**Confident Me - Bonus**

You can find this sheet and its links on [www.everydayleader.co.uk/confidence](http://www.everydayleader.co.uk/confidence)

Over the next two weeks, when you face something that affects your confidence, review what you have and what is missing using the sheet we used in the session

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| Confidence Review |
| Situation | **Identity** | **Capacity** | **Context** | **Mindset** |
| **Know self** | **Skills** | **Knowledge** | **Situation** | **Prepared** | **Journey** | **Mindset** |
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| Activity |
| At the start of each day this week, spend 3 minutes on the following to help you look after yourself to develop confidence. This is based on the work by Owen O Kane in his book ‘Be your own therapist’ |
| Minute 1 – Emotional check in |
| Questions | **Action** |
| What emotions are present? | Sit comfortablyFeet apart on the groundHand on heart or tummy |
| How does my body feel? | Mentally scan the body head to toe |
| What is my mind doing? (Volume, speed and quality of thoughts) |  |
| Minute 2 – Self Care – What do I need today? |
| What do I need emotionally today? | **Sadness** | Rest? | Release? | Heard? | Stop? |
| **Anger** | Change? | Understood? | Express? |  |
| **Fear** | Safe? | Know not alone? | Know it’s ok? |  |
| **Lonely** | Company? | Understood? | New people? | Listened to? |
| What practical steps do I need to take to help myself emotionally? |  |
| How will I treat my emotions today? |  |
| What does my body need today? | **Pain** | Release? | Freedom? | Get away? | Let go? |
| **Tension** | Relax? | Space? | Express this? |  |
| **Tingling** | Reassurance? | Clarity? | Plan? | Ease? |
| Practical steps to help my body? |  | Exercise? | Stretching? | Yoga/Pilates? | Walk/run? |
| What practical steps could I take today to help my mind? |  | Rest it | Minimise stress | Feed it | Green space |
| Eat healthy | Talk kindly to self |  |  |
| Minute 3 – Reflection - Gratitude |
| What 3 aspects of my life am I grateful for? | Areas | **Family** | **Work** | **Health** | **Other** |
| Friends | Home | Finance |  |
| 3 intentions for the day | Examples | Do best | Look after self | Listen  |  |

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| Leadership Mindsets |
| Each day run through the actions of the Leadership Mindsets.What is likely to be in your day today – what do you need to focus on today? |

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| **Lift up head** | **See yourself as a leader** | **Be Proactive** | **See & Take responsibility** | **Change Something** | **Focus** | **Appreciative Thinking** |
| What is ahead? Who is around me?What else is going on that is ok? | AskAdmitActWhat would a leader Think?Say?Do? | Live life on the front foot | Action = ImpactInaction = storing trouble | One change | What do you need to focus on to write the story you want to write? | What went well? What would it look like if it went even better? |

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| Further reading |
| Take a look at the ‘Look’ series of blogs. The first two are live and talk about how we look back and look forward to help generate confidence.Look Back <https://www.everydayleader.co.uk/single-post/look-back> Look Ahead <https://www.everydayleader.co.uk/single-post/look-ahead>  |
| Book recommendations* Be your own therapist – Owen O Kane
* Pathway through the jungle – Steve Peters
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| Podcasts & videos |
| Diary of a CEO with Steven Bartlett. Episode 208: 5 scientific rules for making and breaking habits<https://open.spotify.com/episode/5UFhGZNLPbmyOjGyWEgGVl?si=4b643d0631124b00> If you want to make a change, then you may find this episode helpful. It talks about some mindset work that will help you.Kerwin Rae video on Stress and managing it<https://www.facebook.com/watch/?v=487329241891699&t=13>  |