

MINDSET MANAGED  
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**CONFIDENCE  
BUILDING  
WORKBOOK**

SUMMER 2019

# About this workbook

This workbook is the result of the Confidence Challenge which happened on my blog and YouTube channel throughout August 2019.

You can watch, listen to, or read the content from the Confidence-based month anytime on the site, just search "*Confidence Challenge*"

In this workbook are all the worksheets from the challenge and a short summary of the topics discussed.

However, to get the full information, it is best to return to my site to check over all the useful discussions and tips I covered about what confidence really is and how we can cultivate it in our lives.

Thanks!



# Challenge Checklist

Do the tasks below to complete the Confidence Challenge!

1. Gratitude for hard times
2. Fears List & Face one
3. Leave the house without your phone
4. Do that thing you've been putting off
5. Do something you've never done before
6. Journal as if you were your ideal self
7. Create a ME-board
8. Write a love letter to yourself
9. Social Media detox
10. Express your deep love for someone.
11. Create a confident dude mantra.
12. Wear a bold colour or sexy item.
13. Cook for a group of people.
14. Write a badass bitch list.
15. Work in a public setting.
16. Ideal self board/ list & plan of action.
17. Strike up a conversation with a stranger.
18. Record a mini video of yourself.
19. Selfie post in public.
20. Set a daring goal.
21. 3 years ago you compared to current you.
22. Failures List.
23. Stop apologising today.
24. Move your body in a new way.
25. Laugh off a joke or comment made about you.
26. Eat or drink alone in public.
27. "But I've got this" statements.
28. Make faster decisions.
29. Tell a story to a group of people.
30. Do something scary/new without a plan.
31. Announce & share that you did the challenge

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# CONFIDENCE CHALLENGE!

## Week One Worksheet

Weaknesses and Imperfections that I focus on:

What does confidence look like to me?

Beliefs I have that hold me back: (be honest!)

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# CONFIDENCE CHALLENGE!

## Week Two Worksheet

What are my greatest fears?

Who do I seek approval from most? Who do I compare myself to?

What is my inner voice always saying to me? What new mantra do I need to combat it?

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# CONFIDENCE CHALLENGE!

## Week Three Worksheet

Whose opinion of me affects me most? Why do I take what they say so personally?

List only 5 people whose opinion and feedback is VALID for you:  
(*must be trustworthy, honest, fair, loving*)

Environment checklist:

IS IT CLEAN?

IS IT PRETTY?

IS IT MINE?

DOES IT SPARK JOY?

WHO AM I AROUND MOST? HOW DO THEY MAKE ME FEEL?

FIXES TO MAKE:

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# CONFIDENCE CHALLENGE!

## Week Four Worksheet

Who do I believe should deserve to have confidence in our society?

What parts of myself do I shrink, hold back, or mask? Why might that be?

Goals, dreams, focuses for the rest of 2019:

What triggers me to hate, judge, or get upset with others? Could they be mirrors of my own insecurities or problems?

***Situation & Emotion:***

***Mirror:***



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## 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:**

.....

**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?

# Topics We Covered About Confidence

## On the Blog:

Weaknesses and imperfections  
Rethinking what confidence really means  
Beliefs that limit our confidence  
Fear clouds confidence  
Seeking outside validation  
How to know yourself  
Stories we tell ourselves  
Comparison and confidence  
Mantras and affirmations  
Caring what people think of us  
What confident people aren't  
"The Arena" and confidence  
Environmental influence on confidence  
Perspective and truth on self-awareness  
Clapping from the badasses  
Societal rules  
Goals and focus builds confidence  
Age and status  
People are mirrors  
Fear of being seen and shrinking  
Laughing at yourself  
Vulnerability and the unknown  
Overwhelm and stress  
Making decisions  
Comfort zones  
Trusting yourself

# Last Thoughts

When you next think that you're not a confident person, you should remember the confidence topics we covered on my site.

Remember that all confidence is really about is: *knowing yourself, trusting yourself, and daring to do.*

Doing brings confidence and competence.

Knowing yourself brings certainty.

Trust brings hope, strength, and comfort.

You got this!

Check out **[srcrawford.co.uk](http://srcrawford.co.uk)** for all this info, just search:  
*"Confidence Challenge"*