

Mindset Managed

CONFIDENCE CHALLENGE!

Week Five Worksheet

What situations or people make me feel uncomfortable and vulnerable? Why does facing the unknown scare me? What do I need to combat that?

Situation:

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Fix:

What causes overwhelm, stress, or low moods in my life? How could I combat these?

Situation:

.....

Fix:

What does my comfort zone currently look like?

list things, give evidence, whatever

Do you trust yourself? Trust yourself to make decisions? Why, how? Why not?