

Developing the Confidence



to Go After
Your Dreams

Workbook

Self-confidence will enhance your experiences and enrich your life. When you have confidence, you'll move forward to accomplish everything in life that you set out to do. You'll know you can do it.

This workbook will help you develop the self-confidence required to live your dreams.

1. **Visualize your dreams.** Clarify for yourself what you want in life by answering these questions regarding your "ideal" life.

Who will you live with?

What will you be doing?

Which career will you be working in?

Where will you live?

At what point will you be satisfied with your life?

2. **Study confidence.** How will confidence affect your life? Writing your thoughts about the following elements will help you find confidence.

What will it mean to you to have confidence?

How will you be different?

How will you feel?

How will your life be affected?

Who do you know that is confident?

What is it she/he does or says that makes you believe she/he is confident?

Which reading materials about confidence will you read?

How will you seek out other knowledge about confidence?

3. **Prepare for self-confidence.** Sow the seeds of your success: consider the following questions to move forward in your quest for confidence.

Do you consider yourself a happy person? Do you show it by smiling often? Even if you have difficulty with feeling positive, are you willing to start smiling more?

Who can you observe who's humorous? How can you add more humor to your conversations?

What types of consistent physical activity do you engage in? How do you feel about your progress in the activity? If you haven't yet been consistently active, which physical activity are you willing to dive into? When will you start?

How do you feel about your personal appearance and grooming? What could you do to improve how you look? What will you do today to start the process?

What is one talent or skill you work hard at and you're pretty good at?

If you struggle to come up with that skill, name a skill you're willing to work on now.

In what situations will you use your talents and skills to sharpen them?

What do you fear doing in life? Is it holding you back from gaining confidence and moving toward your goals? If so, this month, how will you work to overcome that fear?

4. **Discover motivation.** Discover what will compel you toward becoming a more confident person.

List three self-help books you will read over the next three months.

List three other books of any type you'll read within the next three to six months.

Who is one person you believe is successful in their career?

Prepare your questions for the person first, and then interview them. How are they confident and successful? Write down what you learn from them in your interview.

Do you have parents or grandparents you can turn to? If so, talk to them about how they achieved success in life, work, and relationships. **Ask how they think they developed confidence.** Jot down here what tips you learn from those conversations.

List here the people you socialize with the most.

Select a few friends you believe are most positive to be around and vow to spend the most time with them. ***Being with positive people will help you achieve your own goals. Positivity is contagious!***

Set mini-goals with timelines that will lead you closer toward your desired life. See the example provided to get an idea of how to do this. For the example, the life goal is to live in an urban setting with a career in an office.

Mini-Goal	Timeline to achieve mini-Goal
Task office Skills Course	Within next 6 months, by _____ date
Choose state I want to live in	Within next 3 months, by _____ date
Research urban areas in my desired state	Within next 6 months, by _____ date

In the spaces below, list your first four mini-goals and timelines. You'll likely have several more mini-goals to carry over to a separate list. ***Completing your mini-goals will keep you focused on your end result—the life you want!***

5. Expect success. When you believe you can boost your confidence, you will.

Use thought-stopping to quell your negative thoughts? Practice the thought-stopping technique included in the e-book. How did you do?

List your top five strengths:

Write down recent compliments you received from others. Use those compliments to help you realize you can expect to be successful in finding your quest for confidence.

6. **Get inspired.** Because you're responsible for becoming inspired, it's necessary to expose yourself to people, places, and things that trigger inspiring feelings for you.

When have you been successful in the past?

What is the one thing you're the most proud of and why?

Think about past challenges you've gone through. How did you get through them? What did you learn from those experiences?

Finding your confidence will be one of the most rewarding journeys you'll ever take. And once you start working to develop self-confidence, you'll discover that you'll do more and more in the future to keep those fires of confidence burning bright!