

## 11 QUESTIONS TO PLANT THE SEEDS FOR CREATING CONFIDENCE

The first task is to break old habits and practice developing some new habits. Start by making the decision that you will try to 'sling self-criticism out of the window' and instead apply more focus onto your qualities, skills and achievements.

Begin responding to the following questions (make a list of your responses to consider later):

Question 1: Within the next 5 years I want to achieve.....

Question 2: Something I do well enough is.....

Question 3: I am proud that I.....

Question 4: I am not afraid to...

Question 5: My greatest achievement is....

Question 6: My best personal quality is...

Question 7: One of my best skills is....

Question 8: Something I can now do which I could not do five years ago is...

Question 9: One way I help others is by...

Question 10: One challenge I have faced in the last 10 years is...

Question 11: One thing I have learnt from past mistakes that can help me in the future is...

If you get stuck answering any of these questions then ask a friend to help you think of some answers. **Focus on developing your answers to this list rather than on thinking about what you can't do or what has gone wrong in your life.**

The important element is to train yourself to become more focused on what you have done well enough versus what you believe you haven't!

### **Keep a confidence diary**

Start taking note of what **you can** and **do** achieve on a daily basis – this might include simple things like getting out of bed in the morning at a reasonable time to looking through the paper for jobs to apply for or completing a chore or simple task – each of these small things adds up on a day to day basis.