

HOW TO CREATE YOUR CIRCLE OF CONFIDENCE



Faking confidence is exhausting and feels unnatural. Instead, tap into your own authentic confidence by creating your Circle of Confidence. Follow the steps, practise and use often.

1 THINK OF A TIME WHEN YOU FELT CONFIDENT



It might be recent or years ago. It might have been as a result of something you consider quite small, or rather significant. It might be in a completely different context to the situation you want to feel confident in right now and that's great too. Just remember a time when you felt really good for being confident.

2 IMAGINE IT IN A CIRCLE ON THE FLOOR



The circle is a colour that represents confidence for you; I wonder what this is for you today? Within that circle, project into it the memory you just recalled when you felt really confident. See that memory in your circle now and enjoy remembering what felt good about it.

3 STEP INTO YOUR CIRCLE OF CONFIDENCE



Take a physical step forward into this circle of confidence, and as you do shift into the physiology of you at that confident time. When we feel in a state of confidence it's amazing how much taller and wider we stand, enjoying the space we take up as this confident person. Embody this confidence.

4 CONNECT WITH HOW GOOD IT FEELS



Now you're in your circle you can recall everything about that moment that feels so good. What it is you believe about yourself in that moment that you can connect with now. What it is you are telling yourself in your mind that helps you to know you've got this. What sensations you feel in your body that fuel your growing sense of confidence.

5 STORE ALL THE CONFIDENCE IN THE CIRCLE



Take a big breath in your circle and soak up everything about connecting with that moment that will help you in the future. And just imagine leaving all the feelings of this confidence in the circle as you step out, so that all of the positive things about this state of confidence remain present in the circle for the next time you step into it.

6 TEST YOUR RESOURCE ON A FUTURE EVENT



Think about a time in the future when you'd love to feel confident. With that event in your mind step forward into your circle and adopt the physiology of confidence. Notice how much better it feels going into the situation with your past confidence to fuel you. Let the sensations of confidence enter your body and grow in power.

7 NOTICE EVERYTHING THAT IS DIFFERENT



Notice everything that is different about being in that future moment having connected with your past confidence, including what you're doing, thinking and feeling. Then step back out of your circle once again. You may choose to repeat the process of thinking of a future event and then entering your circle again. Enjoy it.

8 STORE YOUR CIRCLE INSIDE YOU



When you take your final step back out of the circle, imagine picking it up and storing it within you so that whenever it would be helpful for you in the future you can put your circle on the floor in front of you again, step into it and feel all those wonderful feelings again. It's a resource within you now to use whenever it would serve you well.

If you'd like to work with me 1:1 to remove your confidence blocks and develop authentic confidence, check out my cutting-edge Authentic Confidence Programme. www.thepeercoach.com