



PART TWO

Think of a current situation in which you experienced a lack of confidence that you would like to change if you could.

1. What is the situation?
2. What do you say to yourself about the situation (self talk)
3. How do you feel physically? What sensations and feelings do you have in your body?
4. What do you do as a result of this?

PART THREE

Look at Part Two and using the information that you have learned about yourself in Part One, ask yourself - When I am in this situation:

1. What positive statement could I say to myself to be reminded of my power?
2. What could I do that would help me feel differently? (For example, create a visualization in which I remember how I felt in Part One)
3. What could I do differently, next time I am in this situation? What actions would empower me?