

# 5 THE CONFIDENT YOU PILLARS OF CONFIDENCE

## KNOW THYSELF

Notice yourself.  
Reflect and take stock of your  
strengths  
and areas for improvement

Ask yourself and trusted friends  
What am I good at?  
What strengths do I take for  
granted?  
Where do I see room for  
improvement?

## LOVE THYSELF

Appreciate your willingness to  
notice both sides. If you have a  
tendency to focus on the negative  
practice changing those thoughts  
with forgiveness.

Self-forgiveness practice tool:  
When negative self-judgment  
arises, say  
" I forgive myself for the  
judgments I have placed  
against myself for\_\_\_\_"

## TAKE CHARGE

When stuck in doubt about big  
ideas start with something in  
your immediate control. This  
builds internal strength and  
confidence

3 Types of action to choose from:  
1) Release (food, thought, behavior)  
2) Shift, sort, rearrange (your space)  
3) Strengthen-body, mind or spirit

## SPEAK UP

Practice being heard  
and allowing  
your voice and ideas  
out into the world.

Suggestions  
1) Lead a meeting at work or  
volunteer to make announcements  
2) Find and join an improv class  
or a Toastmaster's group  
3) Record YouTube videos

## MOVE FORWARD

You have permission to be  
imperfect and take action  
anyway.

What is your vision? Find allies,  
cherish your inspiration, learn,  
take risks, hold your head high  
and move forward.

IN THE MOMENT: STRIKE A POWER POSE, TAKE A DEEP BREATH, SMILE AND KNOW IT IS ALL  
GOING TO BE OKAY, YOU GOT THIS!