

## Work Sheet: **Confidence**

### **EXERCISE I**

***“I AM AMAZING!” \****

*We build our confidence 1 block at a time. We build on past successes and experiences. Sometimes we under-value what these hard-won successes have meant and how they molded us. (Often we don't even remember them). We don't recognize them for the foundation they lay. Let's change that! Let's focus on all your successes and the fact that you are AMAZING! This is not boastful or arrogant! It captures the amazing, strong, confident person you are becoming.*



### **Explore all your successes!**

*Look at EVERYTHING that you have ever done, overcome, achieved, and experienced as these are the building blocks for your confidence.*

*Set the timer for 10 minutes. Take out a piece of paper. Write down every single success you have ever had – no matter how big or small. No judging or discounting allowed!*

**Ready! Set! Go!**

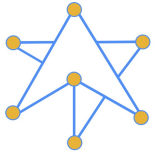
**Here are some question prompts: What ..... ??????**

*~ skills and talents do you possess?  
~ positions have you held?  
~ life experiences have you overcome?  
~ have you done as a volunteer?  
~ does your family love about you?  
~ is a success you never told anyone?  
~ degrees and education do you have?  
~ 'school of life' experience do you have?  
~ are you most proud of in your life?  
~ what do people depend on you to do?  
~ bad situations did you leave behind?*

*~ do your friends love about you?  
~ do you love about you?  
~ are your natural skills and talents?  
~ do you appreciate about yourself?  
~ is the first success you remember?  
~ is your most recent success?  
~ is your hardest-won success?  
~ awards have you won?  
~ training have you completed?  
~ obstacles have you overcome?  
~ skills do you take for granted?*

**You are now ready to assert “I am amazing because \_\_\_\_\_!”**

\* Adapted from materials produced by Positive Intelligence, Inc.



## **EXERCISE II**

*Take your complimentary Positive Intelligence Assessment on-line to discover  
your Judge and Saboteurs! (They are nasty hidden characters which  
can be exposed and disempowered through Positive Intelligence)*

**Positive Intelligence (PQI)** is a person's capacity to respond to challenges across a range of dimensions – personal, professional and organizational - with a positive rather than negative mindset. Stronger PQI has been shown in research to lead to improvements in:

- Confidence
- Peak performance
- Peace of mind / wellness
- Healthier, more productive relationships - at work, at home and elsewhere
- Leaders and teams working more effectively together

Higher levels of PQI help people strengthen their ability to counteract the impact of negative emotion - such as fear, anxiety, frustration - and build their ability to operate from a wiser, more confident and focused perspective

**PQI** emerges from Shirzad Chamine's work at Stanford University into the nature of *Positive Intelligence*. This program is founded in a synthesis of recent breakthroughs in neuroscience, cognitive and positive psychology, and performance science, based on research extending to 400,000 participants from 50 countries, including:

- Several hundred CEOs
- Sales, Operations and Technology teams in a variety of sectors and organizations
- Stanford University students
- Elite Athletes

**WATCH:** a Ted Talk by the NY Times best-selling author Shirzad Chamine who created the PQ Intelligence framework and methods. <https://www.youtube.com/watch?v=-zdJ1ubvoXs>

**TAKE:** your free Saboteur assessment. <https://www.positiveintelligence.com/assessments/>

**EXPLORE:** the framework of Positive Intelligence. <https://www.positiveintelligence.com/>

For more information or to understand the dramatic positive outcomes for you and your teams found in increasing your Positive Intelligence Quotient, please contact Jill Perrin at [jillperrin@unlockedleadership.com](mailto:jillperrin@unlockedleadership.com) or call / text her at 908-433-6807. We'll explore how to you can develop new leadership practices that weaken your individual "Saboteur influences" and boost your more effective "Sage thinking," ultimately increasing your happiness.