

CONFIDENCE

Confidence Star

This worksheet is about increasing your awareness in relation to confidence, exploring specific areas of your life using the Confidence Star tool as a starting point. When it comes to being confident, there may be times or situations when you feel you have more confidence than other times.

Breaking down your life into specific areas; Being You, Career, New Situations, Relationships, Challenges.

Being You: Think about how you are showing up in the world and how confident you feel in showing others the real you, sharing your experiences, connecting with people, having a voice and communicating.

Career: This might be within your existing role, applying for new jobs, starting up a new business or developing your existing one.

New Situations: It could be dealing and responding to new situations, trying new things out, learning new things or going to different environments.

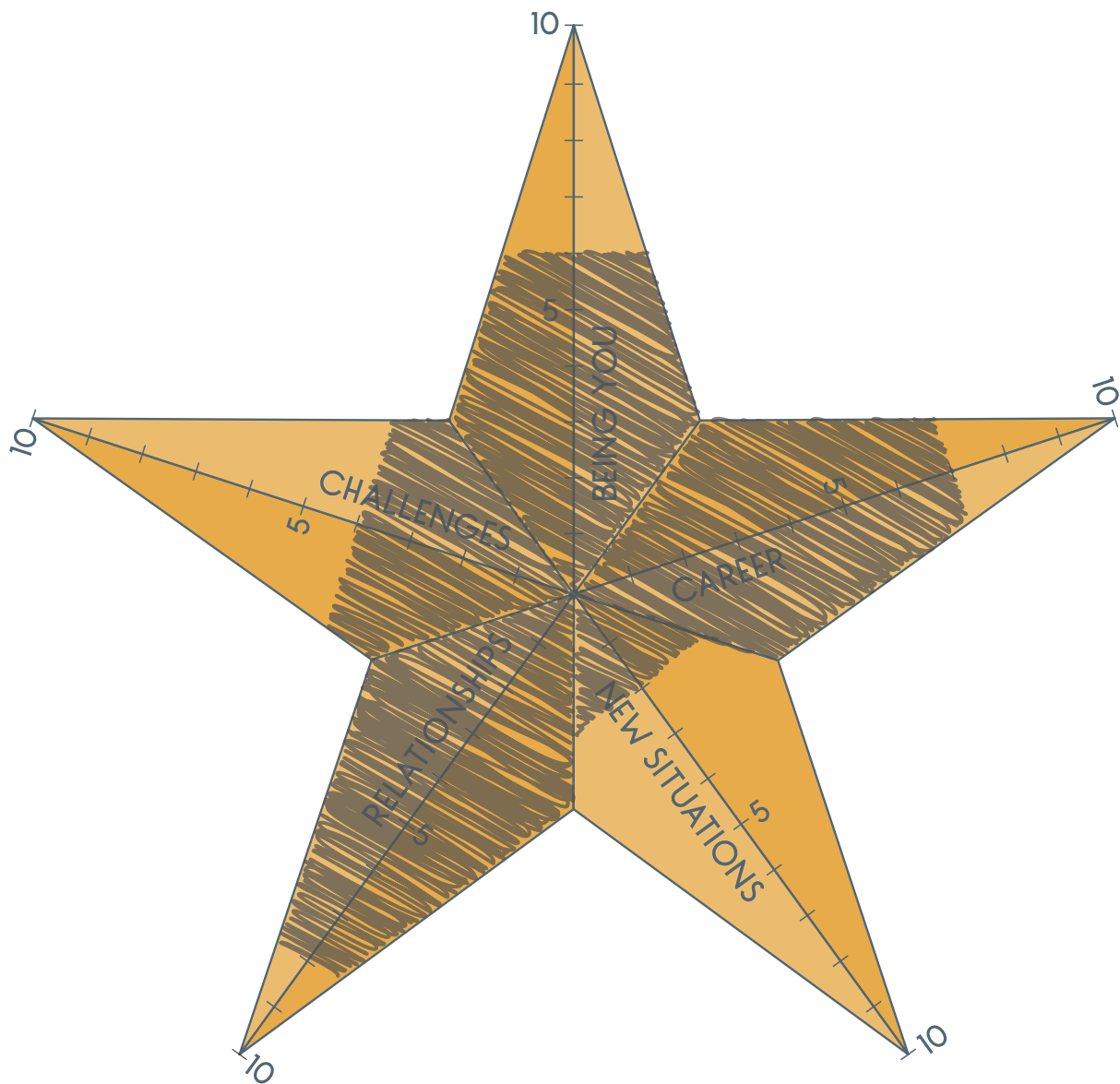
Relationships: Considering intimate relationships or time with friends and family, being true to yourself within existing relationships, meeting new people, being able to have difficult conversations, communicating what you want with those closest to you.

Challenges: How confident are you in tackling problems and finding solutions?

Consider these areas and assess how confident you feel in each at this present time, where 10 is super confident and 0 is not confident at all. Record these on your Confidence Star within this booklet.

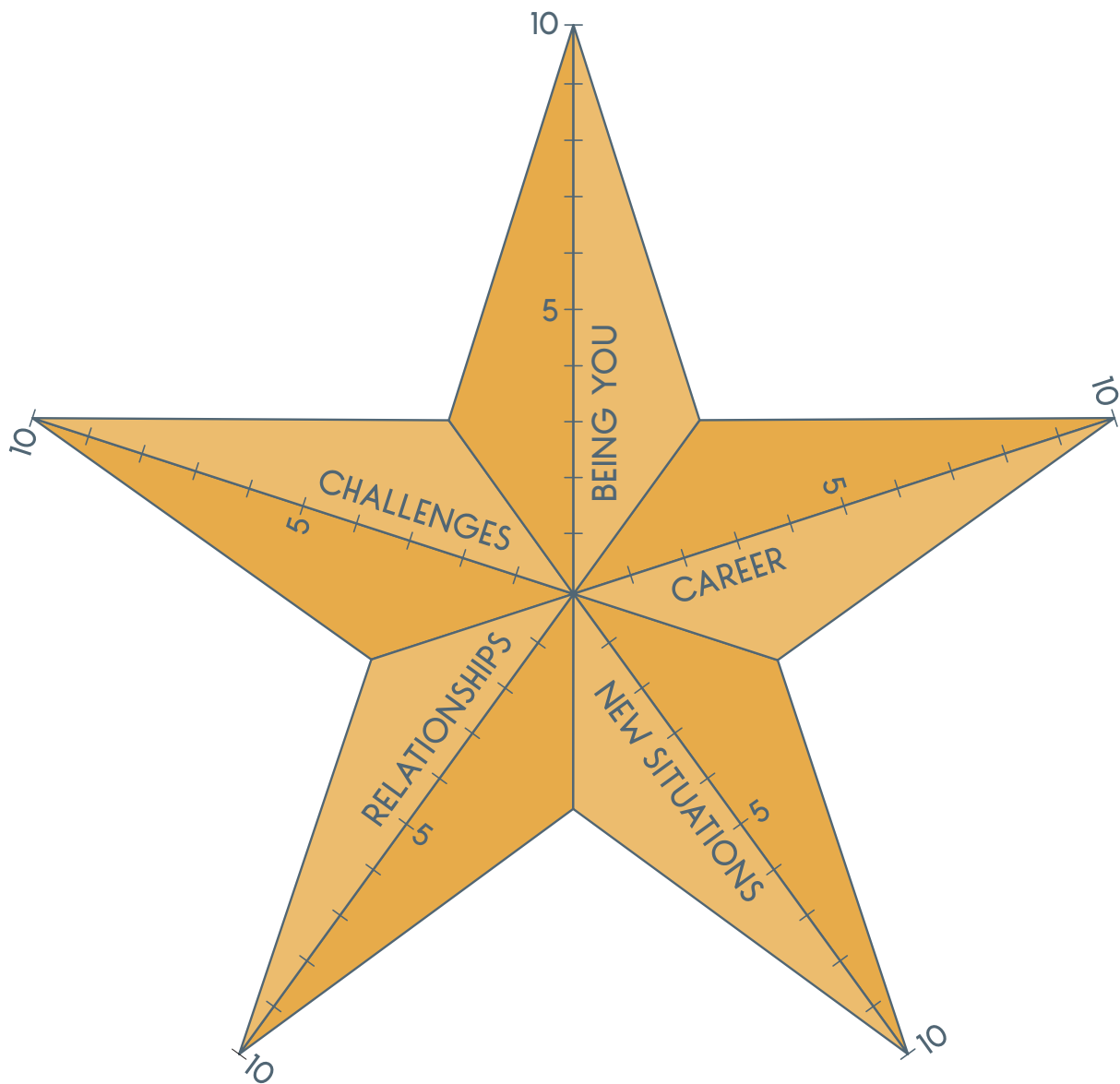
You're not going to be shining your brightest or be the best version of you if you're hiding in the shadows.

An example of a completed Confidence Star is shown below:



SCORE: 0-10

Being You	6
Career	7
New Situations	2
Relationships	8
Challenges	4



SCORE: 0-10

Being You	
Career	
New Situations	
Relationships	
Challenges	

NOTES



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