

## Module 3 – Build Your Confidence

### Exercise 1: Confidence Check

Take a 'snapshot' of yourself right now with this exercise. Ask yourself the following questions about your current state of self-confidence:

<b>Where have I already widened my comfort zone by taking on and achieving something new? Find at least three examples</b>	

## Overcoming Imposter Syndrome

<b>How did I achieve this?</b>	<i>Once you know your own process, you can replicate it in other situations and become even more self-confident!</i>
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## Overcoming Imposter Syndrome

<p><b>What choices are now available to me to become a more confident person?</b></p>	
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## Overcoming Imposter Syndrome

<b>How will I achieve this?</b>	
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Now choose someone you trust and who knows you well to answer the same questions about you. Write down their answers.

<b>Where has _____ already widened their comfort zone by taking on and achieving something new? Find at least three examples</b>	
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## Overcoming Imposter Syndrome

<b>Where has _____ already widened their comfort zone by taking on and achieving something new? Find at least three examples</b>	

## Overcoming Imposter Syndrome

<p><b>What choices are now available to _____ to become a more confident person?</b></p>	
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## Overcoming Imposter Syndrome

<b>How will _____ achieve this?</b>	
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Compare the two perspectives:

## Overcoming Imposter Syndrome

<p><b>What differences do you notice?</b></p>	
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## Overcoming Imposter Syndrome

<p><b>What insights does this give you?</b></p>	
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