



The Secret to Confidence

Intention: _____

Which of these resonate with you?

- I'm not confident.
- I don't have confidence.
- I need more confidence.
- When I'll have more confidence....
- If I'll have more confidence ...
- ... (add more)

⇒ *What would you do differently if you'd have more confidence ?*

⇒ *Where do you lack confidence?
(in relationships, when speaking up, with money, in business, etc)*



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⇒ *What let you know that you need more confidence?*

Confidence is not be gained is to be _____

⇒ *When/ What/ Who* _____ *your confidence?*

1. _____

2. _____

3. _____

Which of these resonate with you?

- I lost my confidence.
- That/they destroyed my confidence.

My confidence is _____



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📎 *What _____ your confidence?*

1. _____

2. _____

3. _____

📎 *What's the heaviest one?*

Which of these resonate with you?

- anger
- timidity
- bitterness
- envie
- jealousy
- frustration
- ... (add you own) ...



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⇒ *What's the most frequent one?*

⇒ *What/ Who triggers that behavior?*

⇒ *What's _____ associated with that event/ person?*

**When we _____ our confidence _____ and our
message is _____**

Ready to dive deeper?

Join us in Unlock Your Power - one month journey where you are supported to access your confidence so you can Stand Up, Speak Up, Show Up and Step Up.



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Blank for notes