# Activity



## **Embracing your role confidently**

This worksheet complements the Embracing your role confidently webinar and will assist you with your learning throughout the session and beyond. Use it to capture your thoughts (and lightbulb moments!)

#### This session covers:

- Improving self awareness and gaining a deeper of understanding of what confidence means
- Exploring the neuroscience that creates Imposter Syndrome and learning more about our own version
- Reassessing fear-based thinking and learning how to make positive choices
- Gaining the tools to improve confidence

#### How do you know someone is confident?

What are they doing?
How are they behaving?

What happens when you	are not feeling confident?
What happens when you	are feeling confident?
Confidence = Knowledge	My score of confidence is:

#### The neuroscience

Your notes:	
The gap	
between who you see yourself as being and who you think you need to be to succeed  Your notes:	The secret fear of others judging us the way we judge ourselves



Fear-based thought	
Protect mindset kicks in	
Survival is prioritised	
Autopilot	
Getting ready to run	

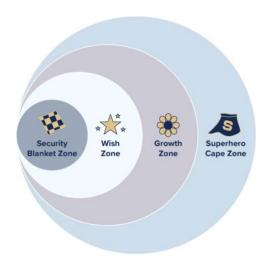


### How does it play out?

P	
P	
P	
P	
How does your play out?	



#### How to stretch out of your comfort zone



ZONE	STATE
Security Blanket	This is your comfort zone. The behaviours are familiar, safe, usual. These have probably served you well and have got you where you are today. The question is-will they get you to where you want to be tomorrow?
Wish ***	This is your yearn zone. You wish to have more you know that something needs to happenyou have a dreambut fear is stopping you
Growth	This is your stretch zone. You start to try new behaviours, approaches and shift your mindset to look for what is possible. You begin to see results from trying a different approach
Superhero Cape	This is your fulfilment zone. You have shed the fear and living the life you really want. You are on purpose and leading you.

#### Where are you now?

How do I benefit from being wrapped up in my security blanket?	
What might happen if I took it off? (Think about your wish zone)	
What will not happen if I stay tucked up in my security blanket?	
What do I gain from my security blanket?	
What am I actually afraid of happening if I take it off?	



### **Auditing the fears**

Real	Imaginary
Genuine threat	What iffing
Supported by data	Ghost thoughts
Choice based options	Unreasonable standards

#### What is left over?

Real fear:	The action I can take:



### **Next steps**

Remember to celebrate your microwins
Think about:
What will I do differently after what I have heard today?
Who can I ask in my business for more information?

