

5 Keys to Confidence



To be yourself in a world that is constantly trying to make you something else is a great accomplishment.

~Ralph Waldo Emerson

Mistake #1

Mistake #2

Mistake #3

Key to Confidence #1

When I experience a failure, I think _____

I would love to _____, but I never do because

I am most afraid that _____

Key to Confidence #2

My 5 Top Strengths are:

Areas where I already feel confident and capable:

Key to Confidence #3

Areas where I want to build, increase my confidence:

I would feel _____

I would be able to _____

What I most want to be present in my life is:

Key to Confidence #4

I am most afraid that _____ will happen.

By not facing this fear, I get to avoid _____.

By not facing this fear, I miss out on _____.

One small thing I can do this week (pretending that the fear doesn't exist) _____.



When you have confidence, you can have a lot of fun. And when you have fun, you can do amazing things.

~Joe Nameth

Key to Confidence #5

My auto-pilot thought is:

My positive opposite statement is:



Each time we face our fear, we gain strength,
courage, and confidence in the doing.

~Theodore Roosevelt