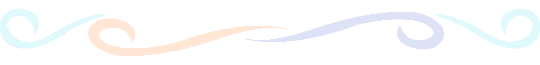
**Confidence booster**



Use this worksheet to work through something you don't feel comfortable about.

**One thing you do not feel confident about.**

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**Why do you feel this way? Where does this lack of confidence come from?**

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**What would it feel like and how would it change your life if you were confident about this?**

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**What are you good at that relates to what you're feeling not-so-good at? For example: You might lack confidence in leading a meeting, but you are great at organizing one. You enjoy talking to people one-on-one or in small groups, etc.**

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**How can you bridge the gab between the related things you are good at and the thing you are not confident about?**

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**What steps do you need to take to become more confident about this specific thing?**

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**What do you need to acquire in order to feel more confident (training, role model, etc.)**

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**What one thing can you do today to get you started on feeling more confident about this?**

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