

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 does confidence look like on a good day?

What does it look like on a bad day?

What is your version of confidence?

What happens when you are not feeling confident?

What happens when you are feeling confident?

Confidence
=
Knowledge
+
Experience

My score of confidence is:

/ 4

from **IGD**

The neuroscience

Your notes:

“ The gap between who you see yourself as being and who you think you need to be to succeed ”

“ The secret fear of others judging us the way we judge ourselves ”

Your notes:

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 happen...you have a dream...but 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 ifing
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?