



rock your confidence

ROCK YOUR CONFIDENCE

What does the word 'confidence' mean to you?

What difference would a 10% increase in confidence mean to you?

(i.e. reading the ad - 10% would be applying for the job, or saying 'yes' to everything - 10% would be saying 'no' to one thing)

ACTION: Write down one brave step you could take this week - your mini dare from me!



FAKE IT TO MAKE IT

Who do you know that is confident, someone that exudes the confidence that you would love to have?

What is it about them that comes across as confident?

What qualities do they possess?

What do they do?

What do they say?

ACTION: Choose one quality and ‘act as if’