

POWERFULPERSPECTIVE.ORG

14 DAY
CONFIDENCE
CHALLENGE

workbook



Hello!

Are you ready to take your awesomeness to the next level? I'm thrilled to welcome you to the 14-day challenge to smash fear and embrace confidence.

Over the next two weeks, we're going to dive deep, push boundaries, and unlock your full potential. Get ready to discover just how much you're capable of!

Samantha Buhner

Samantha@PowerfulPerspective.org

HOW TO USE THIS WORKBOOK

The purpose of this workbook is to help you integrate what you learn through the daily email/video lessons and weekly workshops. Inside you'll find daily integration activities (one for each day's lesson), blank pages for note-taking during each workshop, and some Powerful Perspectives to help you THRIVE!

There are two ways you can use this workbook:

1. If you prefer to write freehand, you can print it out and physically write in the blank spaces.
2. If you prefer to write on the computer, you can type directly into the designated spaces.

Here are the steps to save your work online:

- a. Download and save the workbook PDF file to your computer.
- b. Use Adobe Reader to open the PDF workbook.
- c. Fill out your workbook.
- d. In the Adobe Reader menu, go to File > Save As. Choose the PDF format.
- e. Choose a location to save the file, then click Save.

HOW TO GET STARTED

1. You'll receive an email lesson each day for 14 days.

Starting with DAY 1, watch or follow the lesson each day for 14 days. The email lessons are short (only a few minutes each). If you skip a day, or several, don't worry.

Pick up where you left off when you're ready. I encourage you to go at your own pace, taking days off whenever desired.

2. Complete the related integration activity in this workbook after each email.

3. Participate in the LIVE workshops each week.

February 20, 2024, at 6 pm CT – The Power of Confidence

February 27, 2024, at 6 pm CT – Building Courage & Confidence

March 5, 2024, at 6 pm CT – Accelerating Transformation

You'll get an email with the link 24 hours before each workshop.

Be sure to check your spam folder if it hasn't arrived as expected!

During each workshop, there will be time for Q&A at the end. If you have a question you want to ask in advance, email it to samantha@PowerfulPerspective.org, and I will do my best to address it during Q&A or personally via email.

COURSE CONTENTS

DAY 1 WORKSHOP

1. Thrive Model
2. Challenge Language
3. 4 Questions
4. Empowering Beliefs
5. I am confident...
6. The TRUTH Formula
7. The SYSTEM

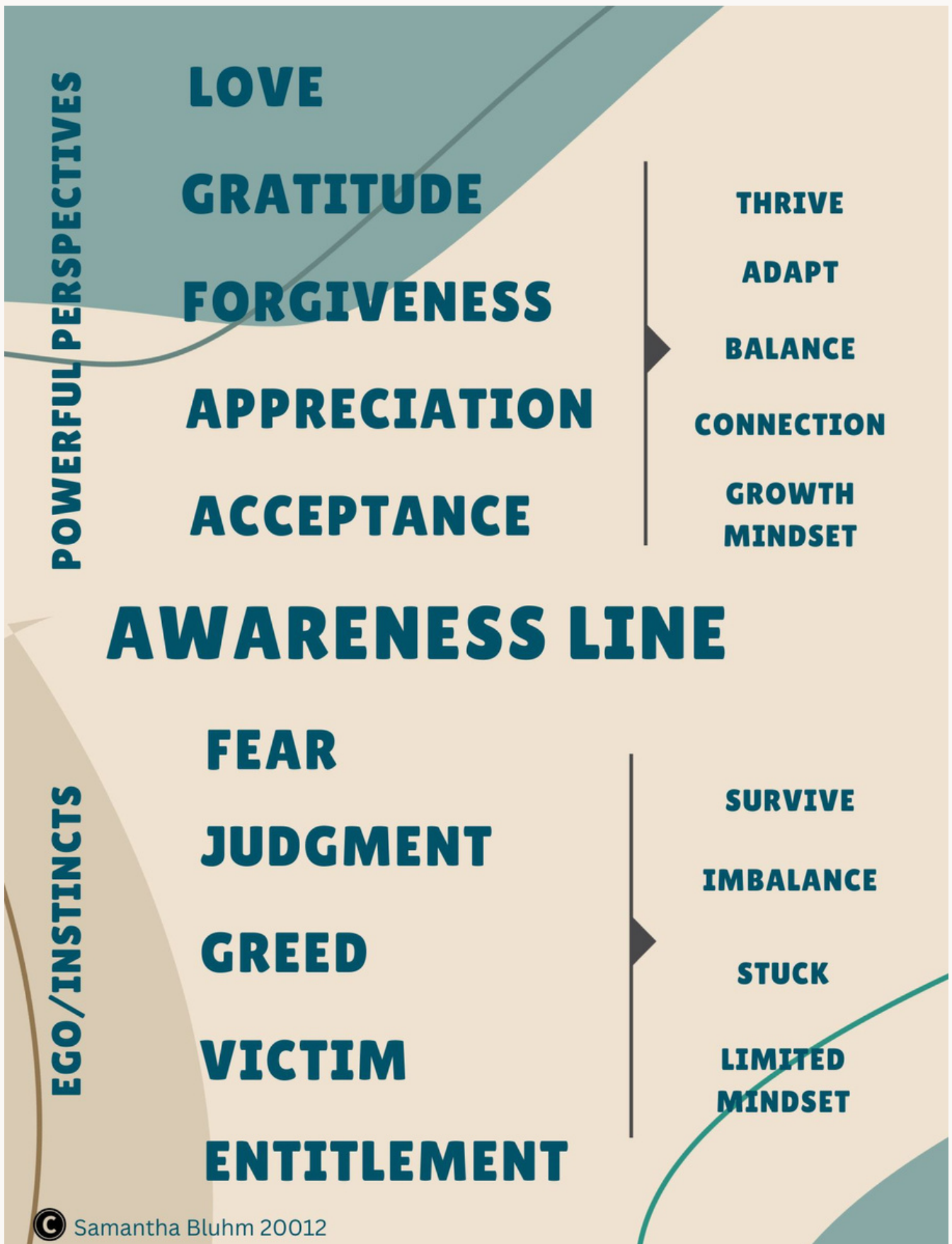
DAY 7 WORKSHOP 2

1. Flip the Script
2. Active Listening
3. Positive Replacement Thoughts
4. Face your Fears
5. Promise Statements
6. GLAD

WORKSHOP 3

1. Impactful Actions
2. Celebrate & Next Steps

THE THRIVE MODEL




CHALLENGE YOUR LANGUAGE

BY ACTIVELY CHALLENGING NEGATIVE SELF-TALK, YOU CAN BEGIN TO SHIFT YOUR MINDSET TOWARDS ONE THAT IS MORE POSITIVE AND SELF-AFFIRMING, LAYING THE FOUNDATION FOR INCREASED CONFIDENCE.

KEEP TRACK OF HOW OFTEN YOU USE THE WORDS "I SHOULD," "I HAVE TO," OR "I NEED TO" BY PUTTING A HASH MARK NEXT TO THE CATEGORY.

I SHOULD	
I MUST	
I HAVE TO	
I NEED TO	
HOW I FEEL	



Every moment is an opportunity
to transform your perspective to
a powerful perspective.

FOUR QUESTIONS

[1 of 2]

Three things you love?

Write your answer here...

Three things you're good at?

Write your answer here...

FOUR QUESTIONS

[2 of 2]

Three things you want to love or be good at?

Write your answer here...

Three things you have survived?

Write your answer here...

WHAT YOU HAVE WHEN YOU HAVE WHAT YOU WANT

Write down the empowering beliefs that you'd likely possess if you had what you want and the confidence to boot.

Then, study that list, check the validity of those beliefs, and start acting as if. For example, if I had confidence, I might believe:

- I'm worthy
- I'm deserving
- There's enough for everyone.
- I can do hard things.
- I'm brilliant, clever, and aware of trends.
- I have a lot to offer the world.

**MY EMPOWERING BELIEFS
[WHAT I'LL HAVE WHEN I HAVE WHAT I WANT]**

I AM CONFIDENT

When we focus on what we are confident about already, it “primes the pump” for additional confidence to take seed.

-01-

I AM CONFIDENT THAT...

-02-

I AM CONFIDENT THAT...

-03-


I AM CONFIDENT THAT...

-04-

I AM CONFIDENT THAT...

-05-

I AM CONFIDENT THAT...



When I dare to be powerful. To
use my strength in the service of
my vision, it matters less and less
whether I am afraid.

Audre Lorde

THE TRUTH FORMULA

The Truth Formula is a way to frame up the conversation to ensure respectful dialogue, clear understanding of the goals, and a good faith intention to find middle ground.

The Truth Formula isn't about questioning our deeply held beliefs, rather it is an approach to examining where we have alignment as a starting point.

YOUR TRUTH: IT'S YOURS AND YOU GET TO OWN IT.

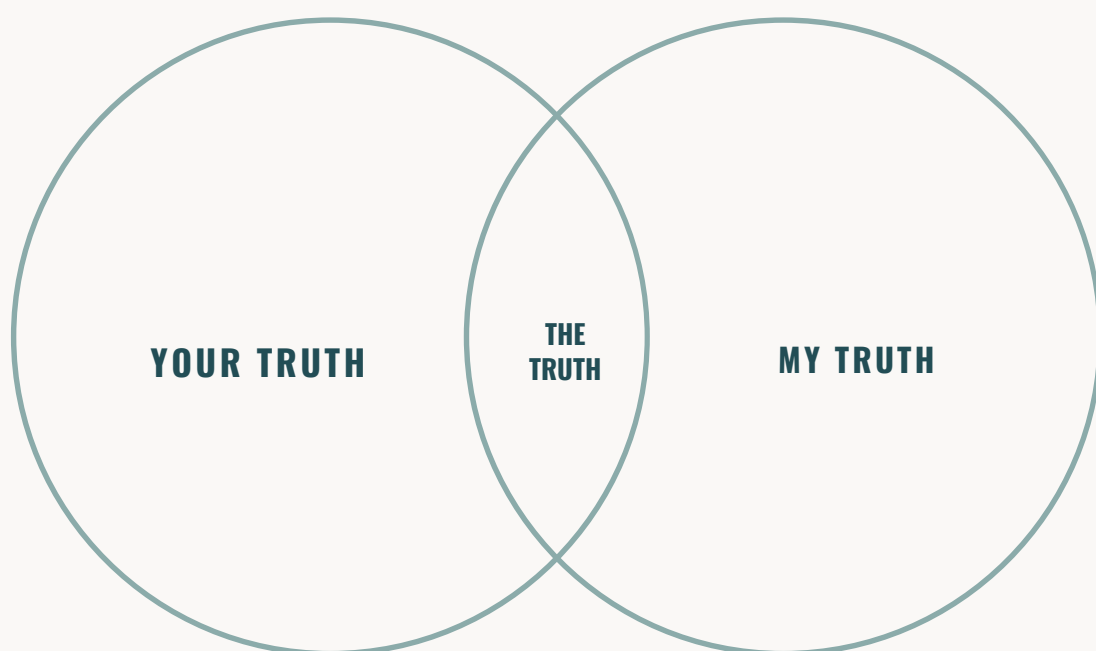
IT IS THE COMPILATION OF:

- WHAT YOU BELIEVE
- WHAT YOU EXPECT
- YOUR VALUES
- HOW YOU CHOOSE TO RESPOND

MY TRUTH: IT'S MINE AND I GET TO OWN IT.

IT IS THE COMPILATION OF:

- WHAT I BELIEVE
- WHAT I EXPECT
- MY VALUES
- HOW I CHOOSE TO RESPOND



THE SYSTEM

-01-

Identify what you want

Be clear (and remember you can't change others)

The process of getting clear on what we want involves taking a pause or asking others what they want and what difference it will make. Notice the motivation behind the want - what is driving the behavior or words?

-02-

What will you have when you have what you want?

Go deeper into the inquiry

Often what we say we want is surface. When we understand what we will have when we have what we want we approach the situation with intention. Often what we will have is defined by an emotion.

-03-

What are the barriers to having what you want?

Explore all angles

Identify the largest barriers first and then break them apart. This will help makes the smaller barriers more manageable.

THE SYSTEM

[CONTINUED]

-04-

What opportunities do the barriers present?

Stretch yourself and chunk it down

-05-

Test the Perspective

Possibility Pie

Test the opportunities to ensure the opportunities are grounded in powerful perspectives. We do this by asking questions such as:

1. Is the action fair?
2. Is it beneficial to all concerned?
3. Does it promote good will?
4. Does it require support or buy in from others?
5. How committed to the action are you?

ACTIVE LISTENING

Reflection on the Experience: Write about how you felt during the conversation. Did you notice any changes in your emotions, such as empathy or understanding, as a result of actively listening?

1

Observations and Insights: Jot down any key insights or observations you made about the person you were listening to. What did you learn about their perspective, feelings, or experiences?

2

Challenges and Successes: Reflect on any challenges you encountered while practicing active listening. Did you find it difficult to stay fully present and engaged? What strategies helped you overcome these challenges?

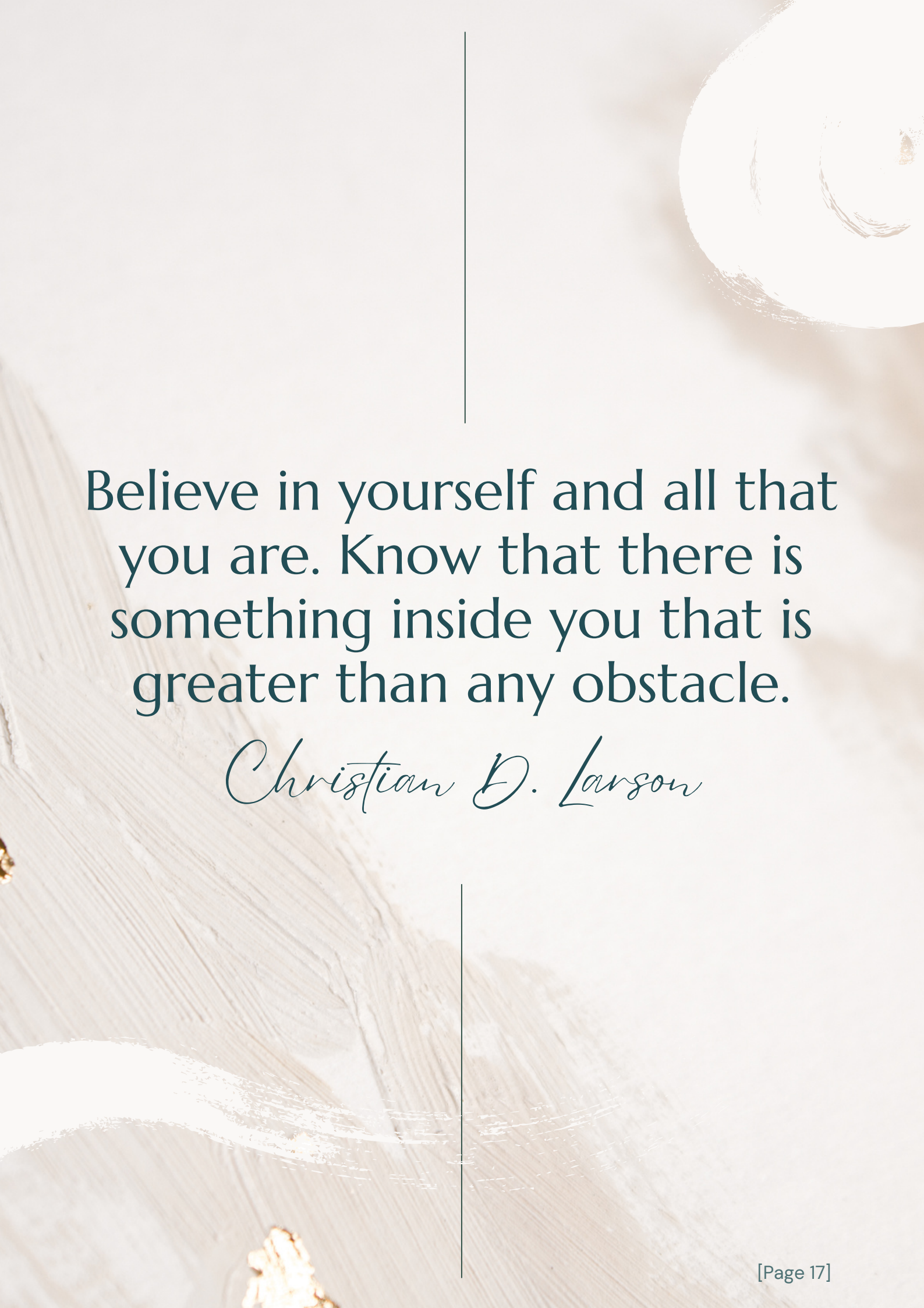
3

Impact on Communication: Consider how active listening influenced the dynamics of the conversation. Did it foster a deeper connection and understanding between you and the other person? Did you notice any changes in the quality of communication compared to previous interactions?

4

Areas for Improvement: Identify areas where you can further develop your active listening skills. Are there any habits or behaviors you'd like to work on to become an even better listener?

5



Believe in yourself and all that
you are. Know that there is
something inside you that is
greater than any obstacle.

Christian D. Larson

POSITIVE REPLACEMENT THOUGHTS

INSTRUCTIONS

Taking back control of our thoughts allows us to change how we feel, so that we can improve our mood. Becoming more aware of our self-critical or negative thoughts is the first step in building that self-awareness.

This exercise is designed to help you identify the positive in events and people, then make a habit out of doing so.

Write any **Automatic Negative Thoughts** that you can think of in the left column. Next, consider each in turn and see if you can challenge it with a **Positive Replacement Thought** in the right-hand column.

This exercise has no time limit. To get better at finding the positive in situations and people, you may want to set aside some quiet time each day or week to turn some ANTS into Positive Replacement Thoughts.

Trust yourself.

FACE YOUR FEARS

WRITE DOWN EXACTLY WHAT YOU'RE AFRAID OF. BE SPECIFIC AND CLEAR ABOUT THE FEAR THAT'S HOLDING YOU BACK.

MY FEAR

DEFINE THE WORST CASE SCENARIO



LIST WAYS TO PREVENT IT



WHAT WILL YOU DO IF THE WORST HAPPENS?



REALITY CHECK - WHAT IS THE LIKELIHOOD OF THE WORST HAPPENING?



WHAT ARE THE BENEFITS AND POSITIVE OUTCOMES FROM OVERCOMING IT?

TAKE ACTION

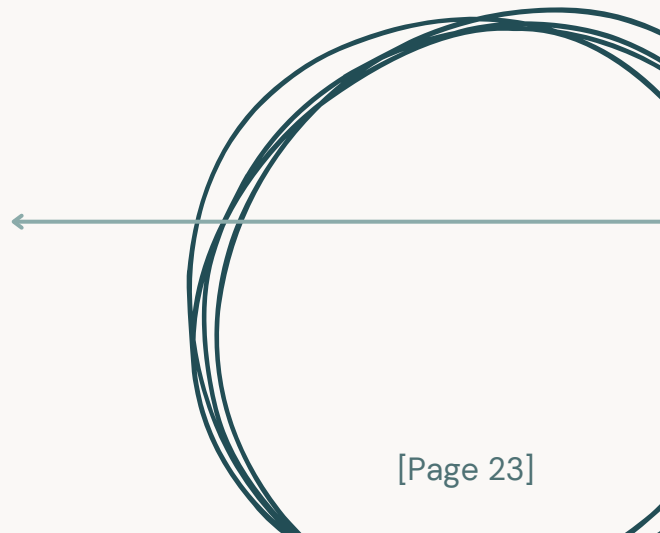
MY FIRST STEPS WILL BE



I COMMIT TO TAKING THIS ACTION ON [time/date]

THE GLAD TECHNIQUE

THIS EXERCISE AIMS TO HELP YOU UNDERSTAND THE G.L.A.D. TECHNIQUE SO YOU CAN CHALLENGE NEGATIVE THINKING AND INCREASE SUBJECTIVE HAPPINESS BY BECOMING MORE AWARE OF THE POSITIVE THINGS THAT HAPPEN AROUND YOU DAILY.



OVERVIEW



The essence of gratitude is thankfulness and appreciation. Practicing gratitude will help you notice the good you experience every day. Gratitude does not have to involve life-changing, transformative events. You can feel grateful for basic things.



Every day is full of opportunities to learn something new. This could be something you learned about yourself or your loved ones, a fun fact, or gaining a new perspective on something. It can be absolutely anything you didn't know yesterday but know today.



Many people think about accomplishments in terms of long-term, major life goals. In reality, they do not have to be something life-changing or extraordinary. An accomplishment can be an ordinary everyday thing, like getting enough sleep, staying hydrated, or completing a small task on your to-do list.



Delight is about experiencing joy - even if it is just momentary. As with the other elements of the G.L.A.D. technique, you can find delight in simple, everyday things.

MATRIX

BY PAYING ATTENTION TO THESE FOUR ELEMENTS THROUGHOUT YOUR DAY, THE GLAD TECHNIQUE WILL HELP YOU CULTIVATE A THRIVE MINDSET THAT WILL HELP YOU FEEL HAPPIER AND CONFIDENT.

GRATITUDE

LEARNING

ACCOMPLISHMENT

DELIGHT



PROMISE STATEMENTS [WAYS OF BEING]

Values are standards that guide our decisions and choices. Ways of being are how we demonstrate or model those values to others. Promise statements are declarations of how you choose to live your values every day.

EXAMPLE

Value: Authentic Intimacy

Way of Being: Courageous

Promise Statement: I promise to show up with friends and family whole and complete, unafraid of what I feel and freedom to express those feelings

Value:

Way of Being:

Promise Statement:

Value:

Way of Being:

Promise Statement:

Congratulations!

Celebrate your success and envision the limitless possibilities that await you. Your confidence is a powerful tool—how will you wield it to shape your future?

As we wrap up this chapter, I want to highlight the next steps on our journey:

- **One-on-One Coaching Sessions:** For those interested in diving deeper into specific topics or seeking personalized guidance, consider one-on-one coaching sessions to reach even higher.
- **Chaos Creator Workshop:** The upcoming Chaos Creator Workshop addresses the **external chaos** that can impact shake our confidence - or at the very least steal our joy.

I can't wait to hear about the incredible ways you'll continue to cultivate and utilize your confidence.



With Gratitude,

Samantha

