



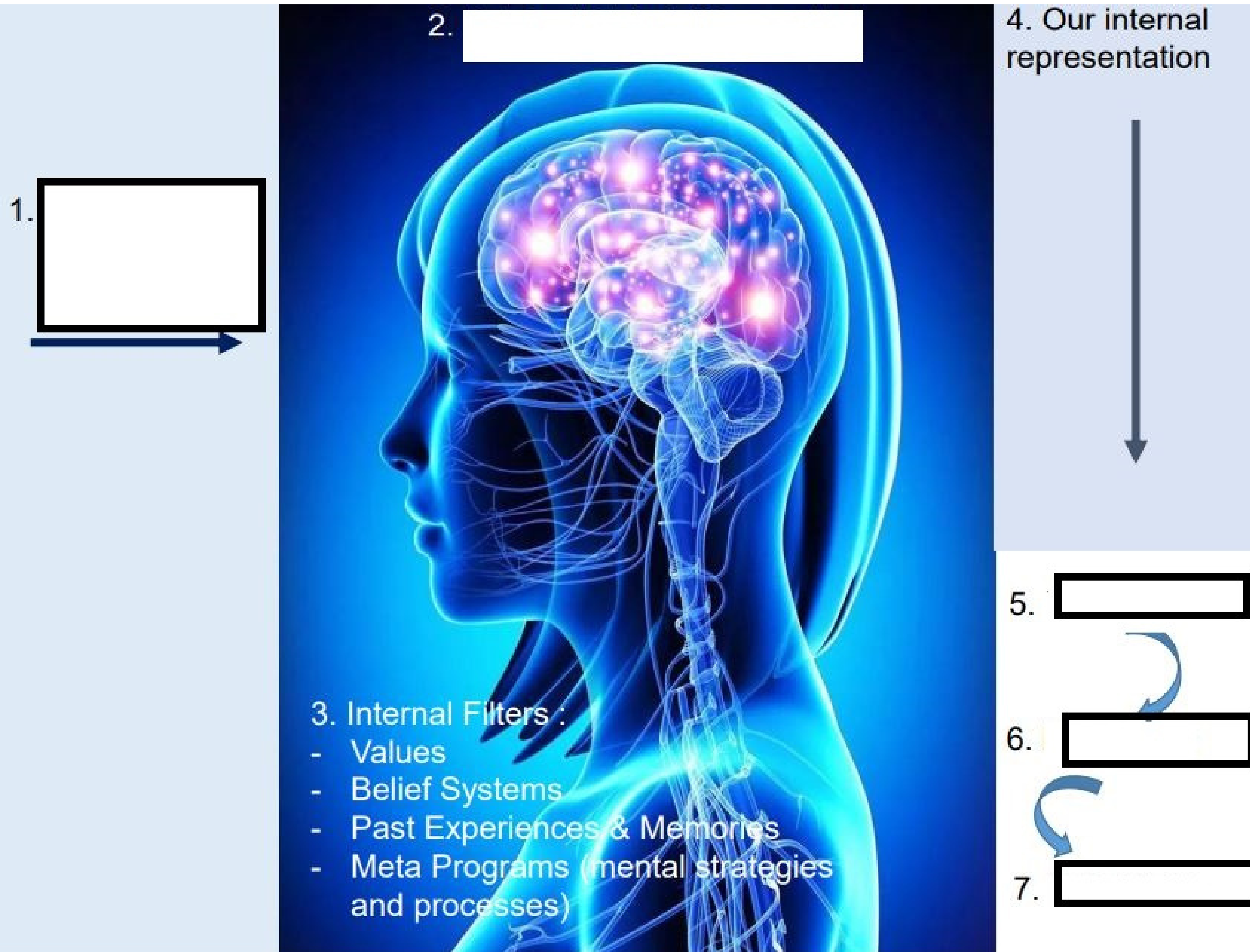
HOW TO GET OUT OF YOUR HEAD & OUT OF YOUR WAY

#OwnYourOwnMind

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Exercise 1

Fill in the blanks as directed to in your session.



Exercise 2

The first step to change is to raise your awareness. Try bringing your negative self talk to your conscious awareness.

HAVE YOU GOT A
SH*T LIST?

#1

Write down every negative thought you have in your head about you.

#2

Challenge your self-talk. Where is the evidence?

#3

Change your self-talk - positive reframe

#4

Make a list of positive things about yourself

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Exercise 3

Jot down at least 6 emotions in the appropriate zones below. Now plot the % of time you have spent in each zone over the last 7 days.

Emotions in Action





**NEXT STEPS - TAKE
ACTION :**

**START TO KEEP A
TRIGGER DIARY**

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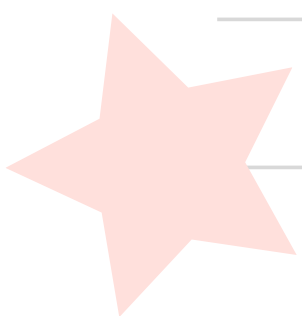
Exercise 4

What 1 word describes (your) anxiety

When was the last time you felt anxious?

What physical symptoms accompany (your) anxiety?

What does anxiety stop you from doing?





Exercise 5

Choose 3 activities from the list that you could use, right now, to manage any anxiety you may feel.



Exercise 6

The Anxiety Model

**When
could you
use the
Anxiety
Model?**



NEXT STEPS - TAKE ACTION :

LISTEN TO THIS PODCAST

www.mentalhealth.org.uk/podcasts-and-videos/stress-and-mind-full-works

1. Note down how you feel before and after listening.
2. Whats different?

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Exercise 7



THE 5 SECRETS OF SELF CONFIDENT PEOPLE

#OwnYourOwnMind

**What
stories
are you
telling
yourself?**



Exercise 8

THE 5 SECRETS OF SELF CONFIDENT PEOPLE

Secret #1

Secret #2

Secret #3

Secret #4

Secret #5