

4 STEP CONFIDENCE PLAN



Discover the 4 key steps to building your self-confidence. Take a moment to consider the questions. Find out the areas that challenge your most.

Want to know how to start?

Go to - www.think-confidence.com

STEP 1 - STAYING POSITIVE



A major hurdle to gaining self-confidence is not being able to control your thoughts. Negativity, self-doubt and low self-esteem are *confidence killers*. You'll need to learn to keep them under control. Step 1 is all about getting into a positive and motivated mindset.

Do you doubt yourself and not do things because you think you'll fail.



Do you dread being in the limelight and the centre of attention.



Do you sometimes feel that you're not in control and can't get everything done.



STEP 2 - GOOD COMMUNICATION



Confident people tend to have one thing in common - when they talk *people listen*. Having great communication skills is a vital component of having self-confidence. You'll need to learn to adapt the way you communicate to complete Step 2.

Do you sometimes struggle to speak up and get your point across.



Do you find it difficult to say No to people and be assertive.



Do you find people talk over you and aren't interested in hearing your opinion.



STEP 3 - SELF PERCEPTION



To feel confident in all situations, you can't be worrying about how you come across to people. How you see yourself isn't always how other people see you. During Step 3 you'll discover exactly how people perceive you and whether you have any annoying or distracting habits.

Do you know how you come across to people at work and socially.



Do you worry what people think about you and compare yourself to others.



Do you get embarrassed easily and let this stop you doing things.



STEP 4 - BEING CONFIDENT



Step 4 is about projecting confidence on the outside. Learn how to use your voice and body language effectively, control your nerves and give a great first impression. These finishing touches can be the difference between success and failure.

Do you get nervous when you speak in front of a group of people.



Do you think you look embarrassed or awkward in certain situations.



Do you panic and get mind blanks when someone asks you a difficult question.



Answered 'Yes' to any of the questions?

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