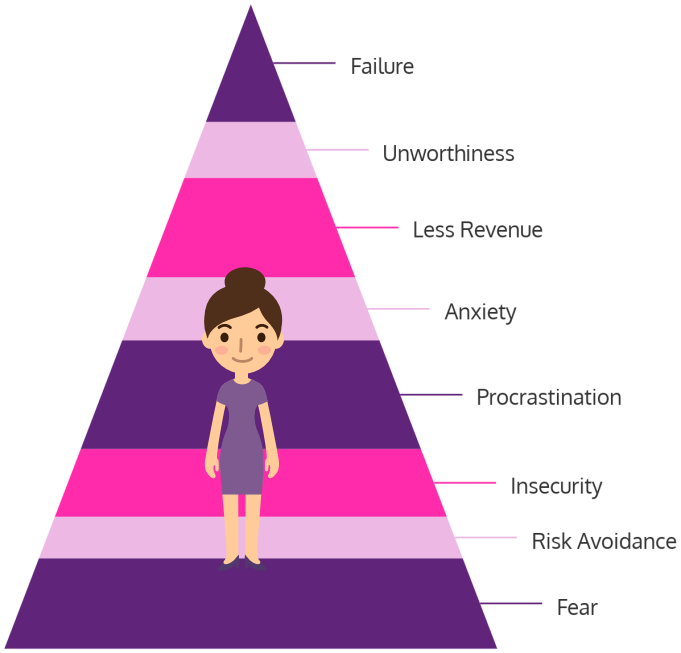
Critical Impacts of Confidence

How does low or lack of confidence impact your life?

Personally

Pyramid of Low Confidence



Professionally

How would having more confidence impact your life?

Personally

1.

2.

Professionally

1.

2.

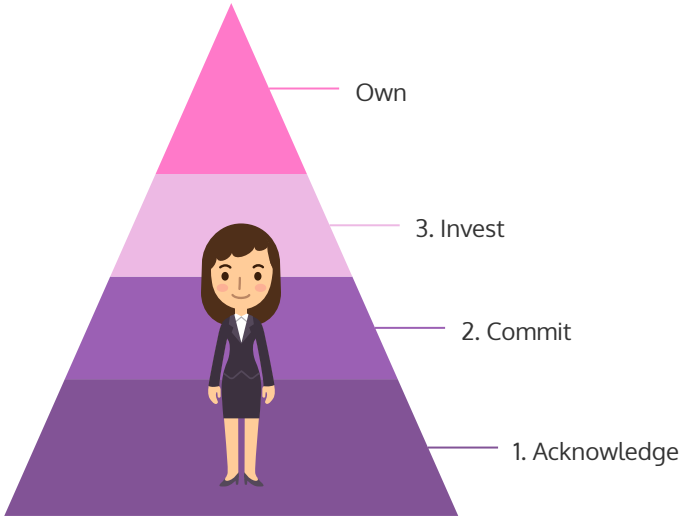
3-Steps to Own Your Confidence

1. Acknowledge a Leap

What was a goal/hurdle you achieved/overcame?

What did you learn about yourself?

How are you more confident today as a result?



2. Commit to Growth

Identify one action that you will commit to that will help you build more confidence:

What support might you need to be successful in keeping your commitment ?

3. Invest

How will you choose to invest in yourself:

- Time

- Resources (mentor, coach, classes, etc.)

- Financial