

# Gaining Confidence by Being Grounded

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## CAUSES OF SELF DOUBT:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## THE NOT GOOD ENOUGH MINDSET:

1. I can't.
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## FIVE KEYS FOR LIVING IN CONFIDENCE:

1. Decide what \_\_\_\_\_ you want to live in.
2. Develop \_\_\_\_\_ for \_\_\_\_\_ you.
3. Do your \_\_\_\_\_ and forget the \_\_\_\_\_.
4. Guard your \_\_\_\_\_.
5. Determine \_\_\_\_\_ which fulfill you.

## WINNING CONFIDENCE

**Describe what universe you want to live in:**

**LIVING IN YOUR HEAD: (beside each one place a number between 1-10 with 10 being the highest number)**

1. Live in survival mode.
2. You are often defensive.
3. Afraid to take risks.
4. Must be right.
5. Your mind argues against itself.
6. Like to relive the past.
7. Feel that you can't be successful because you failed in the past.
8. You are often irrational.
9. Love to judge yourself and others.
10. Will judge and then sentence yourself (guilt or punishment.)
11. Guilt is one of your mind's favorite toys.
12. Believe that other people's opinions about you are critical to your success.
13. Love to believe in the stories of your past.
14. Compare yourself to others. (Comparison is the thief of all joy.)
15. Think beating yourself up is a good thing.

## **WINNING CONFIDENCE**

### **LIVING IN YOUR HEART:**

1. Align with all that is good.
2. Believe whatever happens is perfect.
3. Detach from the outcomes.
4. Understand your essence is pure love.
5. Know that you need to do nothing to be loved.
6. Understand your worthiness.
7. You are in a constant state of expansion.
8. Feel connected to all people.
9. Feel complete.
10. Know without thinking.
11. Does not have to finish a title or a descriptor after the words, "I AM."
12. Surrender judgment.
13. Align with harmony.
14. Have faith that everything you need will be delivered.
15. Know that you are forgiven instantly.

### **DEVELOP ROUTINES FOR CELEBRATING YOU:**

1. Record small \_\_\_\_\_ daily and \_\_\_\_\_.
2. Be \_\_\_\_\_ of where you want your \_\_\_\_\_ to go.
3. Set small, achievable goals that can be accomplished in \_\_\_\_\_ hours.
4. Focus on and put more \_\_\_\_\_ into your \_\_\_\_\_.
5. Create \_\_\_\_\_ around your \_\_\_\_\_ and \_\_\_\_\_.
6. Give yourself permission to be \_\_\_\_\_ in your \_\_\_\_\_.
7. Practice identifying \_\_\_\_\_ that happened to you.

## WINNING CONFIDENCE

### DO YOUR BEST AND FORGET THE REST:

1. Did you give \_\_\_\_\_?
2. Did you \_\_\_\_\_?
3. Did you \_\_\_\_\_ something from the \_\_\_\_\_?

### GUARD YOUR TRIBE:

- Understand that the \_\_\_\_\_ you surround yourself with \_\_\_\_\_ who you \_\_\_\_\_.
- Ask the question: Does this person \_\_\_\_\_ to me or \_\_\_\_\_ me?
- Minimize or eliminate all \_\_\_\_\_ relationships. (Including social media, the news, and negative shows.)

### DEVELOP BELIEF SYSTEMS THAT FULFILL YOU:

1. The Law of Attraction
2. The Law of Correspondence
3. The Law of Cause and Effect
4. The Law of Relativity
5. The Law of Rhythm
6. The Law of Choices