

I AM CONFIDENT



I AM CONFIDENT WORKBOOK

I AM...

The I AM journey is made up of four parts, with each part building on the next.

We begin at the beginning with low self-esteem (I AM More Than Enough workbook) which, when healed, moves you forward to...

Creating a higher level of confidence (I AM Confident workbook). A heightened level of confidence naturally brings with it a sense of knowing that...

You are deserving of greatness (I AM Deserving workbook). Great self-esteem, confidence and belief that you deserve everything you desire frees you so you can...

Be seen for who you are and the gifts you have to share (I AM Ready to be Seen workbook).

And then, with all four pieces in place, the money in your business is unlocked and begins to flow.



From Ilana's Desk



Confidence is an innate part of who you are. You came into this world brimming over with it but then, as you grow, your confidence in certain areas gets knocked and you can start to tell yourself that you're just not a confident person.

In this workbook we'll be busting that myth so that you can see that you are in fact confident, capable and, actually, downright brilliant!

Let's begin...

Ilana



Contact me:

Ilana Jankowitz | Email: ilana@MindfulMoneyCoaching.com | Calendar: <https://calendly.com/moneymagic>



M i n d f u l M o n e y C o a c h i n g . c o m



WHAT IS CONFIDENCE?

Confidence is about showing all the way up. No more hiding, no more waiting and no more putting it off until someday later. Your life is happening NOW, and you can use your voice, rise up, and you can be seen. **Today.**

We are not wasting another minute on excuses. This is your time to shine! Ready? Let's go!

Accept your doubt. Not all self-doubt is a bad thing. Sometimes it's a signal that we haven't prepared enough, need more information, should move in a different direction, or take a break. Write about a time when self-doubt was actually useful.

There can be a lot of boldness and bravery in small steps. Write about a time when you took a seemingly small—a step which led to incremental changes and a boost in confidence.



Take a small step. Spend just five minutes taking action on something you have been putting off. Congratulate yourself. Feel more confident and motivated. Set a goal to take another step. What small step will you take this week?

Remember helpful feedback. A confident person can accept helpful feedback and act on it without getting defensive. Reflect on and write below a time when you handled criticism without allowing it break you.

Tap into what you are looking for: For example if you are shopping to create a feeling (rather than because you actually need something) stop for a moment and find your inner voice. What are you seeking - then tell yourself what you need to hear. Write below what emotions come up for you? Write them below.



Notes

