

DATE: _____

Feeling a bit down on yourself? Boost your confidence and combat self-doubt by listing 10 things, big or small, that make you feel amazing. Embrace accomplishments & strengths for an instant uplift!

WHAT GIVES ME CONFIDENCE?

EXAMPLE

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| 1 | Seeing good clients and prospects; getting positive feedback |
| 2 | Delegating and getting my work done faster |
| 3 | Learning new things |
| 4 | Spending quality time with loved ones and ensuring they are happy, safe and well |
| 5 | Being over target, month on month – striving to be the best that I can be |
| 6 | Making house improvements, ensuring I'm always living and working in a clean and tidy space |
| 7 | Seeing a big future for the company and accomplishing goals |
| 8 | Being fit and healthy. Enjoying exercise and getting enough sleep |
| 9 | Having lots of spare money and a holiday planned |
| 10 | Dressing appropriately |