



Your Creating Confidence Cheat Sheet

Building confidence is something that takes practice. No one is simply born confident! But I want to share this secret weapon with you so you can move forward with confidence, no matter what you are facing. Something I have created called:

THE PRACTICE OF CONFIDENCE (5 C'S)

1. CHOICE

This is all about decision making. We all have choices we can make. So: What's the one decision you need to make right now?

TIP Don't let fear get in your way, what would you love to do? Think big.

2. COURAGE

This is about knowing that Confidence doesn't always feel good, it's hard work. You gotta push through the discomfort (making you courageously uncomfortable) Confidence does take courage. How are you willing to show up?

TIP Confidence is your ability to take action while you are shitting yourself. Everyone is scared, act anyways.

3. CREATE

(Action) What's the ONE thing you need to act on? The first step to get you started? **TIP** Don't get stuck in overwhelm. I am suggesting one small step. Small steps create momentum and consistency which will get you moving forward. Action is your way through sista!

4. CONSIDER

What came as a RESULT of your ACTION? How did you go in the action step? **TIP** Consider you can't fail, you will only learn. You may learn that it didn't work out. Why? What did this teach you for the next time? Your results are a reflection of this practice so take a moment to consider what you learnt.

5. CONTINUE

Do it all again. Forever. And ever. What's your next decision? Action? **TIP** Confidence is a practice. One you commit to daily, hourly, sometimes even moment to moment. You must CREATE your confidence.

My #lovingbitchslap reminders to you:

- No one is confident, it's a practice that takes commitment, you gotta do the work!
- Stop telling yourself you're not confident. You will never have it if you keep telling yourself you lack it. Watch your words.
- Decide to show up and take action immediately. No more self sabotage - GET MOVING!

To learn more about this check out my podcast on this [here!](#)

And let's be friends on insta [@thequeenofconfidence](#)

THE QUEEN OF
CONFIDENCE