

## How to Improve your Confidence and Mindset for Success – your Worksheet

### 1. What areas of my life can be improved by changing my mindset?

*I currently tell myself [insert negative mindset]...*

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*This affects me by/because...*

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*I could improve this situation by changing my mindset to....*

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**2. What does confidence mean for me?**

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**3. How confidence is learnt...**

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**4. I will increase my confidence from now, by...**

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