

WORKBOOK



AUTHENTIC CONFIDENCE *THROUGH* *SELF-LOVE*

A 12-week journey to heal the relationship with
yourself, develop confidence from within, and
show up as your authentic self with others

DEFINITION

AUTHENTIC CONFIDENCE

FAKE CONFIDENCE

grounded in **external validation** and **perceived superiority**, deriving power from external sources like status, wealth, or appearance

conditional and **fragile**; easily shaken by rejection, criticism, and failure

keeps us **stuck** in our comfort zone and makes us **avoid critical feedback**, vulnerability, and risks

may lead to **arrogance** and a lack of empathy, thereby **alienating others**; associated with **superficial** and transactional relationships

inflated self-image, **denying** or **hiding** weaknesses and flaws; reacting **defensively** when facing criticism

associated with feelings of **emptiness** and **restlessness**

highly critical of oneself and others, striving for **unattainable perfection**

pursuing other people's definition of success; **unaware** of authentic self

makes us **pretend** and **perform**, thereby hiding who we truly are

AUTHENTIC CONFIDENCE

grounded in **self-love** and **self-acceptance**, drawing strength from inner resilience, self-respect, and self-compassion

unconditional, resilient, sustainable; remains intact in the face of failure

makes us **embrace opportunities to learn and grow**, encouraging us to move beyond our comfort zone

fosters **healthy relationships** based on **mutual respect**, empathy, and **humility**; inspires and empowers others to become their best selves

realistic self-image, **acknowledging** both strengths and weaknesses; being **open** to critical feedback

associated with a sense of deep **inner fulfillment** and **contentment**

compassionate with oneself and others, striving for **personal growth**

living in alignment with one's authentic values, passions, dreams

allows us to be who we are and **show up authentically** in the world

FRAMEWORK

THE 4 PILLARS OF SELF-LOVE

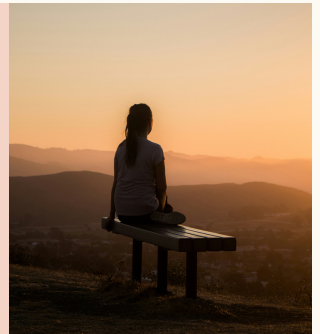
SELF-AWARENESS

Self-awareness is about reconnecting with your most authentic self, for instance, in the form of your feelings, needs, values, and passions. It also involves developing a deeper awareness of unhelpful psychological patterns.



SELF-ACCEPTANCE

Self-acceptance allows you to acknowledge and even embrace all parts of your authentic self, even the ones you might find challenging to accept. You'll learn to integrate these by meeting them with unconditional self-compassion.



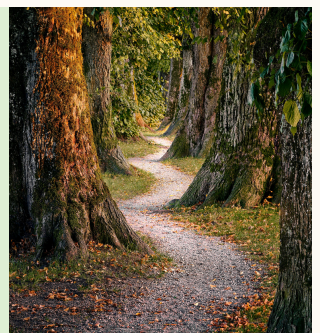
SELF-ALLYSHIP

Self-allyship is about becoming your own ally and taking full responsibility for your life. It involves prioritizing self-care in all its dimensions, cultivating good habits, and thereby developing a deep sense of self-trust.



SELF-ACTUALIZATION

Self-actualization means tapping into your full potential and striving to become the best version of yourself. It involves leaving your comfort zone, facing your fears, and investing time in what truly matters.



FRAMEWORK

COURSE OUTLINE

The pillars of self-love (*see previous page*) are all equally important, and only by nurturing all four can we cultivate a robust sense of self-worth and self-confidence. They are also strongly interconnected and build on each other, which is reflected in the outline of the course as well.

In fact, because of their interrelated nature, we will go through **3 full cycles of the 4 pillars**, each of them taking us deeper into understanding, accepting, and expressing ourselves:

- In the **opening cycle** (weeks 1-4), you'll lay the groundwork by fostering essential skills such as mindfulness, body awareness, and compassion.
- Building on this foundation, the **second cycle** (weeks 5-8) will focus on healing inner wounds and letting go of what no longer serves you.
- Finally, in the **last cycle** (weeks 9-12), our attention will turn to exploring your most authentic self, igniting your inner fire that propels you forward.

	SELF-AWARENESS	SELF-ACCEPTANCE	SELF-ALLYSHIP	SELF-ACTUALIZATION
Cycle 1	Week 1	Week 2	Week 3	Week 4
Laying the ground-work	Developing body- and mind-consciousness	Practicing self-compassion and taming your inner critic	Activating the self-love loop by practicing self-care	Activating the confidence-competence loop through skill-building
Cycle 2	Week 5	Week 6	Week 7	Week 8
Healing inner wounds	Becoming aware of your inner child, core beliefs, and shadow parts	Healing and integrating your inner child, core beliefs, and shadow parts	Reparenting and nurturing your inner child	Confronting what you're avoiding and overcoming your fears
Cycle 3	Week 9	Week 10	Week 11	Week 12
Igniting the fire within	Becoming aware of your values, passions, and dreams	Tapping into your authentic self through creative self-expression	Honoring your values, passions, and dreams	Launching your passion project

PACKING LIST

YOUR WHY

"He who has a why to live for can bear almost any how." — Friedrich Nietzsche

Change is uncomfortable and our “status quo bias” makes us prefer the familiar pain of not changing over the unfamiliar pain of growth. What can help us overcome this tendency is enhancing our awareness of the cost of NOT changing and the WHY behind our desire to change.

Journal prompt to uncover your WHY

What made you start this course? What brought you here?

If you were 100% confident with no fears holding you back, how would you live your life in a different way?

What would you do if you knew you couldn't fail and that success was guaranteed?

In which areas of your life is a lack of authentic confidence currently holding you back?

What will your life look like in 5 years if you continue to live your life in the same way you do now? How would it look like if you developed unshakable confidence and healed the relationship with yourself?

How do you feel about that?

Looking at the answers to the questions above, what's your WHY for pushing past the 'status quo bias' and doing the work that's necessary to develop authentic confidence and achieve the results you desire?

PACKING LIST

GROWTH MINDSET

"The hallmark of successful people is that they are always stretching themselves to learn new things." — Carol Dweck

Carol Dweck taught us about the power of mindset — how our beliefs about our abilities shape our lives. She distinguishes between a ‘growth mindset’ and a ‘fixed mindset’. A growth mindset is the belief that our abilities and intelligence can be developed with effort, learning, and perseverance (e.g., *"I can improve my skills through practice and dedication"*). In contrast, a fixed mindset sees abilities as innate traits that cannot be changed (*"I am either good at something or I'm not"*).

Journal prompt to explore your mindset

Consider different areas of your life (e.g., relationships, work, hobbies, health, etc.), your character traits (confidence, patience, courage, kindness, etc.), and your skills (e.g., public speaking, logical thinking, communication, languages, sports, etc.) and answer the following questions:

In which areas of your life do you already have a growth mindset? (e.g., *"I'm not YET good at ____ but that's just a matter of dedication and effort."* or *"I'm ALREADY quite good at ____ because of the hard work I put into it."*)

In which areas of your life do you currently have a fixed mindset? (e.g., *"I'm just not a ____ person."* or *"I'm naturally good/bad at ____ and that's just how it is."* or *"I will never become ____, because that's just not who I am!"*)

- *Where could these fixed mindset beliefs come from, and how are they impacting your way of living?*
- *Now, try adding the magic growth-mindset-word “yet” to your fixed mindset beliefs (e.g., “I’m not confident” → “I’m not confident YET”).*
- *How does that feel? Remember: Your skills and character aren’t carved in stone! We all need to start somewhere, and you can do so, too!*

PACKING LIST

YOUR CALENDAR

"What gets scheduled gets done."
— Michael Hyatt

While most of us diligently fill our calendars with work meetings and social events, we tend to overlook scheduling time for doing the inner work. However, if you want to get serious about healing the relationship with yourself and developing authentic confidence, your calendar needs to become a powerful ally! That's because blocking time for personal growth gives it a different level of importance and makes it more likely that you stick to your goals and actually put in the necessary work. So let's get to it!

Journal prompt for scheduling personal growth dates

Open your (digital) calendar and answer the following questions:

- *How much time do you want to invest into personal growth per week?*
- *Which days/times would be most suitable? (e.g., Mon 7-9, Fri 8-10)*

Now block these times in your calendar and notice how that feels. Know that you can always re-schedule if something else pops up but that simply having personal-growth dates in your calendar is an act of self-respect.

Finally, to make your plan even more bullet-proof, consider the following questions:

- Which possible obstacles might get in the way of your personal growth dates? *(e.g., conflicting commitments, low energy, ...)*
- How will you overcome these obstacles? What's your emergency plan? *(e.g., If X happens, then I will do Y.)*

PACKING LIST

ACCOUNTABILITY BUDDY

"Accountability is the glue that ties commitments to results." — Bob Proctor

One of the main reasons why (business) coaching can be so effective is because of the accountability it provides. Having someone to answer to about your progress can significantly increase your motivation and commitment to achieving your goals. However, even if you don't have a personal coach, you can still benefit from accountability by having an accountability buddy.

This person serves as part of your support system — checking in on your progress, celebrating your wins, and providing encouragement during setbacks. Whether it's a friend, partner, mentor, or family member — having someone to hold you accountable can make a world of difference!

Who could be your personal accountability buddy for this journey?

- *What would the most helpful support look like for you? (e.g., How often should they check in with you and in what way?)*

Once you've made your choice, reach out to your potential accountability buddy and ask them if they'd be willing to support you. Know that making requests and showing vulnerability in this way can deepen your bond and make the other person feel loved and appreciated.

Optional: In case your accountability buddy also wants to take the course together with you so you can support each other, they can use the promo code GROWWITHME for a 30% discount. You can use the same promo code to get 30% off your next order (e.g. coaching, webinar, ...).

PACKING LIST

MEASURING STICK

"Don't compare yourself to others, only to the person you were yesterday." — Karina Halle

There's no right or wrong way to approach this type of inner work, and the last thing you want to do is compare your journey to that of others. We are all unique individuals with unique stories, and we respond differently to the same input. To ensure you're measuring your progress against the right yardstick, I encourage you to take a moment to record a short video on your phone. Share where you're currently at, what you're struggling with, or why you decided to take the course. In 12 weeks, you can revisit this video and hopefully be amazed by the progress you've made.

Another option to track your growth is to complete the *Authentic Confidence Survey* below. By taking this survey now, you can establish a baseline for your current levels of self-awareness, self-acceptance, self-allyship, and self-actualization. After completing the course, you can retake the survey to measure and reflect on any changes in these areas.

Authentic Confidence Survey

How not to use this survey: Avoid comparing your scores with others or using this test to benchmark against a standard norm. This assessment is meant for personal reflection and growth, not for external comparison.

How to use this survey: Track your progress by comparing your scores before and after the course. This will help you understand the impact of the course on each area of authentic confidence and your overall development.

For each statement on the next pages, rate yourself on a scale from 1 to 5:

- 1 = *Strongly disagree*
- 2 = *Disagree*
- 3 = *Neutral*
- 4 = *Agree*
- 5 = *Strongly agree*

After completing the survey, add up your points for each layer and calculate your overall score.

Overall score before doing the course:

Date: _____

Overall score after doing the course:

Date: _____

Authentic Confidence Survey

Self-Awareness

	1	2	3	4	5
1. I am able to observe my emotions, thoughts, and inner dialogue (e.g., inner critic) from a distance rather than being consumed by them.	☐	☐	☐	☐	☐
2. I understand how my core beliefs shape my perception of the world and am capable of examining them critically.	☐	☐	☐	☐	☐
3. I regularly reflect on my thoughts, emotions, and experiences to understand myself better (e.g., through journaling).	☐	☐	☐	☐	☐
4. I am in tune with my physical body and its cues (e.g., energy levels, heartbeat, hunger, pain, gut feeling, etc.).	☐	☐	☐	☐	☐
5. I am aware of the ways in which I might be sabotaging my own well-being and success in life.	☐	☐	☐	☐	☐
6. I know myself well and am aware of my needs, preferences, opinions, etc.	☐	☐	☐	☐	☐
7. I am aware of my values, passions, and dreams/visions/goals for my future.	☐	☐	☐	☐	☐
8. I am aware of the impact of my childhood and teenage experiences on my adult self.	☐	☐	☐	☐	☐
9. I am able to enjoy and savor the present moment.	☐	☐	☐	☐	☐
10. I feel comfortable spending time alone.	☐	☐	☐	☐	☐

Authentic Confidence Survey

Self-Acceptance

	1	2	3	4	5
1. I am willing to be vulnerable and courageous in expressing my true self, both to myself and to the world.	☐	☐	☐	☐	☐
2. My self-worth doesn't depend on other people's approval or external validation.	☐	☐	☐	☐	☐
3. I generally accept myself just as I am (including all my strengths and flaws).	☐	☐	☐	☐	☐
4. I believe that I have the power to change the trajectory of my life for the better.	☐	☐	☐	☐	☐
5. I am able to tame my inner critic and distance myself from it.	☐	☐	☐	☐	☐
6. I generally treat myself with kindness, compassion, and respect.	☐	☐	☐	☐	☐
7. I believe that I am worthy of love, happiness, and belonging.	☐	☐	☐	☐	☐
8. I generally talk to myself like I'd talk to a good friend.	☐	☐	☐	☐	☐
9. I am able to heal and nurture my inner child.	☐	☐	☐	☐	☐
10. I generally feel at peace with myself.	☐	☐	☐	☐	☐

Authentic Confidence Survey

Self-Allyship

	1	2	3	4	5
1. I am nurturing my body and mind with adequate sleep, movement, hydration, and nutrition.	☐	☐	☐	☐	☐
2. I regularly practice self-care and treat myself as someone I love and am responsible for.	☐	☐	☐	☐	☐
3. I am able to calm and regulate my nervous system (e.g., through breathing techniques).	☐	☐	☐	☐	☐
4. I am able to let go of what no longer serves me to make room for new opportunities.	☐	☐	☐	☐	☐
5. I am setting boundaries for myself that support my mental and physical well-being.	☐	☐	☐	☐	☐
6. I am taking small steps towards my goals and keep the promises I make to myself.	☐	☐	☐	☐	☐
7. I practice what I preach, uphold my values, and live my life with integrity.	☐	☐	☐	☐	☐
8. If I have to choose, I choose disappointing others over betraying myself.	☐	☐	☐	☐	☐
9. I take full responsibility for my life and make intentional choices.	☐	☐	☐	☐	☐
10. I make time for rest, creativity, and playfulness in my life.	☐	☐	☐	☐	☐

Authentic Confidence Survey

Self-Actualization

	1	2	3	4	5
1. I would describe myself as "being in the arena of life" rather than standing on the sidelines.	☐	☐	☐	☐	☐
2. I approach challenges with a growth mindset and see setbacks as opportunities to grow.	☐	☐	☐	☐	☐
3. I regularly step outside of my comfort zone and challenge myself to grow as a person.	☐	☐	☐	☐	☐
4. I am actively making time for pleasurable or meaningful activities that bring me joy.	☐	☐	☐	☐	☐
5. I regularly engage in activities or topics that I feel enthusiastic or passionate about.	☐	☐	☐	☐	☐
6. I take my dreams and aspirations seriously and actively work on realizing them.	☐	☐	☐	☐	☐
7. I mostly choose authenticity over conformity, even when it feels vulnerable.	☐	☐	☐	☐	☐
8. I am investing time to develop skills or knowledge that I find valuable.	☐	☐	☐	☐	☐
9. I usually confront and address my fears rather than avoiding them.	☐	☐	☐	☐	☐
10. I set specific goals and take deliberate actions to achieve them.	☐	☐	☐	☐	☐

PACKING LIST

ADDITIONAL SUPPORT

"Ask for help. Not because you are weak, but because you want to remain strong." — Les Brown

While this course is designed for independent study, I know that certain topics, particularly those in the second cycle (e.g., inner child work, or shadow work), can be overwhelming to tackle alone since they can stir up deep emotions. So, if you ever feel the need to pause and seek support, I wholeheartedly encourage you to do so!

Support can come in various forms, including professional help from therapists or coaches, or simply opening up to a compassionate friend who listens without judgment. Remember, personal growth journeys often evoke a strange mix of exhilaration and discomfort, and having someone to lean on during challenging times can be incredibly valuable.

In a nutshell, always prioritize listening to your inner voice. If something feels overwhelming, allow yourself to sit with it without pressure to push forward. Take each step at your own pace — there's no reward for rushing through this journey!

Who could you turn to for additional support when needed?

CYCLE ONE

LAYING THE FOUNDATION

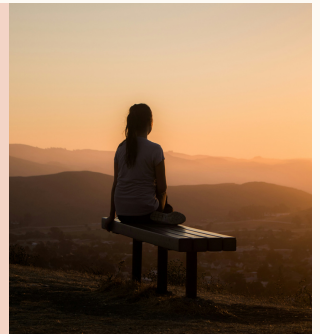
WEEK 1 - SELF-AWARENESS

In week 1, we'll start to peel back the first layer of our self-awareness onion. Specifically, we'll focus on building mind and body consciousness through practices like meditation, journaling, and intentional me-time.



WEEK 2 - SELF-ACCEPTANCE

In week 2, you'll learn why self-acceptance is essential for personal growth and how you can nurture it in yourself through practices like the self-compassion letter, the 3R method, and loving-kindness meditation.



WEEK 3 - SELF-ALLYSHIP

In week 3, you'll learn how to become your own ally through the self-love loop. You'll also take responsibility for your wellbeing by taking your "MEDS", soothing your nervous system, and creating a morning/evening routine.



WEEK 4 - SELF-ACTUALIZATION

In week 4, you'll activate the confidence-competence loop by doing a 7-day skill or knowledge challenge. You'll also learn how the 5-minute method can help you get outside your comfort zone and overcome procrastination.

