

Confidence - The Six Cs

Communication, Concept, Competent, Control, Contribution, Courage

Blockers	Builders
Poor Communication skills "I am so shy. I don't know what to say to others."	Good communication skills "I am going to go over and introduce myself."
Critical self- concept "I can never do anything right."	Healthy self-concept "I am doing the best I can."
Feel incompetent "I am not talented at anything."	Feel competent " I am a good musician."
Life is out of control "I hate my life. I feel like I've made too many mistakes."	Life is in Control "I am glad I started saving evenings for my family and myself. I am taking small steps."
Not making a contribution "Nothing I do matters, Nobody cares whether I live or die."	Making a contribution "I try to do something that makes a difference for someone daily."
Has no courage, avoids risks "I am just not comfortable going places by myself."	Has courage, takes risks "I am going to overcome my nervousness and go anyway"

I am most confident when

I am not confident when

Someone or something that helped me being confident is

The most important thing I've learned about confidence is

What can I do to increase my confidence?
