



ZOP THOUGHTS: Confidence

deliberately build certainty instead of doubt

Certainty and doubt often come from the same four sources: personal experience, physical state, vicarious experience, and persuasion. The difference lies in how you interpret those sources. Use this worksheet to identify your personal supply of confidence within each of the four sources. Revisit and add to this worksheet as often as necessary.

<p>PERSONAL EXPERIENCE</p> <p>Your past accomplishments, failures, or performances. <i>How can you leverage these to build confidence?</i></p>	<p>PHYSICAL STATE</p> <p>How your body feels or your physical fitness. <i>What are your physical strengths or what have you been strong at in the past?</i></p>
<p>VICARIOUS EXPERIENCE</p> <p>Other people's accomplishments or failures. <i>How can you use their experience to inspire you or increase your confidence?</i></p>	<p>PERSUASION</p> <p>What others say to you and what you say to you. <i>What do you choose to listen to or what do you tell yourself to boost confidence?</i></p>