

Confidence

ON FLEEK
WORKBOOK

By Jennifer Hammock



Have you heard the saying, “confidence is key” ?

Confidence can be the deciding factor in receiving either a job offer or a rejection letter. Your inward confidence exudes hints of an untold champion's story. People want to connect with winners, not “want to bes” or losers. Bottom line is this, **confidence attracts!**

Confidence then becomes a powerful tool that can not only inspire, but influence others towards positive change. I want to help you in your ever evolving journey to build confidence so you can accomplish your dreams and silence those negative voices in your head telling you that you can't.

Confidence Building

EXERCISE

To begin building confidence, there are three core truths you must be able to identify. When you fully know and understand these truths they will improve how you view yourself and help you build more personal confidence.

1. What are things that come easily and naturally?
2. What are three things that you are passionate about?
3. What personal experiences make your existence remarkable?

After you have answered the following questions, create a personal value statement. This statement gives your existence purpose and solidifies the impact you can make in life.

My name is _____ and I am talented at _____,
and _____. I find passion in _____. When I experienced _____,
that situation taught me that _____.

Example

My name is Jennifer and I am talented at forming words to encourage people, planning, and organizing. I find passion in helping women pursue their dreams. When I was laid off while being 7 months pregnant that situation gave me the opportunity to grow my part-time business into a booming enterprise.

Take time to articulate your personal confidence statement.

Confidence Mindset

EXERCISE

I believe that confidence is found in what you believe about yourself and what you deem possible. In order to experience new levels in your life, you must break all self-limiting beliefs. In the left column list negative thoughts that you have often. In the corresponding column record the opposite.

Example

I can't do it.

I'm scared

I am capable

I will do it afraid
