

5 Confidence Hacks

**FOR YOU &
YOUR BUSINESS.**



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Hack #1 - Tame Your Inner Critic

We all have an Inner Critic in some form! It's that voice in your head that tells you what to do or what not to do.

For some it's loud, for some it comes at 3am, for some it's like a broken record often saying the same thing such as: 'you can't do it , 'don't do that, you'll fail.'

The role of the inner critic is to protect us, it appears to have our best interests at heart. Don't kid yourself that the inner critic is always right – they're not!

That little voice makes us question ourselves, stops us from taking action and accepting opportunities.



HACK ACTION

Work to tame your inner critic:

- Name it to take away the power it has over you
- Take a breath - ask yourself is what it's saying true or false
- Write a letter - thank them and let them know it's time to part ways
- Turn down the volume - picture a mute button and turn it down

Hack #2 - Stay in Your Own Lane

Comparison is the thief of joy according to Theodore Roosevelt.

Ask yourself, how does comparing yourself or your situation to others make you feel? I imagine probably not great, especially with the show reel of life that is social media!

When you suffer from comparisonitis, you'll look for evidence to support and confirm what you've decided is true; the negative ways you don't match up, what you don't have, can't do or will never be.

You can never be fairly compared to anyone else. Your time and effort could be better spent thinking positively about yourself.

Stay in your own lane and don't let comparisonitis steal your joy!



HACK ACTION

- Focus on you - focus on anyone else and your focus is in the wrong place
- Allow yourself to be inspired by others, learn from them
- Compare yourself to yourself
- Compare your business to your business



Hack #3 - Take The Fail



As a business owner you have to accept that you are going to make mistakes, you are going to get things wrong. Unless of course you're not interested in growing?!

Mistakes have to be made to know what works and what doesn't work. Mistakes are where we grow and where we learn.

We fail fast and we have to learn to take that fail, often it's our FIRST ATTEMPT IN LEARNING.

Real life suggests that somethings we'll do will go really well and others things won't and learning to accept that it's ok is part of running a business.

HACK ACTION

- Stop being hard on yourself and accept the FAIL
- Work to re-frame the word 'mistake' as an opportunity for you to learn
- Keep track of the things that you FAIL(ed) at so that you can see what your learnings were



Hack #4 - Environment

Running a business can be lonely.

Your environment becomes important for you, your business, your confidence and your sanity!

By environment it's not only your physical environment - where you work, although that plays a part in how you feel and your levels of confidence. It's environment in terms of who you surround yourself with.

I'm a big fan of the work of Brené Brown & in "Dare to Lead" she talks about a "Square Squad" of people.

Who's in your Square Squad?



HACK ACTION

- Get a 1in x 1in piece of paper (it's meant to be small so you have to edit!)
- Write in it the names of the people who's opinions truly matter to you.
- They're not 'yes' people, they'll tell you the truth however hard, they'll pick you up, dust you off so you can go again.
- Review your Square Squad if you've already got one. Are the people still the right ones?



Hack #5 - Courage



Courage doesn't mean FEARLESS – without fear – it means don't let fear control you. To Fear Less.

Courage is: I've got this, I'll keep going, I can do it, I'll experiment, I'll pick myself up and carry on. Courage is also: admitting you were wrong, learning from others, saying you don't understand, sharing your ideas and changing your opinion.

It's in those moments of courage where we make a decision to take action that confidence is built.

Courage provides a foundation for you to build confidence, to make the most of every opportunity that presents itself, and if we don't have that courage to say yes in business where would we be?

Without courage, you can't get to confidence.



HACK ACTION

I get my courage from pulling up my BIG PANTS and facing into the things I find hard, the things I find a challenge, make me nervous, anxious, clammy and make my heart race.

What do you need to face into where you'll need to pull up your BIG PANTS to find your courage?



Time to Take Action

Use the space below to record your reflections, observations and actions for the Confidence Hacks, feel free to add your own!

REFLECTIONS

OBSERVATIONS ON YOUR CONFIDENCE

ACTION HACKS - WHAT DO YOU NEED TO DO?



You can find more tips and practical ways to enrich confidence by visiting the 'Resources' page on my website.

I'd love to know how the hacks work for you? Get in touch & let me know.

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