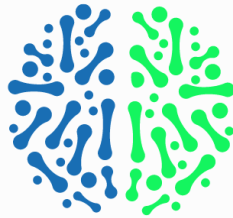


# THE CONFIDENCE KICKSTART WORKBOOK

*Quick Exercises to Boost Your Confidence in Any Situation*






**PACIFIC**  
Training Solutions

*Confidence isn't something you're born with—it's something you build. Whether you're about to give a presentation, step into a new role, or just want to stop second-guessing yourself, this workbook is designed to get you feeling bold, self-assured, and ready for anything.*

## CHAPTER 1: THE 2-MINUTE POWER BOOST

(For when you need confidence ASAP—before a meeting, a tough conversation, or a social event.)

### 1. Power Pose (Yes, Really)

-  Stand up, feet shoulder-width apart.
-  Hands on your hips or raised like a champion.
-  Hold for 2 minutes, breathe deeply, and feel the shift.

(Science-backed! Amy Cuddy's research shows this can actually boost confidence and lower stress.)

### 2. The “Hype Song” Trick

Put on a song that makes you feel unstoppable. Think Beyoncé's Run the World, Eye of the Tiger, or anything that makes you want to strut into a room like you own it.


 TRY IT: What's your hype song? Write it down here:

### 3. The “I've Got This” List

Before a nerve-racking moment, write down three things you've done well recently. Remind yourself that you're capable and have tackled challenges before.

Example:

- “I nailed that client call last week.”
- “I figured out a difficult task on my own.”
- “I helped a friend through a tough situation.”

 **YOUR TURN:** List three of your wins:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## CHAPTER 2: TALK THE TALK CONFIDENCE IN CONVERSATIONS

(For when you want to sound more self-assured in meetings, networking events, or casual chats.)

### 1. The “Pause & Power” Trick

- ❌ Avoid the “ummm, like, I think...” filler words.
- ✅ Instead, pause before speaking. It makes you sound more confident and in control.

### 2. The “Confident Voice” Challenge

🗣️ Read this out loud, standing tall:

“I have valuable ideas to share. My voice matters. I bring something unique to the table.”

💡 Now, rewrite your own power statement:

“I am \_\_\_\_\_, and I am great at \_\_\_\_\_.”

### 3. The “Exit Strategy” for Awkward Situations

If a conversation is dying and you don’t know how to leave, try:

- ✓ “I’d love to keep chatting, but I need to [grab a drink/take a call/find my friend].”
- ✓ “I really enjoyed this conversation! Let’s connect again soon.”

(Smooth, professional, and no awkward hovering.)

## CHAPTER 3: THE CONFIDENCE MINDSET SHIFT

(For long-term confidence growth—because self-belief is a habit.)

### 1. Flip the Script on Negative Thoughts

- ❌ Before: “I’m not qualified for this.”
- ✅ After: “I’m still learning, and I bring fresh ideas to the table.”
- ❌ Before: “What if I mess up?”
- ✅ After: “What if I do great?”
- 💡 Your Turn: Write down one negative thought, then rewrite it as a positive belief:

\_\_\_\_\_ → \_\_\_\_\_

### 2. The “What’s the Worst That Can Happen?” Game

When fear kicks in, ask yourself:

- 😱 What’s the absolute worst that can happen?
- 😓 And if that happens, what will I do?


Most of the time, you’ll realize the worst isn’t that bad—and you can handle it.

## CHAPTER 4: THE 7-DAY CONFIDENCE CHALLENGE

Want to boost your confidence in just a week? Try these daily challenges:

- ✓ Day 1: Say something positive about yourself out loud. (Yes, to yourself. No, it's not weird.)
- ✓ Day 2: Make eye contact and hold it for an extra second in conversations.
- ✓ Day 3: Walk into a room like you own it—shoulders back, head high.
- ✓ Day 4: Speak up at least once in a meeting or group chat.
- ✓ Day 5: Try something new that you'd usually hesitate on.
- ✓ Day 6: Compliment someone—it boosts their confidence and yours.
- ✓ Day 7: Reflect on what you learned and celebrate your wins.

### FINAL BOOST: YOUR CONFIDENCE CHEAT SHEET


 **Remember:** Confidence isn't about knowing everything. It's about trusting yourself to figure things out.

 One thing I'll do today to be more confident:

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 One thing I love about myself:

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 Let's go! Confidence is a skill—you're already building it. 💪

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