

BUILD THE CONFIDENCE MUSCLE

# Building Your Self-Confidence

By Farida Bharmal



# Introduction

Do you have the self belief and confidence to make a difference? Do you “just know” that you’ll succeed no matter what? Sometimes we are just an inch away from the biggest success of our life and yet we don't extend our hand to take it

Confidence is a psychological state, not something that could be learned like a set of rules. Positive thinking, practice, training, education, and interacting with others are all effective ways to develop or boost your confidence.

Feelings of well-being, acceptance of your body and mind (self-esteem), and belief in your own ability, abilities, and experience all contribute to confidence. Most people would like to have more confidence.

**Identifying and exploring your strengths will naturally develop your confidence. Increasing your ability to not only do a great job but get recognized for it too.**

In this Work Book you be able understand how to build your own confidence level. Being confident not only helps you seek new opportunities but also trust yourself a lot more. Take a printout and give yourself 30 minutes to complete it without distractions



# About Me



**Farida Bharmal**   
The Personality Designer

**Farida Bharmal** is a Certified Counselor, Life Coach and specializing in the field of Graphology (Handwriting Analysis ). She is passionate about adding value to life and her personal commitment is creating fearless confident people, who wish to develop their Personality ,develop relationships, want self respect in life. Her wish is to impact 10 lakh women to live their highest life. She believes that women can be unstoppable if their just allow themselves to let go of their limitations that are blocking their path to success

# Discover Your Strengths

## Your Strengths

1. What are the strengths you've realized you can't live without? Why?
2. In your current life, how are you utilizing your strengths?
3. What are some of your proudest strengths? Why?
4. What strengths have you combined to accomplish something?

## Unexplored Strengths

1. What unexplored strengths would you like to develop?
2. What might you need to change to make it happen?
3. What goal could you set that would encourage you to use them more?

# Achieving your Goals

Understand how your strengths can help you achieve your goals and how to overcome difficulties.

**Goal :**

Strengthening your goal

What strengths would support your goal?

How would it support your goal?

What actions will lead you towards your goal?

Challenging your goal

What weaknesses can impact your goal?

How would it affect your goal?

What strengths will support you?

# Do More of What You Love

List 3 things you would love to do MORE



List 3 things you would like to do LESS



1

Which of your strengths support you the most in doing what you love?

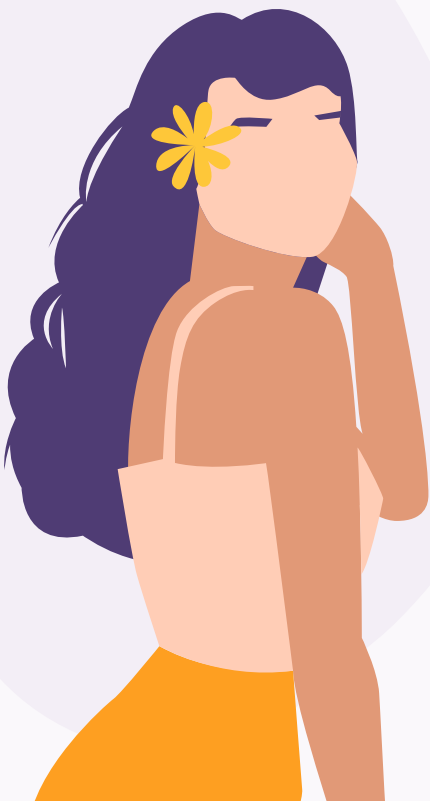
2

Do any weaknesses affect you to do more of what you love?

3

What strengths drive you towards doing strenuous activities?

**Pursue the things you love doing. You can only become truly accomplished in something you love.**



# Overcoming a Challenge

Use your strengths to overcome difficulties and take positive action to move forward

## Your Challenge

1. Which of your realized or unexplored strengths will support you the best in your situation?
2. What combinations of strengths can you use to support yourself?
3. What steps will you take now to move forward?

1. Which one of your weaknesses and demeanor affecting your challenge?
2. What do you need to use less of these to help you?
3. What steps will you take now to move forward?

EXTRAORDINARY LIFE PLAN

# Use Your Strengths to Design Your Extraordinary Life

Join us for a Video Course that will help you use your strengths ,set goals and take action for your success. Write down your goals in less than 60 minutes

**JOIN NOW**

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