

MOXIE DIMENSION #5

CONFIDENCE

THE BELIEF THAT YOU'VE GOT THIS

“Confidence isn’t knowing you’ll get it right. It’s knowing you’ll handle it if you don’t.”

WHAT IS Confidence?

Confidence is trusting yourself and believing you have what it takes to handle what comes your way. It doesn’t mean you know everything or never doubt yourself. It means you are willing to back yourself and move forward.

HOW CONFIDENCE BUILDS YOUR MOXIE

Confidence is what helps you own your abilities, speak up, make decisions, and trust yourself when the answer isn’t obvious. When you believe you can handle the next step, you’re more willing to take it.

3 WAYS TO STRENGTHEN YOUR CONFIDENCE

1. Keep the promises you make to yourself.

Build trust within yourself by keeping your promises and following through. If you say you’re going to do it. Do it.

2. Challenge your inner critic.

Silence your inner voice that says no, and turn it into a yes! Think of past successes and know that you have what it takes to get through this.

3. Take action even before you feel confident.

With each move you make, you are increasing your confidence. Take action and start with baby steps.

PUT YOUR CONFIDENCE TO WORK

YOUR MOXIE WORKSHEET

Where in your life do you most need to trust yourself right now?

What are you capable of that you sometimes forget to give yourself credit for?

What would you do differently if you truly believed, "I've got this?"

YOUR CONFIDENCE MOVE

What is ONE action you are willing to take this week to strengthen your confidence?

When will you do it? Be specific. _____

AFTER YOU TAKE THE STEP

What happened?

What did you learn about yourself?
