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COURSE WORKBOOK

The Confidence Toolkit



WITH CHLOE BROTHERIDGE

The Confidence Toolkit

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THE CHECKLIST

WATCH THE VIDEOS

Meet Your Course Expert
The Confidence Audit
Self Esteem Booster
Become Aware Of Your Inner Critic
Calm Your Inner Critic
Be Confident

EXPLORE THE EXERCISES

Confidence Contemplation
The Confidence Circle
The Voice Of Your Inner Critic: 'Thanks For Sharing!'
Becoming More Confident

AUDIO DOWNLOAD

Chloe's Visualisation

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CONFIDENCE CONTEMPLATION

TOOLS: Yourself, plus a pen and paper

TIME: 20 minutes

Grab your journal and a pen, then take some time to contemplate your level of confidence right now. Perform a calming ritual like lighting a candle if it'll help you to get into a contemplative state of mind.

Through asking yourself the below questions, you'll get a clearer idea of what's holding you back, and will start to define what it is that you want.

Step 1:

CONTEMPLATE

1. Where in my life do I lack confidence?

2. Where in my life do I feel confident?

Step 2:

CONSIDER

3. What are my fears?

4. What's stopping me from stepping forward in my life?

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Step 3:

CONFRONT

5. What is it that I'm avoiding?

Step 4:

CONTEMPLATE

6. What would I do if I knew I couldn't fail?

7. What would I want if it didn't matter what other people thought?

Step 5:

CONSIDER

8. What's important to me about feeling more confident?

9. What will having more confidence bring for me?

10. Who else will benefit from me being more confident in my life?

Step 6:
EXPLORE

11. What does confidence look like for me?

12. How will I think, feel, act and speak once I become more confident? What will I do differently?

THE CONFIDENCE CIRCLE

TOOLS: Yourself, your phone and a pen and paper

TIME: 20 minutes

INSTRUCTIONS

Step 1:

Think of 5 friends, colleagues or family members who know you well and appreciate you.

Step 2:

Reach out to them by text to let them know what you admire about them and what you think their strengths are. Then ask them to do the same for you. You can let them know that you are doing this as 'homework' for a course. Even if this feels uncomfortable, I encourage you to try it because the results are well worth it!

Share with them what you admire about them and what you think their strengths are.

Ask them "What are my strengths? What do you admire about me?"

NOTE: If you don't get replies right away, don't be disheartened. Sometimes it can take a few days for people to reply, or they might be busy or forget. It's not personal.

Step 3:

As an extra bonus step, why not invite your friends to join you in this course by sharing the link with them. You could even start a WhatsApp group for those undertaking the course to cheer each other on, encourage one another and hold each other accountable as you learn and grow together.

Finally, make a note of all the wonderful things your confidence circle has shared about you and keep them somewhere you can see them as a daily reminder of who you are.

END RESULT:

You have a collection of insights into your strengths and abilities, to use as a reminder to yourself when you need a confidence boost.

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A DAILY REMINDER THAT I AM...

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THE VOICE OF YOUR INNER CRITIC: 'THANKS FOR SHARING!'

TOOLS: Yourself, plus a pen and paper

TIME: 20 minutes

Write down when you notice the voice of your inner critic, and get to know what it says and when it shows up.

Noticing these phrases and the usual times it shows up will allow you to bring more awareness to it. Remember to say, 'thanks for sharing', and then choose to move on with your day.

Just because you have a thought, it doesn't make it true. By gaining awareness of these thoughts, you're shining a light on them and making them easier to change.

Step 1:

Jot down in the first column of the table below what you have noticed your inner critic saying.

'My inner critic says...'

Step 2:

In column two, ask yourself - is this thought really true? Is it a fact, or an opinion or judgment?

Step 3:

In column three, practise self compassion, and how to be your own best friend. Soothe and soften as you remind yourself of your strengths and gifts. Speak to yourself as you would to a good friend.

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MY INNER CRITIC SAYS...	IS THIS TRUE?	SELF COMPASSION
Example: I need to work harder to keep my job.	Example: No, I'm already a high achiever and work above and beyond the hours I am hired to work.	Example: I recognise your determination, your loyalty and your dedication to your work, and also remind you that rest and relaxation is important. You deserve that too.

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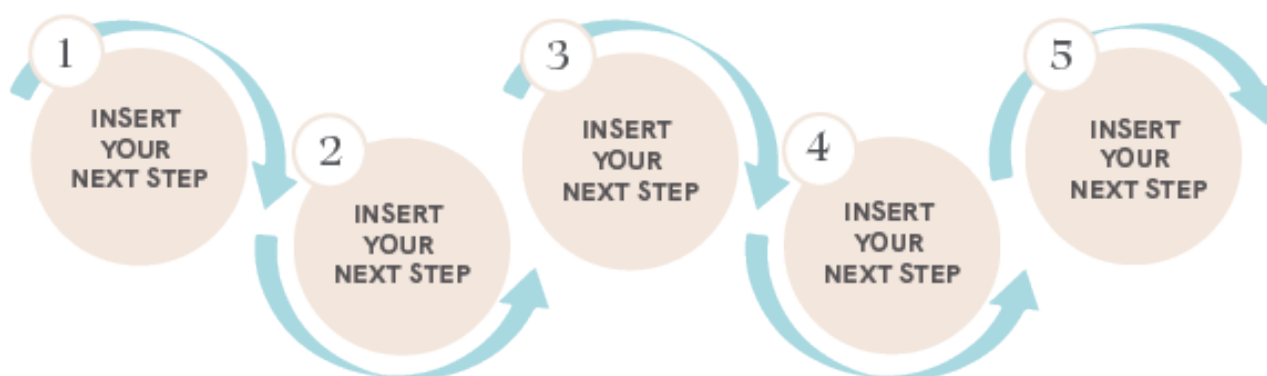
BECOMING MORE CONFIDENT

TOOLS: Yourself, plus a pen and paper

TIME: 20 minutes

CONTEXT:

Micro Bravery is all about taking small steps out of your comfort zone to grow your confidence. Confidence comes from giving things a try and taking action, then being kind to yourself no matter what happens. This is how you turn tiny actions into a new way of being, and feeling, confident.



INSTRUCTIONS

Step 1:

Consider something you lacked confidence in. It might be going for a job interview, asking for a pay rise or speaking up in meetings at work.

Decide what it is, and write it here:

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Step 2:

Now, write a list of small steps that'll help you to build up your confidence and achieve your desired outcome.

A first tiny step might be picking up the phone to make a call, sending an email you've been putting off, or practising a presentation in front of a friend. Stay curious around how you might seek support from your confidence circle and explore what resources you might need, or research that you might need to do to support yourself in taking these micro bravery steps forward.

NO.	SMALL STEP IN THE RIGHT DIRECTION...
1.	
2.	
3.	
4.	
5.	

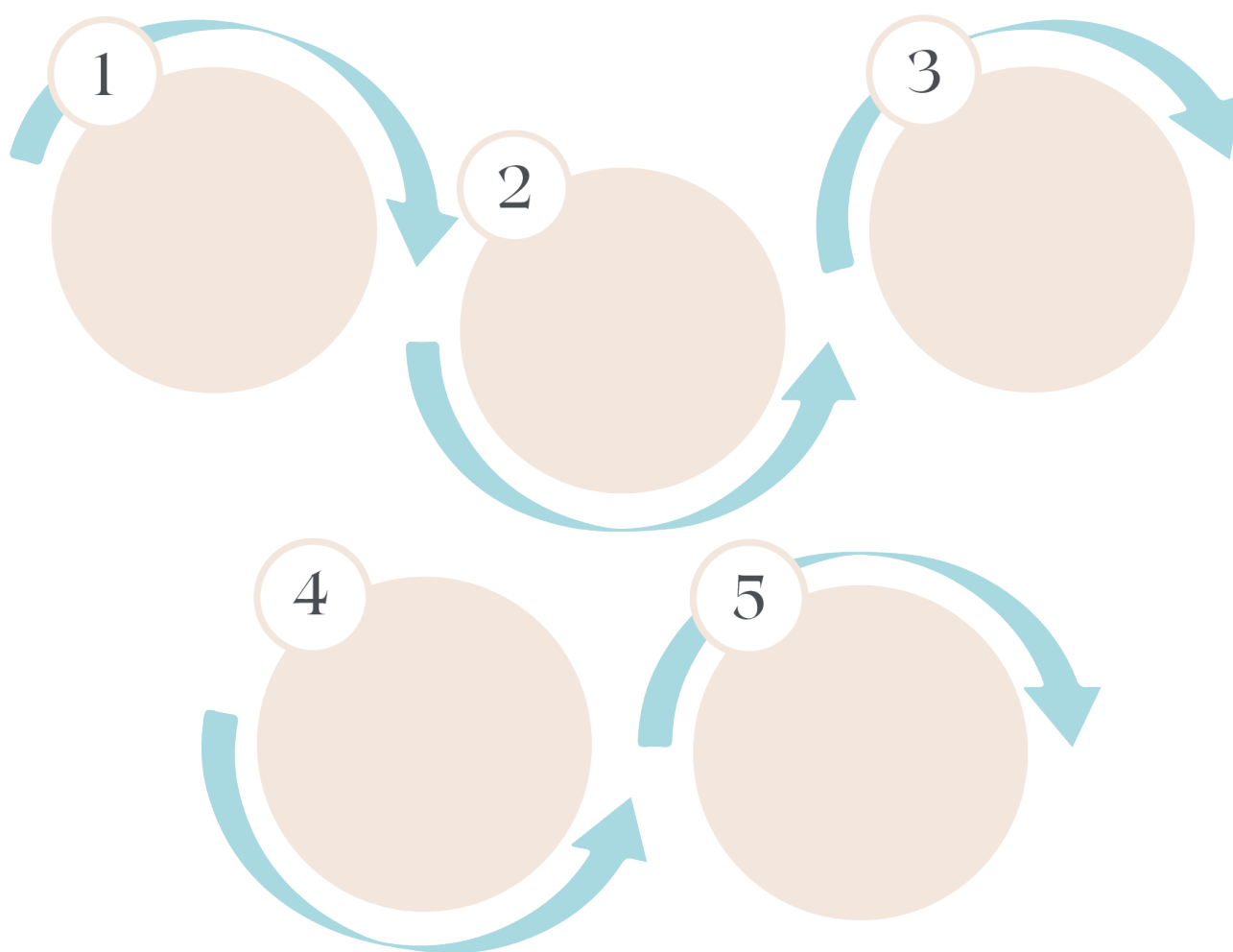
Step 3:

Start with something micro, and build up gradually. Each time you move outside of your comfort zone, you'll see that you not only survive - you thrive! You'll do this while learning that you can cope, or better yet, that things are going well. You will slowly learn to trust yourself and expand your possible opportunities.

Select five steps that you feel you can commit to, and outline them within the worksheet on the stepping stones below.

Be sure to give yourself ample time to achieve each one, and integrate your new learnings as you progress.

Your Route To Becoming More Confident



END RESULT:

You have now mapped out a route to your desired outcome and as a result, are a step towards achieving a more confident you. Confidence is a skill that you can learn, but it takes practice. This is how you become strong and start to feel the power of being courageous.

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READING LIST & ADDITIONAL RESOURCES

WANT TO READ CHLOE'S BOOKS

Book: THE ANXIETY SOLUTION

Author: Chloe Brotheridge

Book: THE CONFIDENCE SOLUTION: SEVEN STEPS TO CONFIDENCE

Author: Chloe Brotheridge

WANT TO HEAR MORE FROM CHLOE? TRY THESE PODCASTS...

Podcast: THE CALMER YOU PODCAST

Title: Episode 134: Overwhelm

Podcast: THE CALMER YOU PODCAST

Title: Episode 125: Anxiety, Depression And Confidence With Katie Thistleton

Podcast: THE CALM EDIT

Title: How To Cope With Lockdown Anxiety With Chloe Brotheridge

ADDITIONAL RESOURCES

Article: ALLBRIGHT EDIT

Title: "I Started Keeping All The Work Compliments I'd Been Sent, And This Is What I Learnt"

Author: Sarah Shaffi

Podcast: SISTERHOOD WORKS, ALLBRIGHT

Title: Christina Zilber On Celebrating Small Wins

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For free confidence affirmations, more intensive online courses and group coaching.

Go to: [HTTPS://CALMER-YOU.COM/CONFIDENCE](https://CALMER-YOU.COM/CONFIDENCE)

NOTES

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