

# Lisa Skeffington

FREEDOM FOR YOU FROM ANXIETY



## SIMPLE STEPS TO GROW YOUR CONFIDENCE



# WORKBOOK

## PART ONE

### How To Let Your Inner Confidence Shine

Your thoughts, feelings and behaviour are inextricably linked so, by changing your posture and your body language, you can help yourself to feel and think more confidently.

**Ways You Can Use Your Posture To Lift Your  
Energy and Boost Your Confidence:**

Walk \_\_\_\_\_

Head \_\_\_\_\_

Gestures \_\_\_\_\_ Make Eye \_\_\_\_\_

And  
SMILE!

Take \_\_\_\_\_ in your appearance.

Dress      ☐

Nails      ☐

Hair      ☐

Shoes      ☐

When you feel \_\_\_\_\_ about yourself, you naturally feel more confident and comfortable being noticed.

\_\_\_\_\_ your speech and other people will understand you and will listen more intently.

Practice \_\_\_\_\_ and \_\_\_\_\_ any negative self-criticism or negative perspective on your day. Immediately \_\_\_\_\_ to a lighter opposite perspective, decide to look on the \_\_\_\_\_ side and be \_\_\_\_\_ to yourself.

\_\_\_\_\_ yourself and you'll soon be feeling comfortable to accept compliments from others.

Help yourself to be feel better about yourself by creating a list of positive statements about yourself that begin with the phrase 'I AM...'

I AM

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I AM

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I AM

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I AM

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I AM

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I AM

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I AM

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I AM

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I AM

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I AM

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## Carry Out An Emotional Inventory For Yourself:

To nurture your self-esteem and grow your confidence, commit to being around people who build up and don't tear you down.

List all the people you spend time with regularly.

Now list the people you listen to, who influence you.

Now list those people in your life who

- ☐ who put you down
- ☐ deflate you
- ☐ criticize or judge you
- ☐ drain your energy
- ☐ make you feel bad about yourself

Brainstorm now how you can spend less time with these people...

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Now list those people in your life who

- ☐ who praise and encourage you
- ☐ support you
- ☐ are there for you in a crisis
- ☐ boost your energy
- ☐ make you feel good about yourself

Brainstorm now how you can spend more time with these people...

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Set yourself small and \_\_\_\_\_ challenges every day.

Take \_\_\_\_\_ steps.

Praise yourself on what you have achieved so far and keep going!

Always remember that F.E.A.R. is an illusion – nothing more than a Fantasized Experience Appearing Real. When you meet FEAR head on, it disappears.

## PART TWO

# How To Hold Onto Your Confidence When You Get Knocked Down





Confidence is NOT something you \_\_\_\_\_

Confidence is something you \_\_\_\_\_!

It is always \_\_\_\_\_ that makes confidence grow.

At times when you don't feel confident, that is precisely when you MUST \_\_\_\_\_ in spite of \_\_\_\_\_

When you do this, you prove to your mind that you \_\_\_\_\_ do it!

It's OK to feel the \_\_\_\_\_ of falling.  
Be kind to yourself and invest your time and energy in some \_\_\_\_\_ care.

**Brainstorm now five ways you can nurture yourself.**

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4.

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5.

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## Become wiser and stronger...

You either win or you \_\_\_\_\_. You don't \_\_\_\_\_!

Push your ego aside and let yourself reflect on something, which did not work out as you hoped. What contributed to this recent failure. What did you learn and would you do differently next time?

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## Are you heading in the right direction?

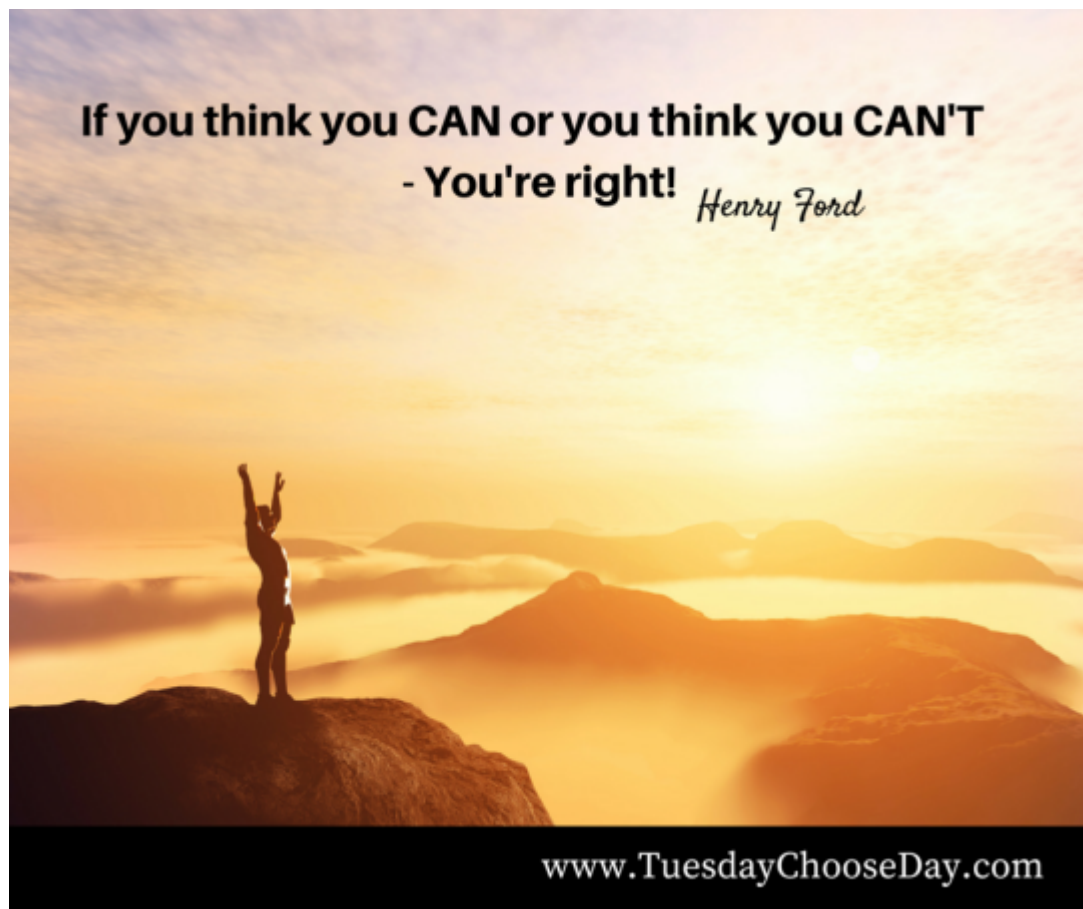
Sometimes a knock can be a \_\_\_\_\_ you must heed, a wake up call that you are heading in the \_\_\_\_\_ direction, with the \_\_\_\_\_ people in the \_\_\_\_\_ way.

Take time to reflect on the progress you are making.  
Log your achievements in a \_\_\_\_\_ so that  
you are aware of how far you have come.

Confidence grows with \_\_\_\_\_ of what you  
can do.

## PART THREE

# How To Become An 'I CAN' Person.



With an 'I CAN'T' mindset, you doubt yourself and your abilities.

Now it's time to STOP! \_\_\_\_\_ to other people to do things for you!

START to ask someone who already has an 'I CAN' mindset to show you \_\_\_\_\_ to do something and NOT TO DO IT FOR YOU.

When you get them to \_\_\_\_\_ you, you can \_\_\_\_\_ your confidence and \_\_\_\_\_ your independence.

Stretch yourself in small ways to reach outside your comfort zone.

## COMFORT ZONE – STRETCH – PANIC

If you panic, you have stretched too far too quickly, into the Panic Zone. Instead, take consistent smaller steps into the **Stretch Zone** and let your \_\_\_\_\_ expand. In no time at all you will have grown your comfort zone and feel comfortable to do things you wouldn't have dared try before.

## Log Your Achievements

Create a list of all the achievements you have accomplished in your life from when you were tiny through to now.

(Even the smallest achievements count in all areas of your life!) How did you handle situations? What resources did you draw on and develop to pull you through to success?

**Start to List Your Achievements Here Now...**

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What talent, skills and resources did you draw on to succeed?

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Look over your list and notice everything you can trust yourself to handle.

What will you add to your list in the coming year?

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What resources will you use within yourself to make it happen, just like it has before?

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