



TAKE CONTROL COACHING

Infinite possibilities

SELF ESTEEM AND CONFIDENCE

Everyone faces dips in confidence and self esteem at times. For some this can be disabling and can cause blockages to moving forwards in life.

I've put together a small set of questions to ask yourself to help to give your self esteem a boost and show you just how much you shine.

Grab a pen and paper and write down whatever comes to mind...preferably at least 3 responses to each question. Try to keep this on one page in an easy to read format so you can refer back to it when you need.

For starters....

1. What are 3 strengths you can think of right away?
2. What are you proud of in your life? What do you like about yourself?
3. What do you do better than others?
4. What do you enjoy or love doing?
5. What small things do you do that you find extremely satisfying? What strengths could this point to?

Next consider how other people see you....

6. What do you get complimented on? What could be the strengths that lie underneath?
7. What would your partner or favourite person in the world say are your Top 3 strengths? Ask them!
8. What would your family say your strengths are? *Ask each family member in turn.*
9. *What do your friends admire in you? What do you get asked to help with?*
10. What would your co-workers say are your strong points? Again, if in doubt, just ask them!

And Finally.....

Jot down some answers to the following points.

11. What have you created and brought into the world? *(from childhood to now, anything you're proud of)*
12. What personal traits have contributed to your many achievements?
13. What challenges have you overcome? What strengths helped you along the way?
14. Who do you admire most and what are you doing like them in your life?
15. When do you do the opposite of everyone else? What strengths could lie underneath this?

Pin up your answers where you can easily see them.

Improving confidence and self esteem takes practice. You need to keep reminding yourself of your strengths and your uniqueness.

If you have any questions about this exercise or want further information please drop me a line at info@takecontrolcoaching.co.uk.

