



BECOME SUPER CONFIDENT

A practical guide to confidence

Created especially for You

by
Chantal Dempsey



Hey there, lovely to meet you!

Congratulations on taking this step towards confidence.

You won't regret it!

With this workbook, you will navigate through practical guidance, perspective and exercises designed to shift your mindset and enter the world of confidence.

This same method has helped thousands of men and women around the world level up their confidence and improve their lives. These men and women are just like you, so you may think that you will never get there, **but YOU can.**

I bet you have dreams that you have placed on hold until you feel confident enough to tackle them. Don't worry, it is totally normal to feel like this now, as there is a common misconception that we have to wait until we feel confident to act confidently. But I'll let you in on a little secret: this is looking at it backwards. And it will all become clear as you go through the workbook.

Let's start this journey to confidence together, I am so excited for you!



Before we go any further, let's check the boxes that apply to you:

- ☐ You don't take risks because you think it won't work or you'll probably fail.
- ☐ You doubt yourself all the time.
- ☐ You think your ideas are not as good as other people, so you avoid sharing them.
- ☐ You miss out opportunities because you don't put yourself forward for them.
- ☐ You tend to overthink a lot.
- ☐ You are your worst critic.
- ☐ You worry that people will think you're awkward/weird/not good enough.
- ☐ When someone compliments you, you think they're being polite.
- ☐ You tend to apologize a lot, even when you haven't done anything wrong.
- ☐ You see your dreams as unachievable.
- ☐ You tend to overthink a lot.
- ☐ You think that you just 'don't have it in you'.
- ☐ You often feel self-conscious.
- ☐ You take criticism to heart.
- ☐ It seems to you that other people have got it all figured out.
- ☐ You want to be more confident but you just don't know where to start.

Have you got one or more checked? (A few?)

Great! That means you're in the right place.

BECOME SUPER CONFIDENT

PART 1 - YOUR INNER TALK

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PART 1: YOUR INNER TALK

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1. YOUR LIMITING BELIEFS

Limiting beliefs are thoughts and values that you believe to be true and that are holding you back from growing and achieving your goals. They might be inherited from your family, conditioning, social interactions, or they might have developed from your inner talk.

Some examples of limiting beliefs:

I am not good at talking to people

I am not good enough

They'll never pick me

I am not pretty enough

I am not smart enough

No one will listen to me

I am an unlucky person

I will never find the right one

I am rubbish at this

I can't stick to a diet

I have no motivation

I can't help it

I can't say no to my boss

I am not strong enough

I don't deserve happiness

I don't have time

I am not capable to do it

I don't have any skills

People find me boring

I am too late

I will never succeed

I just can't do it

Limiting beliefs restrict the scope of how you see yourself and how you see the world.

Let's crush them!

IDENTIFYING YOUR LIMITING BELIEFS

Make a list of your limiting beliefs below:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Now, let's explore each one of them.

EXERCISE 1- THE IMPACT OF YOUR LIMITING BELIEFS

Write down your limiting belief and for each one, circle the number that represents the percentage of time you act (or stop yourself from acting) on that belief:

Limiting Belief 1



0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Limiting Belief 2



0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Limiting Belief 3



0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Limiting Belief 4



0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Limiting Belief 5



0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Feel free to continue this exercise on a separate sheet, with as many limiting beliefs as you can identify.

EXERCISE 2 - REFRAMING YOUR LIMITING BELIEFS

Write down :

- Where it might originate from
- What the opposite of that belief would be
- When in the past you have shown evidence of that opposite

For example:

- If your limiting belief is '*I am not strong enough*'
- Explore where this might come from (*parent, teacher, bully, etc.*)
- The opposite will be '*I AM strong enough*'
- Then, think back of examples from your life of when *you have been strong enough*, and write them down. It doesn't matter how long ago the examples are. Think hard. I know you can find them. They show that you have it in you. They evidence the opposite of your limiting belief. (For example, *I was strong enough to take that risk, accept that challenge, etc.*)

Limiting Belief 1

Where it might originate from

Opposite of that limiting belief

Show evidence of the opposite

Limiting Belief 2

Where it might originate from

Opposite of that limiting belief

Show evidence of the opposite

Limiting Belief 3

Where it might originate from

Opposite of that limiting belief

Show evidence of the opposite

Limiting Belief 4

Where it might originate from

Opposite of that limiting belief

Show evidence of the opposite

Limiting Belief 5

Where it might originate from

Opposite of that limiting belief

Show evidence of the opposite

Feel free to continue this exercise on a separate sheet, with as many limiting beliefs as you can identify.

Let's explore your resources further...

Limiting beliefs generate and strengthen negative self-talk. You have now evidenced that they are not correct, as there are times when you have demonstrated the ability/skill/drive/talent that you think you don't have.

These beliefs have been limiting you, holding you back. They have been the little voice in the background stopping you from going for that promotion, that date, that opportunity. They feed on fear and give you the illusion of keeping you safe in your comfort zone. But really, they stop you from becoming yourself and thriving.

Hopefully you can start to see now that these beliefs are not correct, and you have found examples to evidence this.

EXERCISE 3 - EVIDENCING EMPOWERING BELIEFS

Refer back to exercise 2. For each example you gave of acting opposite to the limiting belief, write down:

- What you were able to achieve
- What strengths you used
- How that made you feel

Evidence of opposite of limiting belief 1

What you were able to achieve

What strengths you used to achieve it

How you felt after achieving it

Evidence of opposite of limiting belief 2

What you were able to achieve

What strengths you used to achieve it

How you felt after achieving it

Evidence of opposite of limiting belief 3

What you were able to achieve

What strengths you used to achieve it

How you felt after achieving it

Evidence of opposite of limiting belief 4

What you were able to achieve

What strengths you used to achieve it

How you felt after achieving it

Evidence of opposite of limiting belief 5

What you were able to achieve

What strengths you used to achieve it

How you felt after achieving it



ELIMINATING YOUR LIMITING BELIEFS

Following on from the completed exercises 1, 2 and 3 and the evidence collected, write down below :

- What limiting belief you are ready to eliminate now
- What empowering belief you are going to replace it with

Limiting belief you are eliminating

Example: I am not strong enough

1.

2.

3.

4.

5.

6.

7.

8.

Empowering belief you are replacing it with

Example: I AM strong enough

1.

2.

3.

4.

5.


6.

7.

8.

Good job! Do you feel lighter?

2. YOUR NEGATIVE SELF-TALK



Negative self-talk is the inner dialogue that constantly undermines our will power to develop, progress and succeed. It is fueled by limiting beliefs and distorts reality to take us down a negative thinking spiral.

IDENTIFYING YOUR NEGATIVE SELF-TALK

Fact or interpretation?



EXERCISE 4 - THE NARRATIVE OF YOUR NEGATIVE SELF-TALK

Doris, an acquaintance of yours, walks past you on the street and doesn't acknowledge you.

What is your thought process?

- a) She hasn't said hello to me because she doesn't like me.
- b) Rude!
- c) She didn't see me.

If your tendency would be to go with a), or even b) let me ask you a question. Do you think you have ALWAYS noticed and acknowledged people you know in the street? Is there a chance you might have missed them sometimes (many times perhaps?) perhaps because you were deep in your thoughts, distracted talking to someone, looking at something in the distance instead?

Is that a yes? ...

So, can you consider that Doris most likely just didn't see you?

The reason your brain automatically jumps to a negative conclusion is that it is wired to generalize towards the negative. Think of someone you know who is very happy and confident, what do you think their interpretation of Doris would be?



Here's another example:

EXERCISE 5 - THE FOCUS OF YOUR NEGATIVE SELF-TALK

You have finished 95% of the task set by the deadline but you are still missing 5%. Do you:

- a) Beat yourself up for not having fully finished the task
- b) Feel anxious about finishing the 5% remaining
- c) Feel pleased that you have managed to finish 95% and you'll get the 5% done now.

If your answer is a) or b), your tendency is to completely disregard the 95% of what you have achieved and solely concentrate on the 5% missing. This gives you an understanding of how you experience the world within yourself.

I bet you are a 'yes but' person when you receive a compliment.

Your friend: *'You got the job, amazing!'*

You: *'Yes but I just got lucky', or 'yes but there were only two candidates', or 'yes but only because my coach helped me preparing for it'.*



Sounds familiar?

HOW TO COMBAT YOUR NEGATIVE SELF-TALK IN SIX STEPS

1. Catch yourself doing it

Notice your thought process and ask yourself. Fact or interpretation? Do you know this for sure? Are you going down the same old negative spiral?

2. Redirect your thoughts

Now you have recognized the thought process is happening, are you going to let it go down the same old spiral, thinking that Doris doesn't like you, or are you going to challenge it? Yes, well done, the answer is challenge it! Look at the bigger picture. Consider other alternatives that don't reflect any negative thought pattern towards yourself.

3. Change your perspective

Look at things from a different angle. Everything doesn't revolve around you and your perceived failures. What might be going on in Doris' head? Why not focus on the 95 % success rather than the 5% remaining?

4. Change your inner voice

Give your negative self-talk a different tone, a cartoon-like voice that you decide not to take seriously.

5. Practice self-compassion

Treat yourself like you would treat a loved one. If your best friend, partner, parent, child, got a new job, would you think they just got lucky or would you be proud of their success? Be kind to yourself, be proud of your achievements. There is nothing wrong with acknowledging our skills and talents.

6. Notice your achievements

Every day, notice all the good things about you. Notice what you are doing well, what skills you are demonstrating, what positive impact you have on others, on your work, your team, your family, your friends and yourself. This is really important, because it will really help shifting the current patterns and refocus your perspective towards a positive inner talk.

Really important!

7. Accept a compliment - BONUS STEP!

You might believe people are just being polite, but deep down you *know* when a compliment is deserved. Someone is giving you a gift, so accept it, take it, let it in, embrace it! Don't be tempted by the 'yes but'. Just say 'thank you'. And mean it!

"The secret of change is to focus all your energy not on fighting the old, but on building the new."

Socrates

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Let's do a little practice...

Think of some popular distortions and generalizations that pop up in your head and change your perspective.

EXERCISE 6 - CHANGING YOUR PERSPECTIVE

Distortions and generalizations

Examples:

I failed my job interview, I am a failure.

Doris didn't say hello, she must not like me.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

New healthy positive perspectives

Examples:

I will get feedback to do better next time.

Doris must not have seen me.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Congratulations! You have completed Part 1.



You have gone through the process of exploring and evaluating your limiting beliefs, changing your perspective, and evidencing the existence of amazing resources inside of you. You have eliminated the limiting beliefs that no longer serve you and replaced them with new empowering beliefs.

You have also learnt to identify and crush your negative self-talk, which distorted your perception of reality to feed a negative thinking cycle. You have a six-step guide to apply every day to build your positive and empowering self-talk. Keep practicing it.

How are you feeling?

Now we are going to build on this newly acquired perspective and look into the second essential ingredient for confidence: action.

PART 2: YOUR ACTIONS

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"If you hear a voice within you say 'you cannot paint', then by all means paint, and that voice will be silenced".

Vincent Van Gogh



1. ACTION OR INACTION

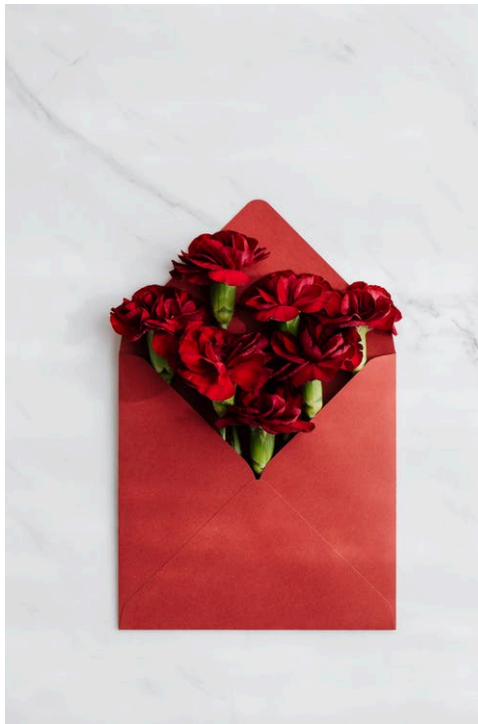
What happens when you don't act?

Let's start by revisiting some occasions where precisely, you didn't act. We're not doing it to make you feel bad, but simply to learn from it.

Some examples: *didn't go for that job, never asked the girl out, didn't go travelling with your friend, didn't go out that evening, didn't say how that made you feel, didn't stand up for that person, etc.*

This might bring back some difficult memories.

Here are some flowers to cheer you up.



EXPLORING THE CONSEQUENCES OF INACTION

EXERCISE 7 - YOUR MISSED OPPORTUNITIES

Think back to some occasions and situations where you didn't go for what you wanted. We will call them *missed opportunities*.

Missed opportunity 1

What was the opportunity?

What would you have had/gained if you had gone for it?

Why didn't you go for it? What stopped you?

How did you feel after missing out?

Missed opportunity 2

What was the opportunity?

What would you have had/gained if you had gone for it?

Why didn't you go for it? What stopped you?

How did you feel after missing out?

Missed opportunity 3

What was the opportunity?

What would you have had/gained if you had gone for it?

Why didn't you go for it? What stopped you?

How did you feel after missing out?

Missed opportunity 4

What was the opportunity?

What would you have had/gained if you had gone for it?

Why didn't you go for it? What stopped you?

How did you feel after missing out?

Can you notice a common theme with all of these?

COMMON THEMES

Now, you can reflect on your answers, identify what has been holding you back and how inaction has impacted on the way you feel.

What stopped you:

How did you feel after missing out?



It's ok, don't worry about it!

Have a nice hot drink and let's use these missing opportunities as feedback to help improve, move forward and make it happen next time.

Let me guess your answers

- ✓ You were *scared*
- ✓ You were *worried*
- ✓ You *didn't know what would happen if you went for it*
- ✓ You *didn't have the confidence*
- ✓ You *didn't have the qualifications*
- ✓ You felt *disappointed in yourself*
- ✓ You felt like *you were just not good enough*
- ✓ *You felt like you were just not strong enough*
- ✓ Perhaps you *justified it* with a bunch of reasons

And such things...

That was the old you.

The New You will go for it, because you will have the confidence formula.



2. THE FORMULA

There is one very simple formula to confidence.

Are you ready for it?

Excited to find out?

What do you think it is?

Here it is....

Confidence is the acceptance of uncertainty.

Yes, it's that simple.



You don't do things because you don't know what will happen, how it will turn out. You ask someone out because you feel because they *might* turn you down. You don't go for that job because you are worried you *might* not be able to do it well enough, or you *might* blank at the interview. You are worried about the consequences, worried about making things worse, worried about embarrassing yourself, worried about losing what you have.

Your actions (or non-actions) are motivated by FEAR.

You are focusing on the negative. Remember, Doris in part 1?

Imagine

Imagine *knowing* that the girl you're asking out will say yes, imagine *knowing* that you will interview well and get the job, imagine *knowing* that your trip will be the highlight of your life.

If you *knew* for sure that it would turn out ok, you would be much more likely to do it, right?

So, you've got two options here:

01

Go find Doc and build a time machine

02

Take a leap of faith

Let's go with this one for now!



I know, it's not easy.

I'm going to help you with this.

But first, you have a decision to make.

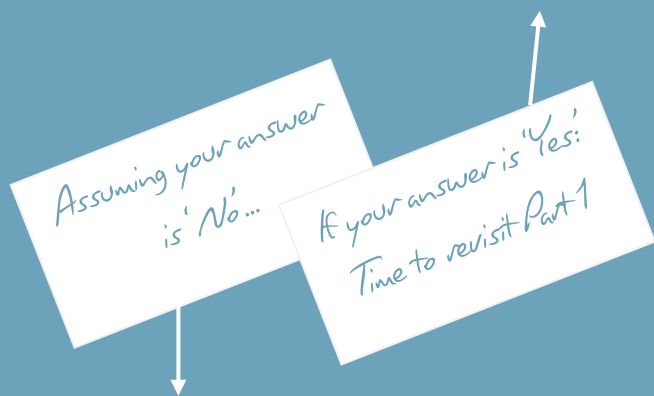


Do you want your life to be ruled by fear?

☐ Yes

☐ No

Make a decision right now.



So it's all about accepting that you don't know what's going to happen. More specifically, it's about accepting that you might fail.

Let's see how this can work out



EXERCISE 8 - WHAT YOU HAVE ACHIEVED

Refer back to Part 1 - Exercise 3, where you wrote down some examples of when you believed in yourself and took action. Feel free to use new examples if you prefer.

What you achieved - Example 1

Did you know for sure what was going to happen?

What did you have to gain by doing it?

What did you have to lose by doing it?

What made you do it anyway?

What you achieved - Example 2

Did you know for sure what was going to happen?

What did you have to gain by doing it?

What did you have to lose by doing it?

What made you do it anyway?

What you achieved - Example 3

Did you know for sure what was going to happen?

What did you have to gain by doing it?

What did you have to lose by doing it?

What made you do it anyway?

What you achieved - Example 4

Did you know for sure what was going to happen?

What did you have to gain by doing it?

What did you have to lose by doing it?

What made you do it anyway?

What you achieved - Example 5

Did you know for sure what was going to happen?

What did you have to gain by doing it?

What did you have to lose by doing it?

What made you do it anyway?

Any patterns?

- ✓ Did you know what was going to happen?
- ✓ What did you have to gain?
- ✓ What did you have to lose?
- ✓ What made you do it anyway?

THE MOTIVATING FACTOR

Consider what was your main motivator, your driver.

If you have a huge amount to gain and little to lose, it is a huge motivator, right? But what if you have a lot to lose? Now, throw in an element of likelihood of what might or might not happen.

Let's say an eccentric millionaire offers you one million dollars to give a 30 minute speech to an audience of 10 people you don't know. You get really nervous with public speaking and it will be tough, but I feel you might be easily motivated for one million right?

How about if it is 1000 people?

How about if it is 1000 people and you know all of them?

How about if the likelihood of you losing your words is very high? Would you give the speech to the 1000 people you know for 1 million dollars?



Does your head hurt?

Here's some ice cream to make it better.

And don't worry, I don't think you'll be in that situation any time soon.

I'm going to let you in on two secrets...

1.

The higher the desire, the more likely you are to act.

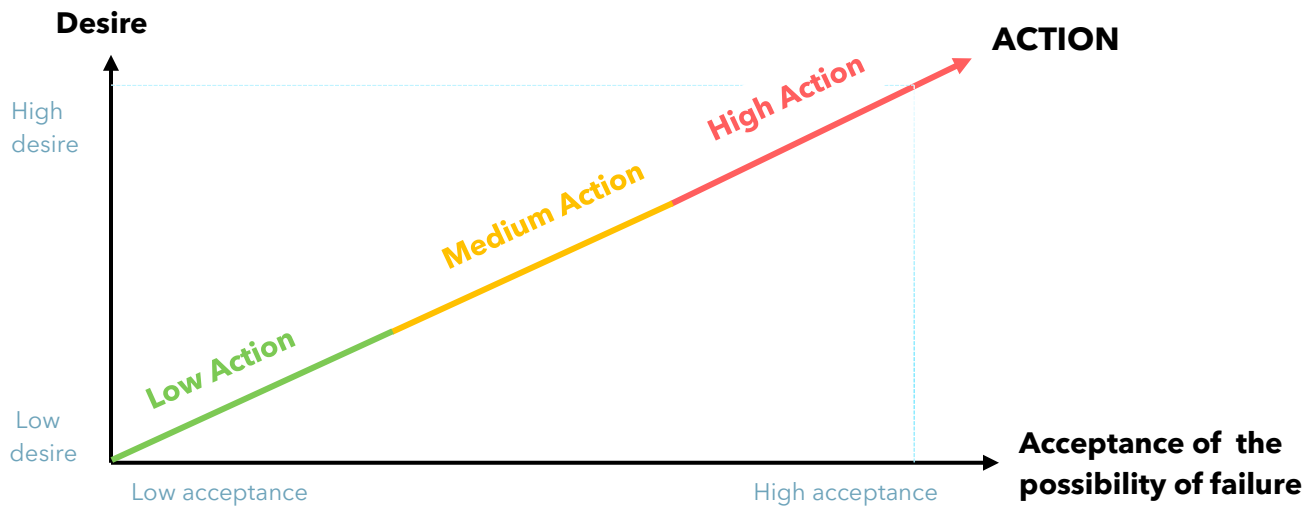
2.

When you take a leap, it doesn't matter whether you fail or not.
You will still succeed.

*Write these down,
they are important!*



THE CONFIDENCE EQUATION



The higher the desire, the more likely you are to act.

When you are motivated by a goal that is highly valuable and meaningful to you, your fear takes the back seat. The fire of desire lighting up inside of you takes over the driving seat and acts as an irresistible force towards your goal. Yes, stakes are high, but you want it so badly that you are prepared to fail.

You are offered one million dollars to talk in front of 1000 people you know, yes it is super scary and failure would be horrible, BUT one million dollars... what a motivator! Of course, the opposite is true. I bet you wouldn't even consider it for 100 dollars.

When you take a leap, it doesn't matter whether you fail or not.
You will still succeed.

I'm sure you have heard this a million times: there is nothing worse than regret. What happens when you don't even try, is that you feed your negative self-talk and reinforce the feeling of being powerless, useless, not worthy, and so on. You miss one opportunity after another and you let your life pass you by.

Or you can choose to take a leap, accept that you might fail and try anyway. I can promise you this: **when you act, whether you win or fail, you will still gain pride, confidence and a sense of self-worth.**

Why?

Because you have got into the driver's seat and taken action. You are in control.

Let's imagine a situation where you want to apply for a promotion but you are worried about it.
Here are two scenarios. Let's explore what you can potentially gain and lose in each.

01

YOU DON'T GO FOR IT

GAIN:

You stay in your comfort zone

LOSS:

You will never know whether you might have succeeded

You have reinforced the belief that you can't do it

You are controlled by fear

You may have regrets

You have lost a little more self-confidence

You have missed another opportunity

You will feel like a failure for not trying

You don't know what you are capable of

You are not progressing

You are not in control of your life

You are not making your dreams happen

02

YOU GO FOR IT AND DON'T SUCCEED

GAIN:

You have challenged yourself

You have tried and feel proud of yourself

You are in full control

You have created an opportunity for yourself

You know you can do it again

You had the confidence to put yourself out there

You have an opportunity to get feedback

You can work on the feedback to improve

Your bosses will be impressed that you want to progress

You have no regrets

You have improved your self confidence

LOSS:

I honestly can't think of any.

And now, imagine if you got it!

3. YOUR GOALS AND DREAMS

Do you have any goals or dreams but don't have the confidence to make happen?

Pick two of them and let's do this exercise. For each goal or dream, look at what you have to gain and lose by going for it, even if you don't succeed.

DREAM 1: _____

01

YOU DON'T GO FOR IT

GAIN:

LOSS:

02

YOU GO FOR IT AND DON'T SUCCEED

GAIN:

LOSS:

NOW WRITE DOWN THE GAIN IF YOU SUCCEED:

DREAM 2: _____

01

YOU DON'T GO FOR IT

GAIN:

LOSS:

02

YOU GO FOR IT AND DON'T SUCCEED

GAIN:

LOSS:

NOW WRITE DOWN THE GAIN IF YOU SUCCEED:

How is it looking?

Here's the thing:

When you take action, you have so much more to gain than to lose, even if you fail. Succeeding is a bonus.

Failure is an amazing opportunity for feedback.

Do you want a life ruled by fear or by desire?

I hear you, you are worried, you are scared.

That's ok, be scared.

But do it anyway.



4. YOUR NEW LIFE RULE

Here's your new life rule:

Before you start hesitating, just do it.

Some examples in your day to day life:

- **The meeting**

You're in a meeting, you think of something to say but then you start wondering whether that would make sense, whether Mark would think it's silly, whether someone else's idea is similar, whether that just wouldn't apply here. So, before the overthinking monster machine gets started, just say it.



- **The invitation**

Someone invites you out with a group. Your first reaction in your head is 'awesome!', but then within seconds, the overthinking monster machine goes 'oh... I wonder if that man girl is going to be there, and I have a presentation early tomorrow, the group might find me boring, what if I have nothing to say, and I need to walk the dog...' So, before this starts, say 'yes, what time shall I meet you?'



- **The opportunity**

You get offered a rare opportunity to present or be a part of something, whether it is to speak at an event, a work presentation, a trip, a project at work, whatever it is that would mean a lot for your career or personal development. As soon as the desire hits your heart and you have the most remote feeling of 'wow, I would love to be able to do that', say yes. Then, you will work out how to overcome your nerves. If you don't say yes straight away, your mind will find a thousand reasons to say no, all motivated by fear.



You must move quickly before the worry kicks in. In that split deciding second, if you need a thought to push you, think this: *fear or desire?* Pick desire. Then go. Saying yes, choosing desire, takes a committing step towards your new life, the life you once *wished* you had and are now making it happen. A life driven by desire. Not fear.

The more you take action, the more your confidence will grow.

Not the other way around.

Action comes first.



"I have not failed 700 times. I have succeeded in proving that those 700 ways will not work. When I have eliminated the ways that will not work, I will find the way that will work."

Thomas EDISON, on inventing the light bulb.



Is your future looking brighter yet?

Let's recap the recipe for confidence:

01

Crush your limiting beliefs

02

Choose new empowering beliefs

03

Combat your negative self-talk

04

Change your perspective

05

Accept the uncertain

06

Choose *desire* over fear

07

Take action

Welcome to your new life.

A life driven by desire.



Congratulations on completing your workbook!



I hope you have enjoyed it.

Now, you can go ahead and practice everything you have learnt. You can crush your limiting beliefs, replace them with empowering ones, accept the uncertain and practice taking action first.

You want to choose desire over fear and you can do it!

If you would like some help to go deep, explore more (and there is so much more to explore!), learn the '*how to do it*', upgrade your mindset and rewire your brain to confidence, you can join one of my programmes and work with me on a 1:1. I would love to meet you.

Together, we can transform your life in 30 days. We work at subconscious level to disrupt the programmes that run low self-esteem and eradicate what is holding you back.

Wanna know the 'how'?

- ✓ Stop overthinking
- ✓ Stop the self-doubt
- ✓ Learn some strategies to control your thoughts
- ✓ Feel good and positive
- ✓ Not care about what others think
- ✓ Make friends more easily
- ✓ Go for what you want
- ✓ Bring success



BOOK A 30 DAY PROGRAMME

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*Currently half price!
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£1390*

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By
Chantal Dempsey
Email: hello@forwardlifecoaching.co.uk
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