

the  
CONFIDENCE  
*Connoisseur*

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A GUIDE TO OWNING  
YOUR AWESOME

A <sup>wellness</sup> CURATION WORKBOOK

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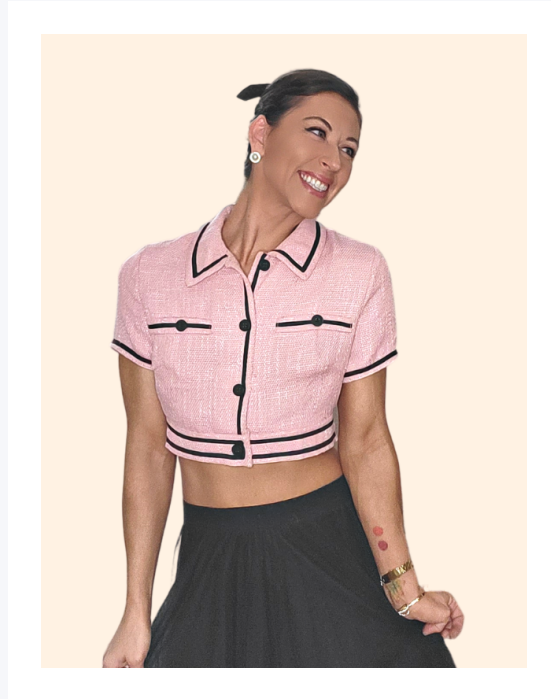
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**RESOURCES**

# WELCOME

## HEY THERE!

I'm Gracie



I'm a creator of things + a finder of solutions.

I am also a Transformation Coach + Wellness Expert.

For years I struggled to find my place in this world. I know the feeling of **not** living up to your potential. I know the **craving** of self actualization. I also know that to achieve your most authentic self you must have confidence. For some people confidence comes naturally but for many of us, it just never "clicked".

That just means that it takes a bit more practice... enter The Confidence Connoisseur. This handout includes a workbook, with exercises created to help you establish a strategy and you own Confidence Code. Hope you find this helpful! Don't you think it is time to **own your awesome**?!

## THIS COURSE IS FOR YOU IF:

### Your childhood did not instill confidence

Our childhoods affect us long into adulthood. Unresolved issues from our past keep us from reaching our full potential as adults. It is never too late to learn what it means to be truly confident.

### You are tired of feeling like an imposter

Your confidence directly affects the way you carry yourself in the business world. If you are a business owner and struggling with confidence then your business growth will suffer.

### You are craving real transformation

You know you want more out of life but you aren't sure how to start. Confidence is the first step toward self actualization. When you have realized your full self, opportunities present themselves and life aligns much easier.





# STOP SAYING YOU ARE SORRY.


**Honestly, in a large group of people you can easily spot the less confident individuals. Those who are over apologizing unnecessarily.**

It isn't good for your relationship with yourself and it is actually something that is a dead giveaway to others. Not that it matters what others think but in this case, you never want to come across as I self worth. This does not mean to be impolite. This simply means those times someone bumps into you and YOU apologize- yes, those times. They don't need to happen anymore. Okay? Women in particular have been associated with this issue. However I have coached more men on this than ladies. Regardless of what sex you are, if this is a problem; this is a **problem**.

But how do you stop?? It is usually a long engrained behavior that takes time to reduce and eventually quit all together. Here are a few tips to get you reduce the extra apologizing.

 Try to be more mindful of your words when speaking to people who are not your closest people. This allows you to catch it before it leaps habitually from your mouth.

 Have a close friend(s) charge you a dollar every time you slip up.

 Before blurting "I am sorry" think for just a moment if it is really necessary. Is it actually your place to apologize?

Remember **a.** aside from over apologizing being unsavory for your soul, it can also be annoying.

**b.** 9 times out of 10 no one is expecting an "I'm Sorry".

# TRICKS, TRAPS + HACKS

## ASSESS YASELF

For each item rate from 1-5 where you are right now.  
5 = already accomplished      1 = I really need to work on this.

		SCORE 1-5
01	Stop saying you are sorry.	<input type="text"/>
02	Do the very thing that scares you.	<input type="text"/>
03	Create a new image.	<input type="text"/>
04	Surround yourself with positivity.	<input type="text"/>
05	Check your self talk, ya'll.	<input type="text"/>
06	Change anything that drains your self esteem.	<input type="text"/>
07	Self Fulfilling Prophecies (SFP's)	<input type="text"/>
08	Growth- centered devotions.	<input type="text"/>
09	Find a mentor.	<input type="text"/>
10	Know your triggers.	<input type="text"/>
11	Develop strategies to deal with fears, doubt. Your Confidence Code	<input type="text"/>
12	Accept limitations.	<input type="text"/>

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# KNOW YOUR TRIGGERS!

Who or What triggers you?

When I am triggered by this I typically respond by

Why do you think it sets you off?

Often our behavior was established deep in our past. Where does your trigger originate? Can you recall the first time you felt triggered by this or something similar?

How did you react the first time?

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# KNOW YOUR TRIGGERS!

How could you react differently next time?

It is okay to not be okay. After you have been triggered how long before you find your emotional balance?

How might you be giving away your power during these triggers? Are you reverting to a place where you feel you have no control?

How can you reclaim your power from this person/place/thing?



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# HEY YOU!



”

BE WHO YOU ARE AND SAY  
WHAT YOU FEEL, BECAUSE  
THOSE WHO MIND **DON'T**  
MATTER, AND THOSE WHO  
**MATTER** DON'T MIND.

— Bernard M. Baruch

## Self awareness allows for the most growth

If you know yourself well then you know what sets you off and how to deal with it. In this section we are going to look at building you a perfect strategy so when you are feeling your confidence begin to fade you will know exactly what to do to get you back on track. Be sure to be open and honest during this process and continue only with love and forgiveness--  
- **no** harsh self talk or judgements necessary, okay?

### Signs of Growth

Remember growth does not happen overnight. Be sure to keep a lookout for a quicker turnaround time. (the timeframe from a trigger to emotional equilibrium.) Also look for less frequent negative self talk. Paying attention to the ways we improve helps us stay motivated. Give yourself credit where credit is due to keep up the momentum. Remember why you are kind to others..... and be that kind to yourself.

## Strategy Ideas

Go for a walk  
Stretch  
Breath deeply all the way to your stomach  
Sit up straight and relax your shoulders  
Recite a mantra  
Listen to a song  
Play an instrument  
Play a sport  
Run  
Yoga  
Tai Chi  
Meditate  
Sing a song  
Dance  
Exercise  
Play with an animal  
Participate in a hobby  
Disengage from the situation  
Read a devotion  
Call a support person (friend/family/therapist)  
Journal

When I feel inferior in the future, I will do \_ \_ \_to calm me down.

1.

2.

3.

How will these activities help you?

Back Up Plan! Can you think of a couple things that can be done **anywhere** that you can do to calm yourself down?

Are you frequently triggered in the same space? Like your office or your car (if you have road anger)? If so, create an extra nice space for yourself in these locations. It could be a small picture frame on your desk or in your work locker. Anything to give your soul a perk up.

# CONFIDENCE CODE

What is a mantra or quote you can use when you are feeling your confidence wane? When I feel this way I will remind myself that

How will your life improve by having a strategy for yourself?

Let's get creative! I am a lover of silly, simple songs. Turn the above answer into a mantra or a song. repeat or sing to yourself everyday.

Remember, growth can look like less time engaging in negative self talk. How often are you going down dark thought alleys?

What can you do to pull yourself from going down that road?



what are 5 things you are good at?



What are 5 things you like about your soul?



What are 5 things you like about the way you look?



List 5 reasons you are smart.



# YOUR CONFIDENCE CODE

Who is someone inspiring to you? Write down 3-5 people who you look up to. Jot down any social media accounts or books related to these individuals.

Imagine someone is interviewing you about this challenging time. What would you say you did to get past it?

# YOUR CONFIDENCE CODE

You do not have to do them in any particular order. Skip around if you would like but be honest with yourself. Complete them as you are ready. There is no timeline. It may take a couple of days meditating on the questions before the answers come to you OR you may know them right away.

the fear/doubt I am focusing on is

This fear/doubt hindered me by

How will freeing yourself of these limiting thoughts impact your future self?

What goals do you have for yourself?

# How To Make Your Statement Bank

## First off, what is a statement bank?

A Statement Bank is a lineup of brief/concise statements or explanations that you can rehearse and memorize easily. This cuts down on nerves.

## What do you need to explain?

- Maybe you just won an award or recognition but because you don't like the spotlight you have a difficult time talking about it.
- In business, a strong explanation of your position, company, brand, mission or purpose is very important. This can be the very thing that people struggle to explain.

## NOTES:

jot down some statements you  
may need



- If you have a hard time introducing yourself, then a few sentences about who you are can be very helpful for a strong and confident first impression.
- When seeking a job promotion or interviewing for a job. Have conviction when discussing your strengths.
- I don't normally like stock photos but the above image can help you come up with some ideas of your own.

As you see having a simple statement bank ready to effortlessly communicate can be a total gamechanger for feeling more confident.

## STATEMENT BANK



### TIPS TO CONSIDER

- Keep your statements short. 1-2 sentences. They can always ask more questions.
- Imagine being interviewed on the subject by a newspaper reporter. Create answers to some basic questions they might ask.
- Choose words that evoke power or emotion.
- Do not rush this. Take some time to really think of the ideal ways to state your thing.
- Index cards are helpful at aiding memorization.
- Once you have your statements: practice, practice, practice.
- Don't forget to stand up straight.
- Don't be afraid to get excited when you convey your thing- it is contagious.
- Believe what you say.
- Have a friend review it.
- Don't be afraid to show that you are proud of yourself.

## Practice

Let's pretend you are at a small event. I come up to introduce myself to you. My first question to you is what do you do? I have **not** specified for work or for fun....

### How do you answer?



Write Your Answer Here

Did you cover your bases? Did you leave anything out? How do you feel about your answer? I know this may sound wacko, but I swear it helps... Now say your answer out loud in front of a mirror.

## Practice

Now try this same exercise for your bank. It could be on any subject. If it is something you need to communicate well then it is perfect for this exercise.



Below are a few ways to keep up the progress on building that confident foundation!



## YOUTUBE- TRIGGERS

A massive open online course is an online course aimed at unlimited participation and open access

[GET IT HERE](#)



## WC NEWSLETTER

A massive open online course is an online course aimed at unlimited participation and open access

[GET IT HERE](#)



## THEGRACEDAWN.NET

A massive open online course is an online course aimed at unlimited participation and open access

[GET IT HERE](#)

# THANK YOU!

## LET'S CONNECT!



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Everyone is ignorant; just on different subjects. – Will Rogers