

# UPHELD

COURAGE ★ CONFIDENCE ★ CLARITY

WEEK 1:  
FACE YOUR FEAR





# The Confidence Cure

## Reflect

Confidence fuels our efforts to make dreams reality. Do you believe in your ability to achieve what you define as success on your own terms? Think about your confidence: are you self-assured about most things? Few things? Do you trust your intuition and draw strength from within? Or is your confidence influenced by the feedback and opinions of others? Examine the foundation of your confidence (or lack thereof) and you can begin to detox the doubt that fuels your fears.

### Complete the questions below:

When and where are you most confident?

---

---

---

---

---

---

---

---

---

---

Why do you think that you're most confident in these scenarios?

---

---

---

---

---

---

---

---

---

---

When and where do you most lack confidence?

---

---

---

---

---

---

---

---

---

---

Why do you think that you lack confidence in these scenarios?

---

---

---

---

---

---

---

---

---

---

Consider the following coaching questions:

- What mindset shifts could support and increase your confidence?
- What was most surprising/insightful about your consideration of the areas where you are most and least confident?

What other questions come to mind?

## **Extend**

Develop a plan to increase and sustain your confidence in specific areas. Review your reflections and highlight 3 areas where your confidence is strong as well as 3 areas where you'd like to improve. Make a commitment to focus on one activity related to confidence on a regular basis, even if it's simply to visualize your success. Think about the best version of your future self: How does she move through the world? Manage stressful situations (like this current pandemic)? Take on new tasks? Advocate for herself and others? Learn and grow? Contribute and collaborate?

## **Apply**

Treat yourself with kindness, compassion and respect. Take a stand to actively address your doubts when they appear. Take a structured approach to determine whether your concerns are based in reality and determine how to best direct the outcome, manage your fear and recover if necessary. Confidence isn't necessarily an end state, but rather an active process; it's completely normal to wonder whether you're up to the next task. Each new experience can provide a chance to revisit your previous achievements and use them as inspiration. Ultimately, choose to give yourself credit for taking risks and trying different.