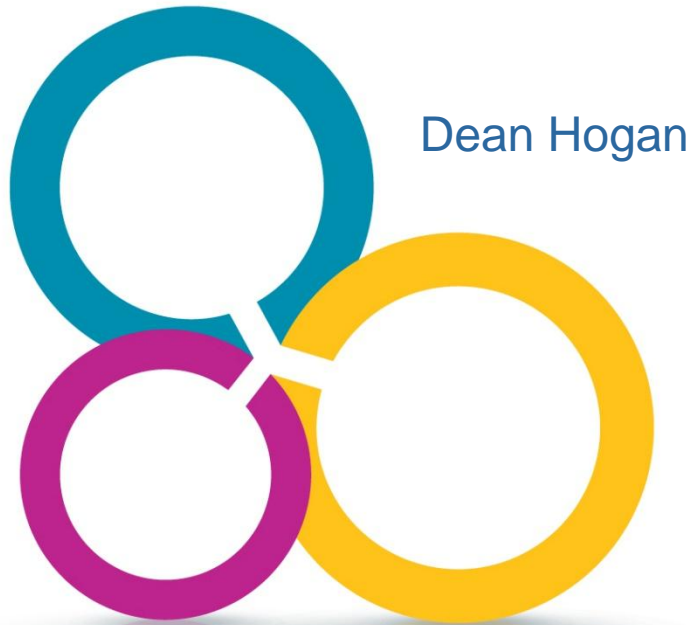


Building Confidence

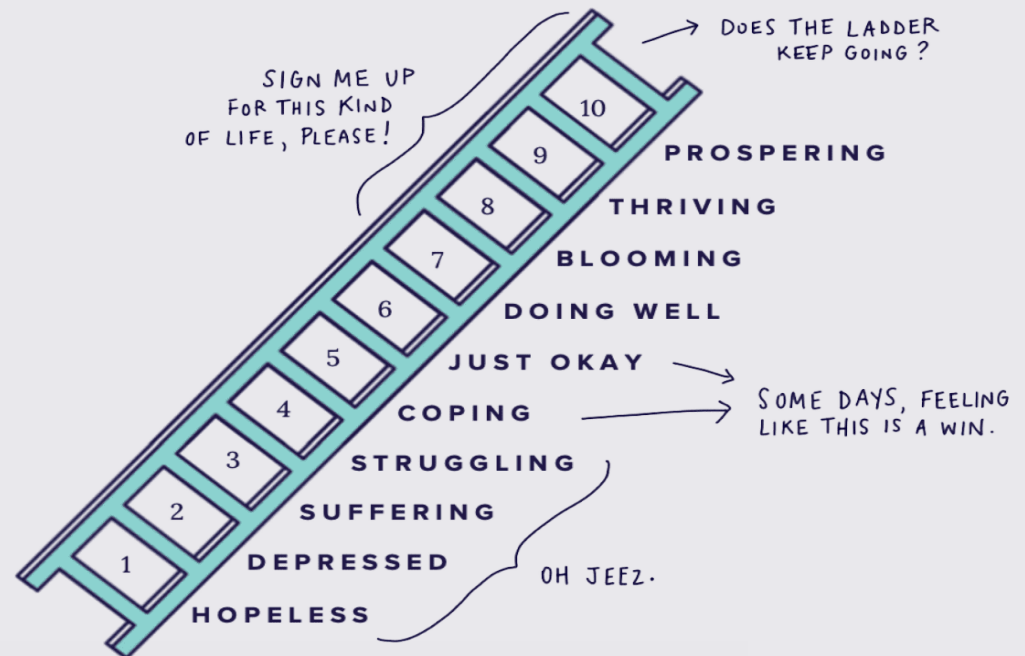


Dean Hogan





What
rung are
you on
today?



Building Confidence



- **What is the best thing about you?**
- **What are your greatest strengths?**
What do you do well?
What are you better at than others?
- **What do you consider to be your best quality?**
What are your three favourite qualities about yourself?

Building Confidence



- **What do you value and what are your fundamental beliefs?**
- **Do your core beliefs about yourself and your future development help you or hold you back?**
- **Where do you think your self-limiting beliefs or confidence issues stem from?**

Building Confidence



- **Consider a time you achieved personal or professional success. How did you feel?**
- **What achievement are you really proud of?**
- **What is the hardest thing you have ever managed to accomplish?**
- **What was the best moment of your day or week?**

Building Confidence



- **Why are you important to the people in your life?**
- **What are you grateful for?**
- **How do you define personal and professional success?**

Building Confidence



- Who do you know that has the type of confidence that you would like to have? Do you know anyone that has the type of confidence you hope to have?
- What qualities do these people with confidence have?
- If you could pick 3 of these qualities, what would you choose?

Building Confidence



- **Suppose that you have developed these 3 qualities in yourself and now they are part of who you are. What would that look like? What would that feel like?**
- **In order to start developing these qualities in yourself, what would be an ideal plan look like?**

Building Confidence



- **What daily practice can you perform to boost your confidence?**
- **Do you recognise any self-limiting beliefs you have?**
- **How are your confidence issues evident in your daily life?**

Building Confidence



- How often do you doubt your capabilities or the capabilities of others?
- What is one thing you can do to make yourself proud today?
- Have you ever passed your own expectations?
- Do you like trying new things or do they make you nervous?
- What songs can you listen to in order to boost your mood?

Please answer our questions and then we'll take yours.

Thank you for your time.

