



SELF-CONFIDENCE

**MOVING FROM SELF-DOUBT TO
UNSHAKEABLE DETERMINATION**

DEFINING YOUR INNER DRIVER

What would you need most to feel fully self-confident?

What inner resource do you need to increase?

Please make sure that this is an INNER resource and not something coming from the outside. For example, if you think that would you need most is the recognition from other people, you only think in terms of OUTSIDE resources.

Ask yourself instead: How would you feel if had the recognition you'd love to have from other people?

This inner feeling is the resource, the inner driver you are looking for.

By focusing on and growing this inner driver, you actively foster and increase your self-confidence. It is therefore a crucial and central element of this e-course.

Don't neglect to define it properly!

MY INNER DRIVER IS:

THE POSITIVE SIDE OF THE MEDAL

Please record here the elements that you worked out for the positive side of your inner driver. Remember, the goal sentence is a positive sentence with no more than 6 words, starting with:

“I am...”, “I can...”, “I have...”, “I do...” or any other affirmative positive verb.

MY GOAL SENTENCE:

MY BEST CASE SCENARIO:

THE METAPHOR OF MY BEST CASE SCENARIO:

THE DIFFICULT SIDE OF THE MEDAL

Please record here the elements that you worked out for the “problem” side of your inner driver. Remember, the problem sentence is a sentence with no more than 6 words, starting with:

“I am (not)...”, “I can’t...”, “I have (not)...”, “I do (not)...” or any other verb.

MY PROBLEM SENTENCE:

Rating before starting Module 4

-10	0	+10
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Rating after finishing Module 4

-10	0	+10
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MY WORST CASE SCENARIO:

THE METAPHOR OF MY WORST CASE SCENARIO:

THE PRICE TO PAY

Imagine your best case scenario can become reality. What will I take you to get there?

Does it demand something that is hard to do for yourself or for others?

Does it even hurt others, or will you lose something or someone?

What would you have to stop doing?

Are there unpleasant things you have to start doing?

3 FEARS & WHAT YOU LEARNED FROM THEM

This is the place to track down your findings of module 5.

Fear of _____

WHAT I FOUND OUT ABOUT THIS FEAR:

Fear of _____

WHAT I FOUND OUT ABOUT THIS FEAR:

Fear of _____

WHAT I FOUND OUT ABOUT THIS FEAR: