's 'Success Question'...

“What can I change or improve so that I get a better result next time?”

15) What are the barriers that get in the way of people learning for their failures and making the progress they are capable of?

16) Fill in the formula...

$$E \underline{\hspace{2cm}} + R \underline{\hspace{2cm}} = O \underline{\hspace{2cm}}$$

17) Identify one event in your life where your responses lead to a negative outcome.

18) What could you change or improve so that you get a better outcome if that kind of event ever happens again?

19) Identify one event in your life where your responses lead to a positive outcome.

20) How did it feel to take control of your life in that way?

21) Fill in the blanks...

***“The _____ you hold in your _____
after an event, will determine whether you want to go
and do that event _____.”***

22) Describe the details of the Scramble Technique.

23) Fill in the blanks...

***“ _____ yourself. You’re a human
being and part of being a human being means
you’re going to make _____.
So stop trying to be _____
at everything, all of the time.”***

1) 24) Identify one mildly irritating experience from your past.

Now use the Scramble Technique to change the way you feel about that event..