



# *Bring Her Back*

## *Confidence Building Master Class*

**What is Confidence?**

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**Why is Confidence Important?**

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**How do You Struggle with Confidence?**

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**“I Am” Identify Booster**

**Who are you?**

Social Identity is \_\_\_\_\_

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Self-Identity is \_\_\_\_\_

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## Internal – What are my values?

Example: I am Caring, a giver, honest, intelligence...

| I am... | How am I doing at...? | How can I be better at...? |
|---------|-----------------------|----------------------------|
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## Eliminate Negative Self-Talk

What do you say about yourself? \_\_\_\_\_

\_\_\_\_\_

How will you change your thinking moving forward? \_\_\_\_\_

\_\_\_\_\_

## 7 Habits of ME

How Does Mindset Affect Your Confidence? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### 7 Habits:

1. Set Clear Goals and Plans and Achieve Them
2. Make Complacency Your Enemy
3. See Failure as a Chance to Grow
4. Hold Yourself Accountable
5. Practice Self Care
6. Help Someone
7. Create Daily Success Habits

### Write 3 Goals

\_\_\_\_\_ Completion Date \_\_\_\_\_

\_\_\_\_\_ Completion Date \_\_\_\_\_

\_\_\_\_\_ Completion Date \_\_\_\_\_

### Action Plans

### Daily Success Habits Exercise

1. My Top 3 Priorities in life right now are:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

2. My Top 3 Stressors in my life right now are:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

3. What supportive daily habits – Specified Daily Actions – could you introduce? Write up to 5 actions that best support you – including your HOME, PERSONAL, AND WORK LIFE. They MUST be SPECIFIC and MEASURABLE so you know exactly what to do, and can clearly say that you have completed the task.

TIP: You know yourself. Where do you sabotage yourself regularly? What ideas do you already have?

**EXAMPLE:**

- Have 15 minutes of alone time each day
- Drink 6 glasses of water each day
- Eat a healthy breakfast every morning
- Be in bed by 10:30pm
- Do at least 30 min exercises/activity daily
- Write out top 3 priorities for the day before breakfast
- Write down all appointments in one place
- Make all my calls the first hour of the day
- Eat lunch away from my desk

**HABIT**

**BENEFIT TO ME**

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

4. Which HABIT will you commit to?

I will start \_\_\_\_\_ Tomorrow

I will start \_\_\_\_\_ Next Week

I will start \_\_\_\_\_ Next Month or \_\_\_\_\_

5. Who do I need to BE to implement these habits? I will be someone who is:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

*Congratulations, You're Back*