BUILDING SELF ESTEEM AND CONFIDENCE

WORKBOOK

BY FIRST STEP COACHING

SECTION ONE

workbook

SECTION ONE

DEFINING YOUR CONFIDENCE

LETS BEGIN!

As a part of my practice identifying "Personal Blocks" in my clients dream catching is integral to their progress. Personal Blocks are the limiting beliefs that have been developed as a result of negative life experience that have become apart of them. These barriers prevent them from reaching their full potential. Personal Blocks can be as debilitating as quick sand pulling people into an abyss.

It is important that you work through these feelings and ideals, so to push yourself forward.

Once you are aware of the blocks and the impact they are having on your progress many clients are able to start to change their perception, a key component in success.

Self-Esteem and Confidence are two peas in a pod. Simply put, you can't have one without the other. The effects of low self esteem are life alerting. Confidence and Healthy Self Esteem are the ingredients necessary for going after your dreams.

It is important to get you in a space where you can identify the behaviors and situations that take you out of the game.

Take this time to discover where you are and take the steps to get you closer to your dream.

ENJOY!

WORKSHEET 1

BUILDING ESTEEM THROUGH CONFIDENCE

QUESTION #1: How confident do you usually feel?

a) always confident
b) usually confident
c) occasionally confident
d) not at all confident

QUESTION #2: When do you have the most confidence?

QUESTION #3: What is it about this activity that makes you feel confident?

WORKSHEET 2

BUILDING ESTEEM THROUGH CONFIDENCE

QUESTION #: 4 What are the feelings you have when you are doing this esteem busting activity?

QUESTION #5: When do you have the least confidence?

QUESTION #6: What is it about this situation that causes your esteem to decrease?

WORKSHEET 3

BUILDING ESTEEM THROUGH CONFIDENCE

QUESTION #7: How can you bring more of the feel good esteem into the above situation?

QUESTION #8: What are you willing to give up to reach your goals?

QUESTION #9: What are willing to adopt to reach your goals?

SECTION TWO

homework

HOME WORK

COMPLETE THE FOLLOWING

THIS WEEK:

1. Choose the affirmations that resonate with you and read them out load three times per day

2. Listen to the Self Esteem Affirmation Frames daily

3. Create your own Mantra - your words have POWER!

about affirmation frames

Affirmation Frames work in tandem with your coaching conversations to accelerate your overall results.

These powerful recordings created by Dr. Randin Brons, PhD, CMH, MSL, resulted from years of experience working with his own hypnosis clients as a medical hypnotist and are developed for use by CCA coaches. For questions regarding the Affirmation Frames please contact Dr. Brons at dr.brons@shaw.ca

Use the power of subliminal messaging to target your subconscious mind - the root of your issues - increase your levels of motivation from the inside.

For more information Dr. Brons full breakdown can be forwarded to you.

ENJOY!

WORKSHEET 4

MY MANTRA

INSTRUCTIONS: Words have power. Create a mantra that will be your go to sound bite when you need a pick me up!

MY MANTRA

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