

SELF-CONFIDENCE



Begin building your self-confidence by being nice to yourself. Here are a few tips.

CREATING POSITIVE SELF-TALK

- Use the present tense; deal with what exists today.
- Be positive – rather than affirming what you don't want.
- Remain personal; self-talk must relate to you and you only.
- Keep sentences short and simple.
- Go with your gut. If it "clicks", then just say it. Self-talk should feel positive, expanding, freeing, and supporting.
- Focus on new things, rather than changing what is.
- Act "as if"; give yourself permission to believe the idea is true right now.

Corporate Training Materials

THE 4 C'S FORMULA

COMMITMENT, COURAGE, CAPABILITIES, CONFIDENCE

Dan Sullivan, Strategic Coach

SELF-CONFIDENCE



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You have to prove to your brain that you're more capable and competent than you think.

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AMY MORIN, THIS IS THE BIGGEST MISTAKE I SEE PEOPLE MAKE WHEN IT COMES TO SELF-CONFIDENCE, INC. MARCH 2019