

CONFIDENT YOU

PUTTING THE SCIENCE OF WELL-BEING INTO ACTION

Step 1: BUILD

SAY YES: What can you go out and try, practice or learn? Engage in small yeses. BUILD SELF-EFFICACY: Build your confidence muscle. Exercise deliberate practice, and get better at things. What conditions make you successful? What is going well for you? When have you flourished in the past? What are you most proud of?

Step 2: FAILURE

Monitor your self talk and be realistic. Recognize that failure provide the best learning experience. Practice self-compassion. What can you learn from your failure?

Step 3: LISTEN/SEE

Find role models and mentors who can help you take your skills and talents to higher levels. Picture both the process and outcome when visualizing. Who are the people in your life that are uplifting, encouraging and inspiring to you?



How to conquer Self-Doubt and be more Confident!

Scientists have discovered the formula for how we can wire our brains for more action-oriented kind of confidence to boost our courage to act. Positive Psychology expert and author of *Wire Your Brain for Confidence*, Louisa Jewell shows that adopting a resilient mindset will allow us to change fear to courage and to give us ability to accomplish goals that seemed impossible.

We could be crushing it and fully capable, but the thinking “we are not good enough” could be holding us back and creating self-doubt. Self-doubt is defined as a general sense of feeling unsure about one's competencies, abilities and outcomes in daily life. Self doubt shows up as self handicapping or deliberately undermine our performance, procrastination, or impostor phenomenon, or as other enhancement. Building your confidence muscles takes daily practice.

READY TO DO THE WORK? Follow these Steps...

