



Building Your Confidence

Worksheet: Page 1

- What are your top 5 strengths?

- Create a vision for what you want to create:
 - What does it look like for you to feel like your most confident self?

 - What are you doing?

 - How are you speaking?

 - What is the tone of your voice?

 - How does your body feel?

Worksheet: Page 2

- What are the beliefs you have about yourself and how you lead?
- What are the good and bad habits that support or hold you back from being the leader that you want to be?
- Next time you stumble on a bad habit, how do you want to tackle it?
- What's your mission, and what is the value you want to add to the world?