

14 Ways to Boost Your Confidence



Activity Guide & Journal

Transition
& *Thrive*
with *María*

14 Ways to Boost Your Confidence

Confidence grows through a series of experiences and challenges over a lifetime.

If you are paying attention to what goes on in your day, you will notice that you're given several opportunities to build your confidence through uncomfortable situations, difficult conversations, and moments of stress. It is your response to these occasions that determines your strength, resolve, and courage.

*Through preparation and practice,
you really can boost your confidence!*

Following the 14 strategies outlined in the video training, take a little time to sit quietly and reflect on your answers to the journaling prompts on the subsequent pages.

Sit with your responses and allow yourself to dig a little deeper. And, if you want to make some changes to how you handle challenging situations, make notes about what your first step would be.

If taking that step feels like a challenge in and of itself, I'll offer you a solution on page 9 of this guide to help you move in the right direction.

Happy journaling.



14 Ways to Boost Your Confidence

Prompt 1

What can I do to boost my confidence in how I look and feel?

Prompt 2

How does my body language paint a vivid picture of my confidence? How can I improve my body language?

Prompt 3

What positive affirmations and motivational quotes do I rely on?

Prompt 4

What are my SMART goals for this week, month, and year? [Specific | Measurable | Achievable | Realistic | Time-bound]

Prompt 5

Who is important in my life? How do I treat them? What can I do to honor them more?

Prompt 6

When I reflect on my life experience, what are my successes? What have I done well? In what areas can I improve?

Prompt 7

What am I passionate about? What really lights me up, what gets me up in the morning?

Prompt 8

Who and what am I grateful for? Why? [Include the big things, the small things, and the in-between things.]

Prompt 9

What are my leadership qualities? And, how do I exhibit these attributes to others?

Prompt 10

Who are the like-minded and up-minded people in my inner circle? Who are the toxic or negative people? What can I do to spend more time with those who lift my spirits?

Prompt 11

What are my top five life values? What are the beliefs for which I am willing to make sacrifices? Why?

Prompt 12

How do I challenge myself to stretch beyond my comfort zone? How does that feel? What more can I do to get comfortable being uncomfortable?

Prompt 13

What do I have to celebrate? How do I want to acknowledge the success? With whom do I want to share it? [Plan something that makes you feel worthy of the celebration.]

Prompt 14

When the going gets tough, how do I respond? If I'm not happy with that response, how do I want to shift my response, and what first step can I take to do it?

~ Next Step ~

Now that your contingency plan is outlined, you may be thinking that you're ready to take another step. So, I've created a tool that will help you do that.

If you're thinking things like...

- I feel stuck and don't know why.
- I know I need to change something, but I don't know what it is or where to start.
- I want to feel more confident.
- I want to trust my instincts to make good decisions.
- I want to figure out what's missing and how to bring it into my life.

...then it's time to take the next step.

*After working with me, my clients
know who they are,
what they want,
and how to get it.*

And each one started with a small step like this one.

The Seedling Starter Course

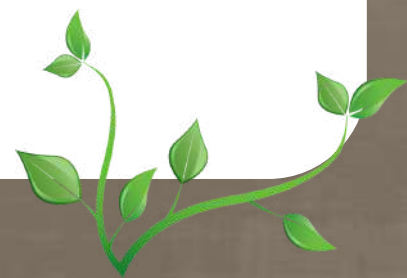
This online, self-paced introduction to my "5 Petals of Power Program" contains three powerful activities that include:

- Guided video lessons
- Downloadable activity guides, and
- Journal pages to record your answers and insights

These exercises will help you understand where you are today and outline where you want to be in the next 3 to 6 months. They will also help you understand which areas of your life need your attention first. Then, you'll identify exactly who you need in your corner to support you as you move through your journey, so you're never alone!

Once you complete the Seedling Starter Course, you'll be on your way to identifying your choices and making effective decisions with more clarity and confidence.

[Click Here to Get the Seedling Starter Course for \\$47 >>>](#)



Transition & Thrive with María

Certified Life & Career Coach for Women—Specialty: Transitions

María Tomás-Keegan

Sometimes it's hard to know what you should do next when you're hungry for a change.

I can help you to explore your options and figure out what the next best step is for you right now.

If having that clarity is what you want, click the link below to schedule a time to chat.

[Click Here to Schedule a Complimentary Chat with Me](#)

TransitionAndThriveWithMaria.com

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