

# THE 3 PILLARS OF SELF- CONFIDENCE

This workbook is designed to get you thinking about your own levels of self-confidence. Answer each of the questions honestly and then reflect on what changes you might need to make to be more self-confident.

**Fiona Bryan Coaching**

SEE YOURSELF  
SUCCEEDING

FIND YOURSELF A  
ROLE MODEL

COMMUNICATE  
ASSERTIVELY

# 1. SEE YOURSELF SUCCEEDING

When lacking confidence in doing something for the first time, imagine that you have already done it in the past. Close your eyes, then imagine yourself succeeding brilliantly at what you are really going to do for the first time. The mind doesn't know the difference between something imagined and something real. Create a little video of yourself being and doing what you want to be. You'll be amazed at how persuasive our minds can be!

What would you like to succeed at?

What is getting in the way of this success?

What would success look, sound and feel like to you?

What one thing can you do today, to move you further towards success?

## 2. FIND YOURSELF A ROLE MODEL

You probably know someone who is already confident in the area where you feel you are lacking. Seek them out and make them your role model. Copy them. Model their behaviours, attitudes, values, and beliefs – listen to what they say and make their language your own. You'll soon find yourself changing and adapting what you do and say – it'll take a bit of practice and as soon as you notice other people's positive reactions, you'll know it's working.

Who do you know that is already confident?

What is it that they do or say, that makes you feel this?

Which of their behaviours, attitudes, values or beliefs could you copy and make your own?

How will you know when you start to look, sound and feel more confident?

### 3. COMMUNICATE ASSERTIVELY

Be clear, direct and accurate. Avoid preambles such as “I know you’re busy, but ...” and don’t give excessive explanations. Use plain English. Don’t use overly complicated words or acronyms that the receiver may not understand. The point is to get your message across effectively, not to look clever. Use assertive statements such as “In my opinion ...”, “I think ...” and “I feel ...”. Think about what you are going to say before you say it and how you can say it to best effect.

What are the sort of things you say that make you sound less than confident?

What do you think is getting in your way of sounding more confident?

What other words or phrases could you use to replace the language you use?

When and how will you get the chance to start communicating with confidence?

If you would like to book a free discovery call with me to talk about how I can help you you develop your self-confidence, [click here...](#)

info@fionabryancoaching.co.uk

07773 909377