

**YOUR
OWN
GUIDE**



I'm breaking the habit

**BREAK THE HABIT
OR
THE HABIT BREAKS YOU**

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Want to be more confident?

You should reconsider breaking the daily habit that leaves you with insecurity and sweaty hands.

Ask yourself!

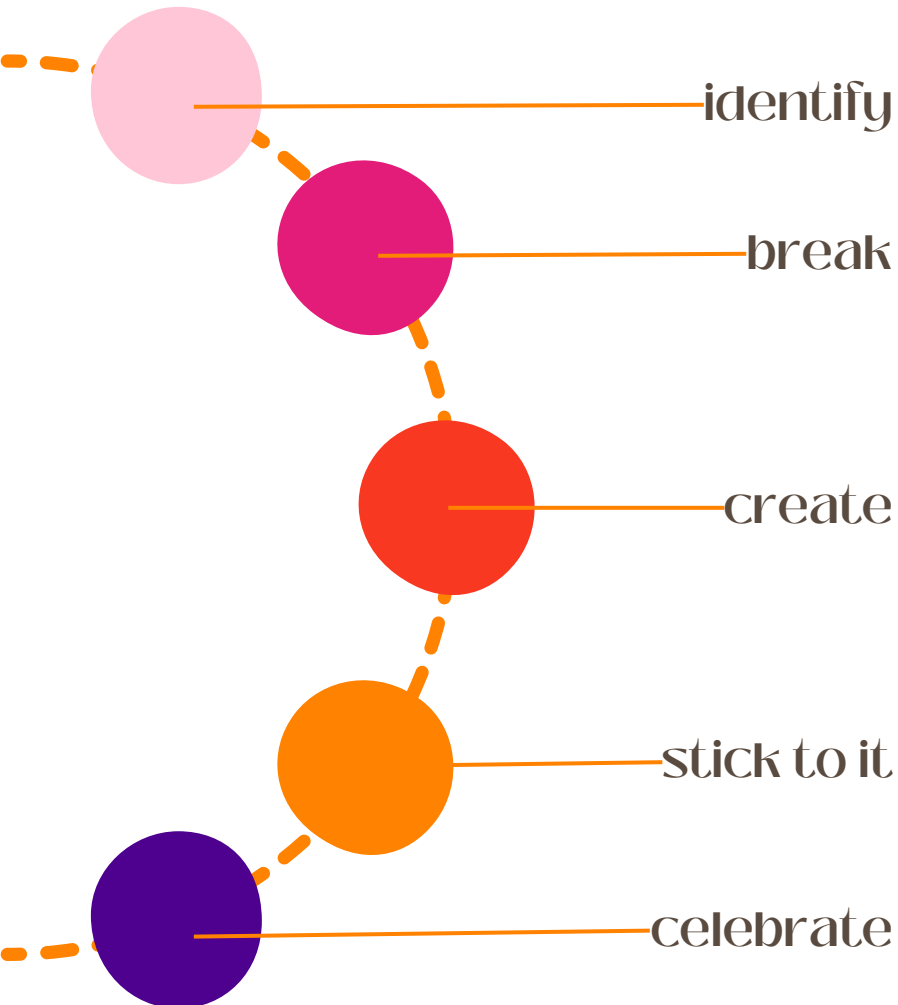
Does this habit support the life I'm trying to create?

Fix it now!

Your Confidence team created a 5-step-guide to break the habit before the habit breaks you.



My new habit in 5 steps!



A habit

is something that you do often and regularly, sometimes without knowing that you are doing it.

(Cambridge Dictionary)

Bad Confidence habits lead to

- **not raising your hand, when you have the better idea**
- **not getting that well deserved promotion, because you don't dare to ask for it**
- **holding back your opinion even if you know that you are right and the others are wrong**
- **always stay out of the spotlight and missing the recognition for your hard work**

identify

Identify the habit

1. retrospective: go back in history
2. active: watch yourself for the next week

How does the habit show? When exactly are you feeling it before the situation? Are people or colleagues involved?

Put down some notes.

break

Break the habit

This is the mind shift change. You can use this affirmations for the next weeks, but preferably you use your personal ones:

- I will stop overthinking
- I will stop being a people pleaser
- I will start to say no
- I will be honest with me and get all the preparation I need
- I will end _____(your habit)

create

Create the new habit

Start to build up a new routine. This can include

- far better preparation before presentations or speeches (don't procrastinate)
- rehearsals in front of a mirror, friend or use the dictaphone function of your phone
- find yourself a wingwoman - a sympathetic colleague who is working as your cheerleader and supporter

Do it regularly. Do it often. It will become natural.

stick to it

Stick to your new habit

Don't fall back into your old pattern just because they feel familiar.

Start with the easy ones. Fall in love with them.

You might want to give up, but be aware that it takes app. 60 days to build a new habit. How about writing notes about your successes e.g. in a journal you can refer to or make post-its for the mirror. Every positive experience counts.

You got this!



CELEBRATE

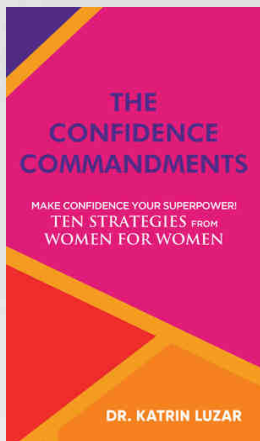
Give yourself credit for the paramount changes you've made! You did something your future self will thank you for. Now is the time to celebrate. And tell a friend how you made confidence your **superpower!**

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