

Confident Me - Bonus

You can find this sheet and its links on www.everydayleader.co.uk/confidence

Over the next two weeks, when you face something that affects your confidence, review what you have and what is missing using the sheet we used in the session








Confidence Review							
Situation	Identity	Capacity		Context		Mindset	
	Know self	Skills	Knowledge	Situation	Prepared	Journey	Mindset

Activity					
At the start of each day this week, spend 3 minutes on the following to help you look after yourself to develop confidence. This is based on the work by Owen O Kane in his book 'Be your own therapist'					
Minute 1 – Emotional check in					
Questions			Action		
What emotions are present?			Sit comfortably Feet apart on the ground Hand on heart or tummy		
How does my body feel?			Mentally scan the body head to toe		
What is my mind doing? (Volume, speed and quality of thoughts)					
Minute 2 – Self Care – What do I need today?					
What do I need emotionally today?	Sadness	Rest?	Release?	Heard?	Stop?
	Anger	Change?	Understood?	Express?	
	Fear	Safe?	Know not alone?	Know it's ok?	
	Lonely	Company?	Understood?	New people?	Listened to?
What practical steps do I need to take to help myself emotionally?					
How will I treat my emotions today?					
What does my body need today?	Pain	Release?	Freedom?	Get away?	Let go?
	Tension	Relax?	Space?	Express this?	
	Tingling	Reassurance?	Clarity?	Plan?	Ease?
Practical steps to help my body?		Exercise?	Stretching?	Yoga/Pilates?	Walk/run?
What practical steps could I take today to help my mind?		Rest it	Minimise stress	Feed it	Green space
		Eat healthy	Talk kindly to self		
Minute 3 – Reflection - Gratitude					
What 3 aspects of my life am I grateful for?	Areas	Family	Work	Health	Other
		Friends	Home	Finance	
3 intentions for the day	Examples	Do best	Look after self	Listen	

Leadership Mindsets

Each day run through the actions of the Leadership Mindsets.

What is likely to be in your day today – what do you need to focus on today?

						
Lift up head	See yourself as a leader	Be Proactive	See & Take responsibility	Change Something	Focus	Appreciative Thinking
What is ahead? Who is around me? What else is going on that is ok?	Ask Admit Act What would a leader Think? Say? Do?	Live life on the front foot	Action = Impact Inaction = storing trouble	One change	What do you need to focus on to write the story you want to write?	What went well? What would it look like if it went even better?

Further reading

Take a look at the 'Look' series of blogs. The first two are live and talk about how we look back and look forward to help generate confidence.

Look Back <https://www.everydayleader.co.uk/single-post/look-back>

Look Ahead <https://www.everydayleader.co.uk/single-post/look-ahead>

Book recommendations

- Be your own therapist – Owen O Kane
- Pathway through the jungle – Steve Peters

Podcasts & videos

Diary of a CEO with Steven Bartlett. Episode 208: 5 scientific rules for making and breaking habits

<https://open.spotify.com/episode/5UFhGZNLpbmyOjGyWEgGVI?si=4b643d0631124b00>

If you want to make a change, then you may find this episode helpful. It talks about some mindset work that will help you.

Kerwin Rae video on Stress and managing it

<https://www.facebook.com/watch/?v=487329241891699&t=13>