

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.

Kate. xo

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

A LIMITED BELIEF ABOUT MYSELF:

WHAT EVIDENCE DO I HAVE ABOUT THIS BELIEF?

MINDFULNESS TECHNIQUES

**WHAT PHRASE CAN I TELL MYSELF NOW,
THAT I HAVE A NEW PERSPECTIVE:**

WRITE 1 STRATEGY TO STAY FOCUSED IN PRESENT

FIND
YOURSELF
AND START
owning
YOUR
WORTH
TODAY.

DESIRE LIST

5 IDEAS I WOULD LOVE TO ACHIEVE:

HOW WOULD IT FEEL TO START ONE OF THESE IDEAS?

DESIRE LIST

HOW WOULD ONE OF THESE IDEAS HELP ME IMPROVE MYSELF CONFIDENCE:

WRITE ONE POWER AFFIRMATION RELATED TO MY IDEA TO KEEP ME FOCUSED:

EVERYDAY,
I AM
MAKING

progress

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

PICK ONE IDEA -WRITE DOWN HOW TO ACCOMPLISH THIS IDEA WILL IMPROVE YOUR LIFE.

PUT THAT IDEA INTO ACTION BY BREAKING IT DOWN TO SMALL STEPS!

REGAIN YOUR

confidence

AND CREATE

THE LIFE YOU

desire

Congratulations

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.

Kate Glendon
WELLNESS CONFIDENCE MINDSET COACH

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