

Confidence Workbook



Developing a CAN DO attitude

wee changes can make a **big difference** in helping you feel better

SPEAK TO SOMEONE IF YOU NEED TO

Sometimes our confidence can take a real knock because of something which happens in our lives or because of the behaviour of someone else. There is a difference between getting more confident and working through some life challenge which has affected our confidence. There are services and supports to help you work through issues arising from life challenges or learn to deal with them in new ways, if you need that extra support to speak through what you are feeling or thinking then find a local service near you, your GP may be able to help signpost you. This booklet is for self-help only and does not replace professional advice or support.

WHAT DOES BEING CONFIDENT MEAN TO YOU?

Sometimes we want to be more confident, but we aren't 100% sure what that means, having a chat to other people and asking what they think confidence means can help us think about what confidence means for us. Remember it's not one view is right and another wrong, it's just they are different and that's what can make conversation interesting. Capture your thinking in the box below:

What confidence means to me

WHY DO YOU WANT TO BE MORE CONFIDENT?

Now this may sound obvious but, sometimes we want something and we aren't sure why. Take time to really think about what a can-do attitude could do for you, maybe start a journal or use postcards or pictures, something you can look at which motivates you to go for whatever it is you want to succeed at. Capture in the box below what confidence would help you do:

Confidence would help me to...

SELF DOUBT VERSUS SELF AWARENESS AND IMPROVEMENT

Okay, can we agree everyone needs to learn and no one knows it all? So, needing to learn or improve is totally different from not believing you can do it in the first place, needing to learn or improve is recognising what didn't maybe go as planned and thinking about how it could be done differently next time. Don't worry about failing, everyone fails at first, its learning from this and keeping going gets us there in the end. Learning includes if this approach didn't work the first time, try a new approach. Think about this statement and write in the box below what you think about it:

Not always getting it right first time is okay because...

HOW WE TALK TO OURSELVES

We all have an inner voice, chats away to us all the time, take some time to become aware of your inner voice, is it male, female, happy, sad, confident, shy, supportive, critical. Developing a CAN DO attitude means developing a CAN DO inner voice, have a think about people who you find inspiring, or music which makes you feel great and when you want to be more confident use this CAN DO inner voice to support you to succeed. Capture in the box below what your inner voice is like:

When I listen to my inner voice this is how it makes me feel and this is what it sounds like...

REMIND YOURSELF WHAT YOU ARE GOOD AT

Yep, you are good at more things than you give yourself credit for. Trouble is, we all tend to think about what we can't do, or don't do well, which of course can make it hard for us to believe in our chances of succeeding at something new. Take time, write it down or look for pictures of things which show what you already have succeeded at. Think about the skills, experiences which helped you succeed at that and capture them in words or pictures to use them for new things you want to try out. You are a lot more capable than you give yourself credit for. Capture in the box below the things you are good at:

There maybe things I want to get better at, but I am also good at a lot of things now including



CHANGE HOW YOU TALK TO YOURSELF

Have a think about the kind of things you say to yourself when things don't go as planned, and how does this make you feel, then have a think about how you could say it differently and how that might make you feel e.g:

Negative Self talk	How it makes you feel	Positive Self talk	How it makes you feel
No point trying it will fail	Miserable and deflated	Never tried this before let's see how it goes	Curious and a wee bit excited
They will laugh at me	Ashamed and embarrassed	I am not the only person trying this	Reassured
I can't handle it if it doesn't work	Afraid	If it works it will be marvellous	Optimistic
See told you it wouldn't work	Hopeless	That didn't go to plan think I will try something else	Determined
I can't do that	Defeated	I gave it my best shot and it didn't work the way I had hoped	Sense of achievement and plans for what next
They all hate you	Alone	We cannot control how others behave its there problem not mine	Content

Using words and pictures think about your negative self-talk and how you could change it to be more inspiring and CAN DO. Confidence doesn't mean things always go as planned, it means we accept what we need to and do something about the things which are in our control. Fill in the table below for things you say to yourself and more uplifting alternatives when your negative self-talk gets in the way:

Negative Self talk	How it makes you feel	Positive Self talk	How it makes you feel

NEW SITUATIONS

Everyone can get anxious in new situations, maybe they won't admit it, doesn't mean they don't feel it. Think about all you have learned about yourself to date and think how you can develop a CAN-DO attitude to new situations, think about the questions below and capture your answers in the boxes provided, by imagining a new situation e.g. attending a new course:

- What have you found out about the new situation which can help you prepare

I can prepare for new situations by...

- What is your self-talk telling you?

To help me prepare to succeed its important my self-talk is...

- Is anyone there you know?
- Can you take someone you know with you?
- What is the best outcome from this new situation, have a vision of that in your mind?

What can I do to visualise the best outcome from this new situation?

- What are you looking forward to beyond the new situation as this can help you move through it?

What I am looking forward to most from this new situation is...

- Not all new situations are pleasant, what can you do to reduce the challenges this situation presents and who can help, so even in the most challenging situations you believe you can cope

Things which can make this new situation less challenging includes...



FOCUS ON POSITIVE THINGS

Now if life is challenging, focusing on positive things can be hard, but, when life is challenging this is the time more than ever that something positive is needed to hold onto as it can help you get through it. There is a heap of things we can do:

- **Remind ourselves of the things we are good at and we are all good at something so remember that**

I am good at...

- **Even when life is challenging there are things in our life which is good, remember them e.g. we live in a country with a free NHS and heaps free support services to be there for us when we need them, maybe you don't get every service you want, but, in comparison to countries where there is little or no free support we should be grateful**

I am grateful for...

- **Think about inspiring quotes or people who have overcome the odds**

A quote or person who inspires me is...

- **Remember the beauty in the world and yes there is cruelty but there is also kindness, focus on what works this can uplift us and transform our attitudes**

This is the kindness and goodness I see in the world...

- **Sometimes carrying a wee uplifting quote or picture with us can remind us of the good in the world, have a look at the confidence cards, find one which speaks to you, there are 52 to choose from so change them about depending on your mood**

MEDITATION AND VISUALISATION

What we focus on is where our feet take us, strange but true, so it's important we focus on where we want to be that is best for our lives and wellbeing. There are a few ways to do this, REMEMBER DON'T DO ANY MEDITATION OR VISUALISATION WHEN OPERATING MACHINERY OR DRIVING A CAR:

- Using words, pictures, drawings, whatever works for you, design a mood board, which is glue the words, pictures drawings to a piece of cardboard, you can get words and pictures from magazines and design a mood board which inspires you, focus on why this matters to you as you do it and look at it regularly to remind you of where you want to go
- Find a piece of music which inspires you, listen to it and imagine you have succeeded in whatever it is you are aiming for, some research suggests music with a good bass beat so find a tune which works for you and play it regularly and have it in your mind when you need that CAN-DO attitude
- Find a meditation exercise or visualisation exercise works for you, COPE Scotland will share an example of each on CD and as an MP3 download on their website but look for one which works for you
- Essential oils can also help lift our mood and feel more positive, speak to an aromatherapist and find out a selection of oils which you can use to support that extra CAN DO feeling
- Develop your own mantra and repeat this to inspire yourself, this relates back to self-talk so remember it's important what you keep repeating to yourself if you want a CAN-DO attitude which helps you succeed in what is important to you
- Learn to reflect when things don't go as planned, don't get defensive, remember we all fail. If it didn't go as planned think about what you would do differently next time. Learn and move on. When it did go as planned, reflect on what helped make it go as planned and use this new insight in future

“ You're braver than you believe, and stronger than you seem, and smarter than you think. „

- Christopher Robin

