



# Grow Your Confidence

90 Degree Coaching – Online Confidence Course

## ~Confidence-o-Meter: Measuring Where You Are ~ Week 2

I hope you have had a great week and are ready to crack on with growing your confidence.

Last week we discovered where your confidence may have been depleted and in doing so, I hope you feel you can draw a line from what you may have discovered and move on from it.

This week's session will analyse your confidence levels and find out where you are at. We've got to find your confidence benchmark so we can measure your improvement at the conclusion of this course.

Great leaders are always working on their personal development. It doesn't really matter whether you are participating in this course to become more confident as a fem-preneur, an employee or stay at home mum. We all need confidence boosters regardless of our various roles.

As the clinical psychologist said in Week 1, "the more we do it, the more we want to do it." Meaning the more you work at your confidence, the more confident you become. The more confident you become, the more you want to demonstrate your confidence. The more confident you appear the more opportunities will present themselves to you.

It doesn't matter how good your ideas or products are - if you don't have a firm foundation of confidence, people will not believe in you...nor buy from you.

### **One Who Has Self-Confidence, Gains The Confidence of Others**

One of my clients wanted confidence coaching, specifically for when she attended networking events, workshops or day courses:

"I have always found it difficult striking up conversations with people I don't know. I now know where I was going wrong and more important than that I have got some practical techniques to sort it out. I'll put these into action right away."



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Putting the techniques into practise empowered her and she began to come across as confident, thus securing new clients from her networking activities. Securing clients gave her the 'evidence' that she was indeed good at what she did, and therefore boosted her confidence further. Can you see the value in that? It was textbook example of a chain reaction...and a great outcome for my client!

So, let's get on with Week 2. First we need to define what confidence means to you. It means different things to different people. So, turn to your workbook and complete the sentence: "Confidence means to me..."

If you find that difficult to do, try defining an area of where you would like more confidence. And then describe what you look, feel and sound like when you are at the highest level of confidence in that area. That will tell you what confidence means to you.

### How Confident Are You?

Self Assessment – run through these questions quickly and briefly. Your first answer is most likely the most accurate so no editing!



- 1) How do I rate my self worth now (on a scale of 1-10)?
- 2) If my rate is less than 10 the three reasons why this is so are...
- 3) What is holding me back from liking myself more?
- 4) What are three ways I hold myself back through not having enough belief in myself?
- 5) What are three things that I do to be liked by family, friends and clients?
- 6) What three things do I tolerate or put up with in my life?
- 7) For what three things do I blame or resent myself?
- 8) For what three things will I not forgive myself?
- 9) In what three ways do I punish myself?



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The answers to these questions will provide you with a solid report on the current level of your confidence. Now the next step is to **improve your confidence** so that you can begin to shine and see yourself in the best possible light!

Just imagine the next time you attend a networking meeting. Or tell a client how much you charge. Or give a presentation at work.



Or being confident in your parenting skills. Keep up the work on this e-course and you will begin to notice these scenarios are less cringe-worthy, less difficult.

You will discover your inner confidence and learn how to project that outwards. You will become a charismatic woman and you will attract more opportunity into your life – whether it is clients, love, sales or money.

The next page is your third week so if you haven't already, perhaps you would like to write in the 'Journal' section of your **grow your confidence** workbook. You will have learnt things about yourself, or been reminded of situations you may want to reflect on. Allow yourself to focus and let your pen be guided by your thoughts.

It's around week 3 my clients have commented they begin to notice the changes...see you there!

Beautifully presented and packed with powerful exercises, inspiration, tips and quotes to gently guide you along. Very low-priced but content rich and high-value, Grow Your Confidence also comes with a bonus 20-page workbook to record your insights.

[Purchase your copy of Grow Your Confidence here.](#)