The Confidence Code – Personal Worksheet

Build confidence from the inside out, with your superpowers in full play.

1. What Does Confidence Look Like to YOU?

Confidence is personal so let us define yours. Describe what it means to show up confidently in your role or life right now.

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- Is it speaking clearly and without apology?
- Is it staying calm when things go sideways?
- Is it trusting your own decisions?
- Is it asking for what you need?

Confidence for me looks like:

2. Your Wins Vault

Write down 3 wins you have had (this week, this month, or this year) that remind you of your capability, resilience, or growth.

Win 1:

Win 2:

Win 3:

new THINK
discover.think.do

3. Reframe a Limiting Belief

Let's challenge your stuck story from all four thinking quadrants.

Write one belief that often holds you back. Then reframe it using the Whole Brain Thinking model:

- Original Limiting Belief:
  "I'm not experienced enough to lead this project."

Now Reframe:

- Blue (Facts): What evidence proves I *am* capable? *"I've successfully led 3 projects with similar scope."*

- Green (Plan): What steps can I take to feel more prepared? *"I'll create a milestone map and have a 1:1 with a mentor."*

- Red (Support): Who believes in me or could support me? *"My manager assigned me this role because she trusts me."*

- Yellow (Possibility): What becomes possible if I trust myself? *"I could deliver something innovative and step up my leadership."*

4. Feedback Filter

Let's decode uncomfortable feedback without spiralling.

Think of one piece of feedback that stung.

- The Feedback:
- Reframed Insight (What's useful?):
- Let It Go (What's noise?):

Your takeaway isn't about perfection, it's about learning.

5. Visualise Your Confident Self

Recall a moment where you felt strong, clear, and grounded. Anchor to it with words or an image.

Close your eyes. Recall a moment where you felt strong, clear, and grounded.

- What were you doing?

- What were you wearing or saying?

- How did you feel in your body?

Anchor words or image:

6. Your Confidence Code

In one to two sentences, write a statement that reminds you of who you are when you are at your most confident.

"I trust my instincts, I speak with clarity, and I lead with heart. I've done this before — and I'll do it again."

Your Confidence Code:

Bonus: Practical Mindset Tools

Mindset Tool #1: The Amplify Strategy

- A strength (e.g. curiosity, planning, empathy)
- A success (share it, repeat it, build on it)
- A belief ("I don't have to know it all to start.")

Mindset Tool #2: The Inner Coach Check-In

When self-doubt shows up, ask:

- "If I were coaching my best friend, what would I say?"
- "What would the confident version of me do right now?"

There's so much more to explore! I'd love to support your confidence journey. Email me at info@newthink.net.au to set up time for a chat.

You've got this!