

## Building confidence

People can learn to access confidence whenever they want need to, to be honest people do this all the time without realising it. You know, you might be talking about a future Holiday with your loved ones, when you remember last year's holiday and remember getting up on stage at the karaoke night, so were so confident singing and dancing and the audience loved it, they were all up cheering and clapping.

By remembering past experiences will allow you to re-access the same emotions.



### Here is the Exercise

1. Think of a time that you felt really confident, we all feel confident at one time or another, you may be confident at work, you may be confident with your friends or maybe you are confident at a daily task like brushing your teeth. What are you confident at? Imagine you were confident right now, how does confidence feel to you?
2. As you remember feeling confident, you will start to feel confident. Think about this confident feeling, where in your body does this feeling of confidence start from? In your stomach, in your feet, in your head? Think about your feeling of confidence – where does the feeling start in your body?
3. Imagine you could see your confident feeling, what colour is your feeling of confidence? Make this feeling brighter and stronger. Does your confident feeling feel hot or cold? Double the temperature of your confident feeling.
4. In what direction does your feeling spin in? When you feel confident the feeling will spin in one direction or another, what direction does your spinning confident feeling spin in? Spin it faster and faster.
5. How much more confident do you feel now?