### FINESSING YOUR CONFIDENCE



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#### HEY, I'M KATE

I am passionate about helping individuals achieve their personal and professional goals, as a certified professional life coach and a certified mindset coach. I use my health education and communication skills to teach, mentor, and empower my clients to adopt positive habits, overcome challenges, and improve their quality of life.

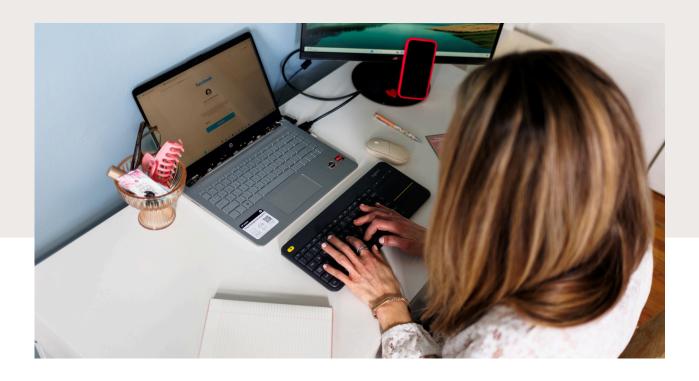
I hope that these exercises help you overcome your limiting beliefs and get you closer to the life you desire.

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LET'S DO IT!

## OVERCOMING YOUR LIMITING BELIEFS TO TAKE ACTION TOWARDS YOUR GOALS.

You will learn to overcome negative beliefs, learn about positive mindset, develop new habits that promote self-confidence, and reflect on ideas you have postponed this year. Then, you can choose one thought to act on to begin feeling like your best self.



#### MINDFULNESS TECHNIQUES

HAT EVIDENCE DO I HAVE ABOUT THIS BELIEF	=?

#### MINDFULNESS TECHNIQUES

VRITE 1 STRATEGY TO STAY FOCUSED IN PR	ESENT

# FIND YOURSELF AND START

YOUR WORTH TODAY.

#### **DESIRE LIST**

5 IDEAS I WOULD LOVE TO ACHIEVE:
HOW WOULD IT FEEL TO START ONE OF THESE IDEAS?

#### **DESIRE LIST**

мркоу	E MYSELF CONFIDENCE:
VRITE (	ONE POWER AFFIRMATION RELATED TO MY
	ONE POWER AFFIRMATION RELATED TO MY O KEEP ME FOCUSED:

# EVERYDAY, I AM MAKING

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#### **ACTION PLAN**

WRITE DOWN THREE THINGS YOU ARE
GRATEFUL FOR TODAY.
PLEASE WRITE ONE POWER CONFIDENCE
STATEMENT TO BE USED EVERY DAY.
WRITE DOWN 5 IDEAS/GOALS YOU WOULD LOVE TO ACCOMPLISH

#### **ACTION PLAN**

ACCOMPLISH THIS IDEA WILL IMPROVE YOUR LIFE	Ξ.
PUT THAT IDEA INTO ACTION BY BREAKING IT DOV	WN
TO SMALL STEPS!	

# REGAIN YOUR CONTINUED AND CREATE THE LIFE YOU Colored Colored



## ON TAKING THE FIRST STEP TO FINESSING YOUR CONFIDENCE AND OVERCOMING YOUR LIMITING BELIEFS.

If you found this helpful, be sure to check out **GlendonCoaching.com** 

where you can gain some additional tips via my blog and book a free 20 minute consultation.

