**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 comfortably  Feet apart on the ground  Hand 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? | Ask  Admit  Act  What would a leader  Think?  Say?  Do? | Live life on the front foot | Action = Impact  Inaction = 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> |