

The Great Women's Academy

21

**GREAT Ways To
Supercharge Your
Confidence
Workbook**

Introduction

Building your confidence can make all the difference to your life, your career or business, enabling you to take more chances, try new things, go for your dreams and get what you want. In this workbook, you can work your way through our confidence coaching questions at your own pace, knowing that, with every small step you take, you are getting closer and closer to living the life of your dreams.

While it is up to you how quickly or slowly you work through the questions and activities, we recommend that you do one item each day to gain momentum and keep it going. Taking action, even the very smallest of steps, is a great way to build your confidence and learn from doing rather than just thinking about it.

However, don't be put off if your confidence is low before you start – you are doing something about it and that's a brilliant thing all on its own!

Wishing you GREAT success

Jane Lowe

Founder of The Great Women's Academy

Final Thoughts

Don't feel that you've got to get to the end of this workbook and suddenly be super confident. Building your confidence can take time and even if you have only had a small change in your confidence level, that's still progress and it shows you can do this. Well done!

And if you want to keep building your confidence, or need a quick boost for a particular event, you can work through this sheet again, whenever you like.

Stay happy, stay confident and go for it!

Contact Us

If you would like any further support or you would like to access our other GREAT free resources. Please feel free to contact use.

Jane Lowe – Founder of The Great Women’s Academy

Website: www.thegreatwomensacademy.co.uk

Membership Area: www.thegreatwomensacademy.mn.co

Email: info@thegreatwomensacademy.co.uk

Telephone: (0)7497775620

PLEASE NOTE: This document is provided for your own personal use - please feel free to download and print as you want. If you would like to use these documents for your business, for example reproduce, resell or give away as part of a package or free resource on your own website or blog please feel free to get in touch to discuss your requirements - thank you