



# SELF-CONFIDENCE FORMULA

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## MY GOAL

My chief aim in life is...

(Get clear on the guiding goal calling you forward *right now.*)

## WHO DO I NEED TO BE?

I am...

(To be the person that experiences the results of your goal.)

## **PERSISTENT ACTION**

I will...

(Make a commitment to YOURSELF, to take inspired actions forward towards your goal. This doesn't have to be a complete plan – you may not see the full path right now.)

## **THESE ACTIONS HAVE VALUE**

I will take these actions because...

(How do these actions serve the world? How am I adding to the life of others?)

## WHAT COMES UP?

I will be ready for the following limiting beliefs, negative emotions, worry, self-doubt, fears, and self-sabotages.

When this comes up...	I will...

(Prepare for these now so that when they happen, you can recognize it and have a go-to strategy for persisting. This is how you honor your own self-worth and build self-trust.)

## YOU ARE REWIRING YOUR BRAIN FOR CONFIDENCE AND SUCCESS

Make this a daily practice of celebrating your wins and affirming the cause and effect relationship between the actions you took and the results you created.

I took this action	I created this result