

Module 7:

Confidence Building

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Understanding Confidence

Confidence is not a fixed trait; it fluctuates based on experiences, mindset, and preparation. Recognizing this allows you to build strategies that strengthen it over time.

KEY CONCEPTS:

01

Confidence is a Skill:

It can be cultivated through practice, just like any other skill. Every confident person you admire once lacked confidence in something. They built it by taking action, gaining experience, and learning from challenges.

02

Mindset Shifts:

Confidence is not about knowing everything in advance; it's about trusting your ability to figure things out as you go. Instead of waiting to "feel ready," remind yourself that action creates confidence.

03

The Confidence Cycle:

Confidence builds momentum. When you take action, even in small ways, you gain experience. Experience leads to familiarity, and familiarity leads to confidence. The more you repeat this cycle, the stronger your self-belief becomes.

04

The Role of Uncertainty:

Confidence isn't about eliminating uncertainty. It's about being okay with uncertainty and moving forward anyway. When you trust your ability to handle whatever comes your way, confidence becomes a natural byproduct.

Self-Reflection on Confidence

Before working on strategies, assess where you currently stand.

**01. Think about a time you felt highly confident.
What contributed to it?**

**02. Recall a moment you lacked confidence.
What factors played a role?**

**03. What beliefs do you hold about confidence that
may be limiting your growth?**

Strategies for Building and Maintaining Confidence

Confidence is built through small, consistent actions.
Try the following techniques:

Affirmations:

Practice daily affirmations that reinforce your worth and capabilities.

"I am capable and strong."

"I trust myself to handle challenges."

Visualization:

Imagine success in specific situations where you want to feel confident.

Visualize every detail and how it feels to achieve your goals.

Set Small Goals:

Start with achievable goals that can build momentum.

Attract confidence through small successes.

Positive Self-Talk:

Challenge negative thoughts with positive counterparts.

Replace *"I can't"* with *"I can learn"* or *"I'll try."*

Dealing with Temporary Feelings of Low Confidence

Even the most confident people experience doubt. The key is knowing how to respond when it happens. The next time you're dealing with low confidence, follow the checklist below:



I Acknowledged My Feelings

Recognize that feeling unconfident is normal. Allow yourself to feel these emotions without judgment.



I Am Being Mindful

Engage in mindfulness to center yourself. Focus on the present moment rather than ruminating on past failures or future anxieties.



I Did a Body Scan Meditation

This technique helps to reconnect with your body and cultivate self-awareness. See the next page for a brief example:

Body Scan Meditation

01

Find a Comfortable Position:

Sit or lie down in a quiet place.

02

Close Your Eyes:

Take a few deep breaths, inhaling through your nose and exhaling through your mouth.

03

Start the Scan:

Begin at the top of your head, noticing any sensations. Gradually move down your body (head, neck, shoulders, arms, chest, stomach, legs, feet).

04

Acknowledge Sensations:

Observe any tension, relaxation, or discomfort without trying to change anything.

05

Breathe into Each Area:

As you focus on each part, imagine breathing light into that area, promoting relaxation and positivity.

04

Conclude

After scanning your whole body, take a few more deep breaths and gently bring your awareness back to the room.

Overcoming Feelings That Don't Feel Confident

01. Identify Your Confidence Triggers:

Recognize situations or thoughts that make you feel less confident.
Awareness can help you develop coping strategies

02. Take Action

Once you recognize a low-confidence moment, take small, proactive steps to address it. This could mean preparing more, practicing a skill, or adjusting your self-talk.

03. Seek Support

Talk to friends, family, or professionals who can provide encouragement and perspective. Sometimes a fresh viewpoint can enhance your self-esteem.

04. Reflect on Successes

Keep a journal of past achievements, no matter how small. Revisiting these can boost your confidence during challenging times.