

THE IRON MIND SERIES

OPEN SEA CONFIDENCE BOOSTER

*MOST PEOPLE WAIT FOR CONFIDENCE.
HIGH PERFORMERS BUILD IT.*

BEYOND SWIMMING

15-min easy-to-digest workshop

WARM UP

Nothing tests your confidence more than an open sea swim...

- Unknown Environment (*hello jellies!*)
- Limited Visibility (*foggy goggles*)
- Loss of Direction (*strong currents*)

Confidence isn't something you have; it's something you build through REPETITION.

1 vs 1000 open sea swims.

Every great goal *in life* starts with an "open sea swim".

EXERCISE 1 (5MIN)

Digging deep for Confidence Leftovers:

Write down a list of things you have achieved *in the past* that felt hard and uncertain:

- 1.
- 2.
- 3.
- 4.
- 5.

Building your own Confidence Recipe:

Imagine waking up 100% confident in achieving your goal. How would you approach it?

- What would you think?
- How would you talk?
- How would you move?
- What would you do?
- How would you tackle challenges?

EXERCISE 3 (5MIN)

Better decisions based on Your Values:

Once you know your values (*what matters most to you*), decisions are less about emotions and more about alignment — e.g. Growth vs. Stability; different decisions, and a very different life.

What are your top 3 values? And how do they show up in your life right now?

- 1.
- 2.
- 3.

Open Sea Confidence Booster:

- ✓ *Confidence Leftovers*: Remind yourself of past wins
- ✓ *Confidence Recipe*: Build confidence in the present
- ✓ *Values Alignment*: Know your core values to make better, more aligned decisions

Outcome: *Stronger self-belief, clarity in action and confidence to tackle uncertainty with focus and purpose.*

Apply it

today

tomorrow

and every day.