Gaining Confidence by Being Grounded

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CAUSES OF SELF DOUBT:

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THE NOT GOOD ENOUGH MINDSET:



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)

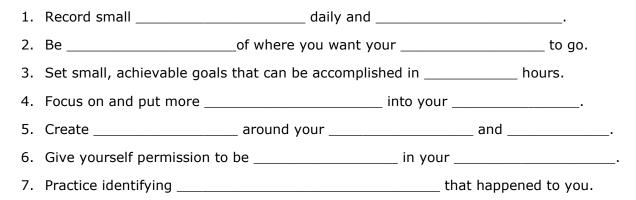
- 1. Live in survival mode.
- 2. You are often defensive.
- 3. Afraid to take risks.
- 4. Must be right.
- 5. Your mind argues against itself.
- 6. Like to relive the past.
- 7. Feel that you can't be successful because you failed in the past.
- 8. You are often irrational.
- 9. Love to judge yourself 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.

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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:



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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