



Improve your self confidence - feel empowered to do whatever you choose

Hi, I expect you are reading this either because you often believe you are not good enough or something has effected your self confidence and you just don't know how to get back the power you have.

I am going to talk a little about self-confidence and then offer some exercises you can do that will really make a difference to how you feel about yourself.

For all of us, something will trigger the feeling of lack of self worth. There may be a tangible set back which can be big or small that treads on our corns so our self confidence gets wobbled or it may be intangible like a feeling we had in our youth or when something went wrong Things that may effect you are - not getting the job you wanted, our partner leaving us, our friend telling us we have put on weight, the teacher saying our child is badly behaved, someone saying something that takes you back to your childhood and makes you feel five again! Or just a thought in your head where you compare yourself to someone else and feel bad. We all have times when something happens that knocks us sideways. We stop feeling attractive, useful, fun, interesting, valuable and suddenly imagine we're all the opposites. When we are in this place we feel hurt and despondent and often blame others for how we feel. We start to set up a



cycle of depressing and debilitating feelings. If we get stuck we can become hard work for our friends and family and they get fed up with us, too. And we feel worse!

Only **we** can change our self-confidence, no-one else can so it's time to take stock of yourself!

Once you have regained your confidence you once again will become the amazing person you are.

I am going to pose a few questions for you to think about. You may want to jot them down so you have time to think about the answers

1. How do I see myself?
2. How would my closest friend/children/work colleagues describe you? If you don't know, ask them and, if two or more people agree, it's more than likely to be the truth.
3. What's stopping me from feeling all right about myself?
4. What's it doing for me feeling like this?
5. How would I like to feel?



6. What three things would I like to do that would make me feel good?

OK, now you know what you want, you've completed the first and most important step. You've created a plan! You've had a knock, your confidence has taken a nose-dive. These confidence-building exercises will help you realise your plan.

Exercise 1

Think of a situation in which you feel totally self-confident and answer the following questions:

- a. What is that situation?
- b. What do you say to yourself in that situation?
- c. How do you feel?
- d. How do you behave as a consequence?

Now think of a current situation in which you experience a lack of self-worth and ask yourself exactly the same questions. Having done that, ask yourself these questions

- a. What could I say to myself that's positive?
- b. How could I feel differently?
- c. What direct action could I take? (For example, if you want to feel more relaxed, you could breathe more deeply.)



Now, having looked at the situation and come up with something, you need to make it feel real.

Exercise 2: Ring of confidence

1. Stand up and draw an imaginary circle on the floor in front of you. This is a magic circle. You can only be confident and excellent in here.
2. Stand outside it and think of a time when you were confident. It can be the example you used before or something else. It can be something small like driving your car to the supermarket or large like giving a speech to a hundred people. When you've got it, step into the circle and re-live the event.

See what you see

Hear what you hear

Feel what you feel

Hold your body as you do when confident

Breathe as you breathe when feeling good

Really get that feeling



3. Now come out of your circle stepping backwards.

Think of a second time when you were really confident.

When you have it, climb back into the circle and associate into the event.

Do this twice more so you can put on confidence like you can your overcoat!

Now think of something you have to do where you don't feel confident – for example, going to an event on your own, a job interview, talking to your child's teacher. Climb into the magic circle. Remember, you can only be confident in here. So put on that confidence coat.

See what you see going well

Hear what you hear sounding good

Hold yourself as a woman with everything going for her

Breathe with a sense of serenity

When you really feel in charge, imagine yourself exiting forward from the circle cloaked in that ring of confidence!



It sounds simple and it is. Our physiology runs us. We create hormones when we're threatened by a situation and these relay a message that our brain interprets as panic and danger. Our bodies get ready to cope with whatever it is and we feel bad. Send a message that all is right in our world and the hormones respond accordingly. You may need to practice a few times but the more you do, the more confident you'll feel.

It is really important to remember that behaviour breeds behaviour. If you exude confidence, the other person will feel confident in you and in themselves. What's so important is that you take your power back and don't let events prevent you doing what makes you feel good.

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