

'CAN DO CONFIDENCE' 30 ACTIONS TO ENRICH CONFIDENCE

STOP & THINK What does confidence mean to you?	What is YOT (Your One Thing) that you can use when you feel less confident?	Identify who gives you confidence and spend more time with them.	Stop saying JUST don't replace it with anything, ditch it altogether.	Name your inner critic, it will take away the power it has over you.	Pull up your BIG PANTS and go & do the thing you've been putting off.
Believe you can ... and you will.	Step outside your comfort zone today and do one small thing that makes you feel nervous.	Make a note of ONE quality you have that makes you uniquely you.	When was the last time you FAILED? What did you learn?	Make a list of ALL your achievements in the last 6 / 12 months.	Get some self-compassion. Give yourself a break! You're only human.
Think about the advice you'd give to others. Where do you need to take your own advice?	Block, mute, unfollow those on social media who have a negative impact on you.	Stop comparing yourself with others. Compare yourself with the yesterday you.	Confidence is a practice. What confidence practice do you need to do right now?	Stop using SHOULD, it's a form of self-criticism, it brings about feelings of anxiety.	Be your own role model. Live your own values every day.
List your top 20 qualities. Yes that says 20!	Stop wanting to be perfect. Remind yourself that nobody is.	Take a moment every day, just for you. You will thank yourself for it.	Remind yourself you are in control of your thoughts. TAKE CONTROL	Grab a piece of paper. Draw out your confident self and put it where you can see it.	Find your power pose and practice it for 2 minutes every day.
Find a confidence role model. List the things you admire then pick 2 things that you can do.	Write a short story about something you'd like to go well. Include how you'll feel using all your senses.	Draw your self-confidence as a creature who you can take out with you when you need more confidence.	Develop your confidence bucket list. Then TAKE ACTION.	What are your personal values? Which ones would you like to embrace or use more?	What do you need to STOP doing to be more confident?

- **These will only work if you PRACTICE and are consistent with your PRACTICE**
- **Not all of them will appeal to you or work for you, find some that resonate and adopt them**

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