

The Confidence Cleanse

What are my stories? What 3 or 4 things do I say to myself on a regular basis?

What do I get to do or NOT do by using these old stories? For each story you listed in the box to the left, write one way you are using it to stay put.

What's the worst thing that could happen if I change? Create a list of possible outcomes if you were to think/act differently.

What must I replace these stories with? For each story you listed previously, write one way you must change it to reach a higher level.



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What would my alter ego do? Your hero / Batman / Wonder Woman. How would they show up, what would they do? How can I embody that spirit?

What story will I start with? Pick one that you will work on changing this week.

When will you start working on that story? (Make a date with yourself.)

Post in your Facebook coaching group: "Here's what I commit to changing and this is the first action step I will take."