

Build Your Confidence

The first step is to take one... one small step and the rest will follow.

What do you want to build confidence in?

Even if there are a million things, we have to start somewhere. E.g. using the hoist.

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Reality Check

- What's getting in the way of building your confidence on this?
- What needs to happen for you to feel confident?
- What is in your control?
- Who and what can help you?

Possible Actions

Use the template on the next page to note down your ideas. Use the questions to help - there are no wrong answers!

- What could take you one step closer to confidence?
- What would you advise a colleague to do?
- What would you do if you had all the time in the world?
- What's the tried and tested way to become confident in this area?
- What if you started completely from scratch, what would you do?

IDEAS
Brainstorm freely,
no idea is too small

First Step

Looking over your ideas...

- Which is the easiest?
- Which is the quickest?
- Which one would you love to do?
- Which one is the most useful?
- Which one feels right?

Which one do you choose as your first step:

And when are you going to do it:

On a scale of 1-10, how motivated are you to do this?

1 2 3 4 5 6 7 8 9 10
Low High

If you score less than 8:

What could you do to make this action even smaller?

You've got this!