



# Confidence Booster Cheat Sheet

## 21 ways to get your positive mindset back.

### Everything Sucks When You're Feeling Low

Have you suffered a setback or major blow to your confidence? Perhaps a relationship has turned sour or a project you're working on has gone belly up?

Maybe you're burned out from spinning your wheels or feel like giving up for one reason or another?

Any of these setbacks can crush your confidence. Especially if you've suffered multiple blows and can't seem to find a way forward. It can feel debilitating and disempowering. It sucks!

### So how do you get your confidence back?

First, let's take a quick look at what's going on, so we can frame up 21 ways to get your confidence back.

Low confidence and feeling like giving up can stem from many sources. E.g. people, projects, your environment, etc. However, all situations and events are being filtered and made-sense-of in **your mind**. It is therefore your **quality of thinking** and **meaning assigned** - that makes all the difference to how you feel and the **perspective** you take. This perspective flows into your actions and decisions.

Understand? Make sense?

**This realisation puts you back in the driver's seat. It's empowering.**

### Be *Internally* Empowered

Browse this cheat sheet and pick one or two ideas to **break your current thought pattern** and get back in control to rebuild your confidence fast.

If one idea is not working, try something else...

### Reminder

For one-on-one help, and someone to talk to at a deeper personal level, get in touch with me at [bebetter@leeashby.coach](mailto:bebetter@leeashby.coach) or visit my website to learn more. <https://leeashby.coach>



## Let's Get Your Confidence Back

### One.

**Take a break** – Do something else.

**Take a break** – Relax with a guided meditation.

**Take a break** – Exercise, yoga, stretching, body, and breath work.

**Take a break** – Get into nature.

### Two

**Practice positive self-talk.** – Find a quiet space and talk positively and supportive about yourself and what you want to do. Imagine you are a kind coach of a top sporting team, giving a heartfelt pep talk at half time. What do you need? Talk it through and rally your inner courage.

### Three

**Ignorance is bliss** – What would someone with less experience do? If they can do it, then so can you. Worry less and get on with it. Care less what people think if you get it wrong or make a mistake. There's only learning and new opportunities ahead! Go for it!

### Four

**Reflect & Apply** - Reflect on a similar achievement or situation from the past you've overcome. Embrace the learnings and feelings of achievement. Close your eyes, visualise and meditate on it. Stand up with courage and apply that energy today with your current challenge.

### Five

**Words of wisdom** – Call your mentor or coach and seek out words of wisdom from someone who's been there and gone there before you. What wise words of encouragement do they have for you? Embrace their perspective and have faith in your next steps.

### Six

**Fake it till you make it** – Do it anyway. Take what you know and run with it. Be confident anyway. No one expects you to know everything. Look good, feel good, show up as prepared as you can be, show you care and give it your best shot. Believe in yourself. Give it 100%. You've got this.



## Let's Get Your Confidence Back

### Seven

**Don't overthink it** - Get out of your head. Connect with your emotions and gut feelings more. If you are someone who plans a lot or is prone to over analysing – move forward. Make a decision, don't worry about all the details right now. Stay in motion.

### Eight

**Reframe the game** - Look at the challenge from a whole new angle. Reframe the current challenge into a positive situation. What can you learn or gain from this? How would someone else look at this in a positive way? What learnings can I take into the next iteration?

### Nine

**Worst case scenario** – What's the worst that can happen? How big is this issue really? From 'world ending' to 'mildly annoying', where does it fall? Get a fresh perspective on the problem at hand and understand the worst case scenario and the likelihood of that happening.

### Ten

**Best case scenario** – What if everything goes right! Visualise and use the motivation of everything going right, to feel courageous and energised to take the next steps and make the best case scenario happen.

### Eleven

**What have you got to lose?** What stake have you got on the table and is it a big deal? How likely is it that you'll lose everything? What controls have you got to change course, fix things, get help, or abort the mission? Understand your risk and go forward with confidence.

### Twelve

**Declutter** – Clean out the crap from your physical space. Clean, reorganise, throw-out and create order. Create an attractive physical space with room for inspiration and creativity. Embrace the positive and calm vibes your new clean and fresh environment affords you.



## Let's Get Your Confidence Back

### Thirteen

**Digital detox** – Clean up your computer files. Find order and structure. Uninstall and unsubscribe from crap you don't need. Sort out your digital systems and processes to make life simpler and more efficient. Back things up and create a clean digital space for your next endeavour.

### Fourteen

**Close unfinished mental chapters** – Spend the time to close off 'mental threads'. Mentally close unfinished projects, half-baked ideas and unorganised thoughts. Free up mental space and capacity to execute on your next challenge with clarity, focus and determination.

### Fifteen

**Who's got your back?** – Get an accomplice or mentor to help you take the next step. Going it alone can be tough. A partner in 'crime' can help reduce feelings of uncertainty and give you both the courage and support to succeed. Try it. Call someone today to give you a hand.

### Sixteen

**Journal about it** – Just write. Write down what's bothering you or frustrating you and see what happens. Get it off your chest. You can even screw up what you've written, laugh about it and move on straight away. See how the process helps you first hand.

### Seventeen

**Stop comparing** - Forget everyone else. Measure your own success from how much you are improving and learning. Reflect on how much you've grown over the last 12 months; and five years. What are you proud of? Check in with how you are feeling. Everyone is on a unique journey.

### Eighteen

**Emotions audit** - Name the specific emotions you're feeling. Get clarity on what they are. Dig deep, find out if feelings like 'sadness' & 'depression' could actually be more like jealousy, envy or fear of embarrassment for example. Next, identify the **real** source of that emotion. Explore insights.



## Let's Get Your Confidence Back

### Nineteen

**Self-sabotage check** – Explore for fear of success. Yes it's a thing. Explore and discover if you have feelings of discomfort around change, success and your identity. Identify any subconscious beliefs that could be holding you back from stepping up and into a person of success.

### Twenty

**Irrational beliefs** – What's *really* behind your low confidence? Is it failure in the past? Has someone said you can't do it? Does no one believe in you? Challenge these irrational beliefs and learn that you are in control and can do anything you set your mind to in any way you like.

### Twenty One

**Break it anyway** -Take what your doing to the edge. Find the limits. Put fear aside and embrace the direction you're going. Acceptance of the unknown. Enjoy the journey with whatever comes your way. If it breaks or fails than you've found the limits and can rebuild stronger.

## Well Done! Choose One or Two Ideas and Practice

There you have it! 21 ideas to get your confidence back. It's up to you now to choose one or two of these ideas and implement them. I mean it! Stop what you doing. Pick one and do it!

Good things will happen for you, I'm certain of it.

### Wrapping up.

Feelings of unease and uncertainty are frustrating and can hold you back. Learning to be comfortable with discomfort is a good principle to embrace to find your optimal growth zone. Oscillating from a place of confidence and comfort to uncertainty and discomfort is a good strategy for learning and growth without getting overwhelmed or burned out.

Find a synergy, rhythm and balance that works for you. Get the rest you need and be mindful of how you are travelling to stay healthy and in your optimal zone as best you can.

With whatever challenge you're facing, know that coming out the other side only makes you stronger. Patience, gratitude, and your personal values are your guiding lights during this time. Embrace them and the support of others to get your confidence back.

For more resources or to learn more about how I can help you with personal Life Coaching, visit my website. <https://leeashby.coach>