



WORKBOOK 2

NAME

DATE

Build your
confidence

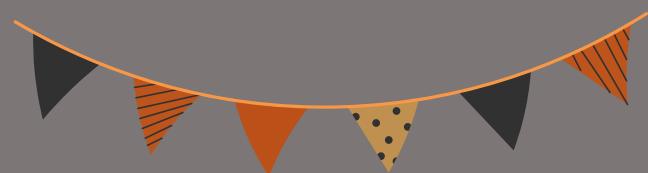
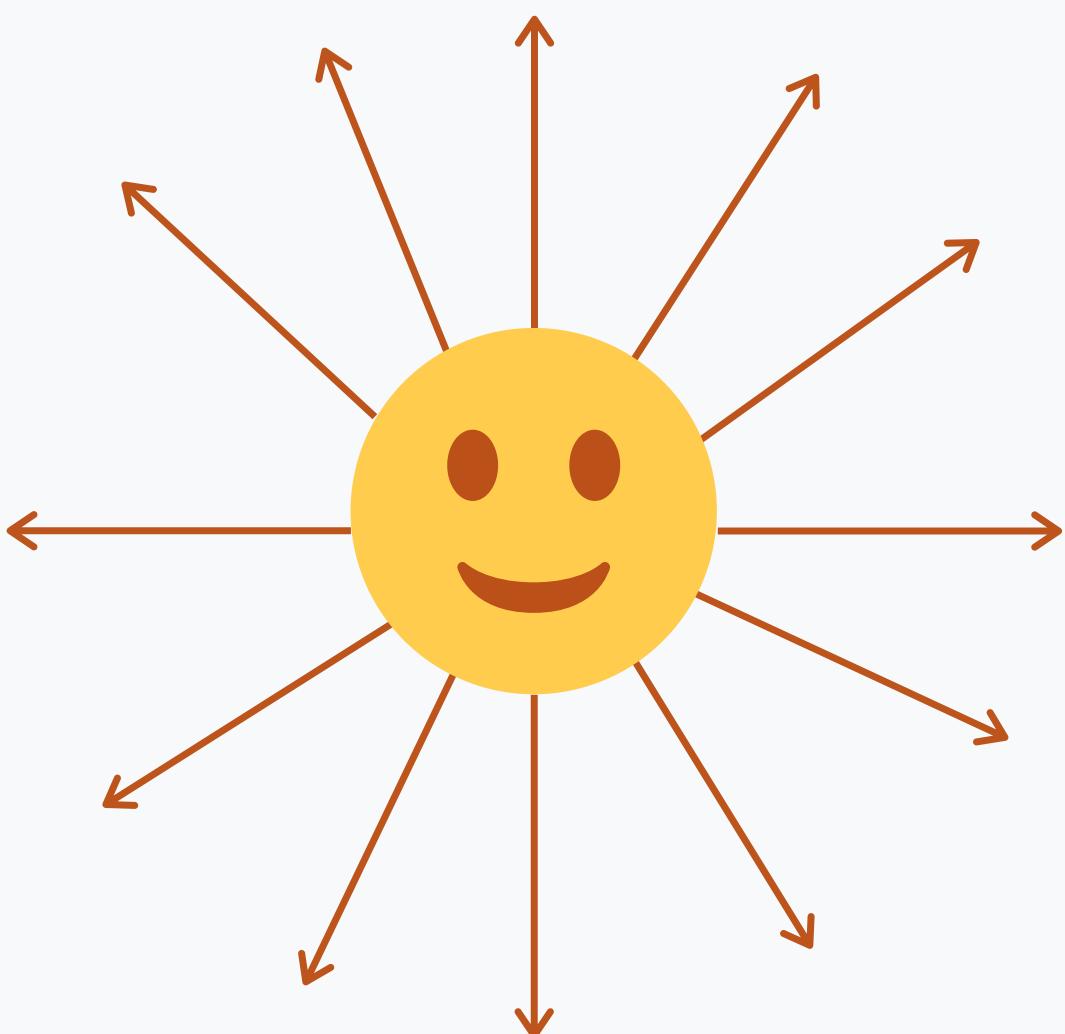
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Unleash
your
potential



Strengths

Write down on the lines of the smiley face all the things you do well or feel good about. Add in more lines if you wish

What would someone else say you do well? Write these down too



Step 2

Think about a situation where you felt pleased about what you had done.
Write down the skills you used



Step 3

Think about confident people

Really let your imagination fly here. There are no wrong answers

What kind of people are they?

What's important to them?

What are their daily routines and habits?

How do they behave?

Who do they spend time with?

How did they get to where they are?

What do other people say about them?

What kinds of things do they say?

What do they wear?

What's their favourite food?

What car do they drive?

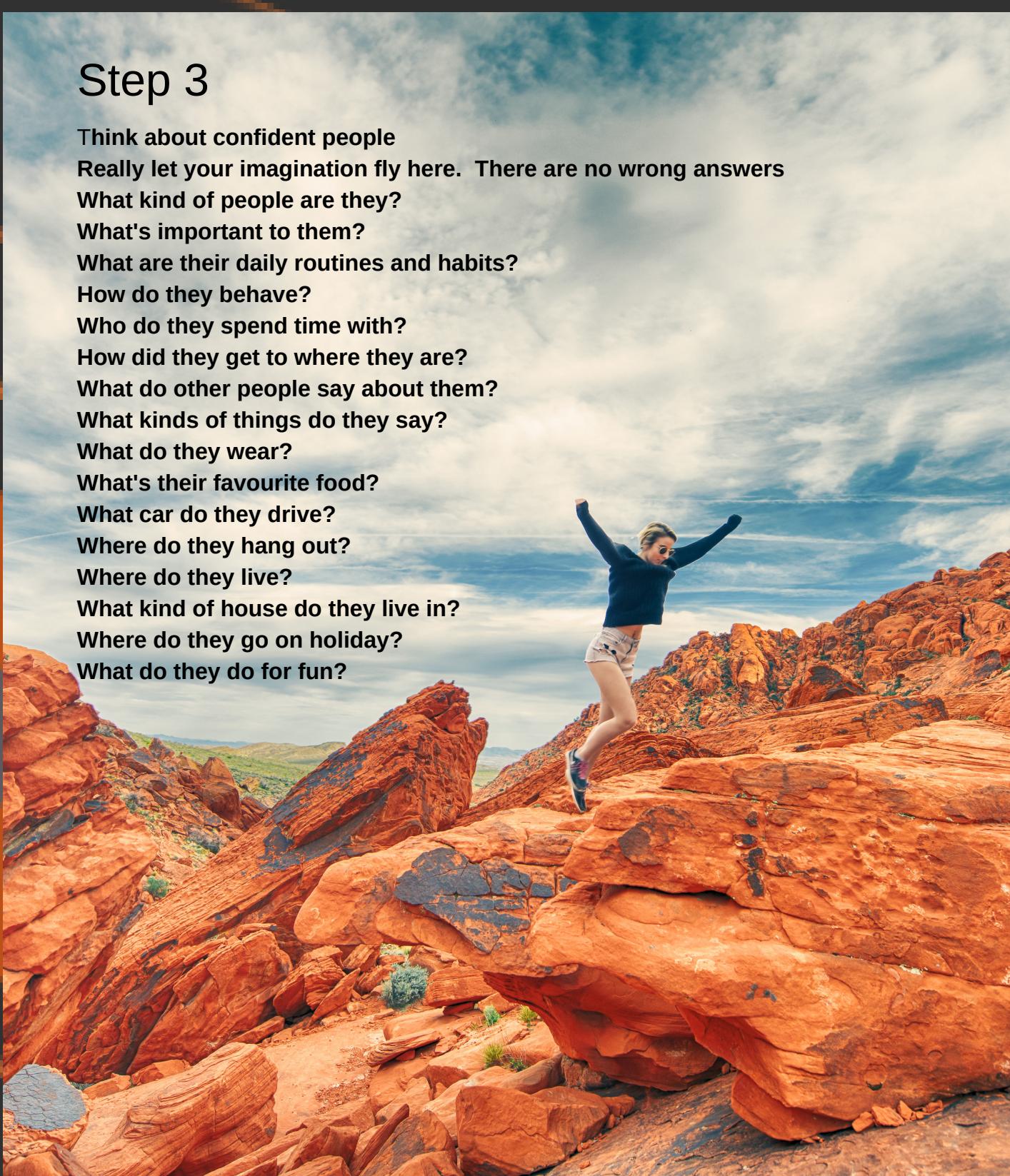
Where do they hang out?

Where do they live?

What kind of house do they live in?

Where do they go on holiday?

What do they do for fun?



Write down your thoughts from step 3 here:



Step 4

What surprised you about the thoughts you have written down above?

What do you have in common with the confident people you describe?

Where are the differences?

What triggers your emotions?

What behaviours could help you to achieve your goal?



Write your answers here

What 3 actions or behaviours will you try out to help you grow in confidence and achieve your goals?

Action 1

Action 2

Action 3

Fear is the result of a lack of confidence.
A lack of confidence is the result of not
knowing what you can do. A lack of
knowing what you can do is caused by a
lack of experience. A lack of experience
is caused by a lack of doing something
new.

— Duke Casagrande
AZ QUOTES

