



Greatness In The Moment Series

This month's Topic: Confidence



"Self-confidence is linked to almost every element involved in a happy life."

- Dr. Barbara Markway, Psychology Today.

Benefits of Confidence

- More _____
- Better _____
- Increased _____!
- Better _____
- Increased _____
- Willingness to _____
- Take _____
- Greater _____

"Slump? I ain't in no slump... I just ain't hitting"

Yogi Berra

The Confidence Survey

Core Activity _____
New Task _____
Overall _____

The Mindset Of Confidence - Defining Key Terms

Confidence:

Over Confidence:

Arrogance:

"Just Because You Watch 'Grey's Anatomy,' doesn't mean you can do the operation." - Charles Barkley

Confidence is a _____, and feelings are created by our _____.

Six Things That Erode Confidence:

_____	_____
_____	_____
_____	_____

Six Things For Developing & Maintaining Confidence:

- Positive Self Talk:
- Learning:
- Preparing:
- Taking Action:
- Confronting Your Fears:
- Leveraging Competence:

Time For Action

Capture your key insights and action commitments you want to take from today's training:

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"I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear." - Rosa Parks