



SELF-CONFIDENCE & COMMUNICATION SKILLS

Work Sheet 6

This work sheet is focused on creating quick and easy practical strategies that you can draw on when your confidence needs an immediate boost.

1. Positive affirmations

Create 3 positive affirmations – they should be short, snappy and positive!

Choose your favourite affirmation and commit to saying it every day for 2 weeks.

Which time of day will you commit to saying your affirmation?

For how long (e.g. one minute)?

Practice using your affirmation for 2 weeks. Did you notice a difference to your self-confidence? Are there affirmations you could create for specific scenarios?

2. Positive self-talk

When we are low in confidence, we often have a running commentary of negative thoughts about our performance, appearance, intelligence, etc. Rather than let them run wild, stop the negative thoughts consciously and replace them with something positive like in the example below.

Add some more ideas to the table based on your typical negative thoughts. Practice them over and over so that the next time the negative thought pops up, you know exactly what to replace it with. This technique is useful when you don't have time to write a thought diary entry.

Negative thought	Positive replacement thought
I can't believe I made that mistake! I'm such an idiot!	Everyone makes mistakes, just focus on the next task

3. Positive images

Create some positive visual images of yourself doing brilliantly at a task or in a situation where you usually have low self-confidence. See yourself acing that audition, or confidently introducing yourself to others at a conference.

Use the space below to draw these (and colour them in – bring them to life!), or describe them if you prefer. Try to create at least 3 positive images that relate to different scenarios in your freelancing life. Take photos of them on your phone so that you can refer to them when those scenarios actually occur.

You can also listen to imagery scripts to help you create positive images and positive mood states.

4. Keep a compliment journal

Create a document (paper or digital, whatever you prefer) that is your compliment journal. Every time you receive a compliment, add it to your journal so that you can look back through it whenever your confidence is faltering. It's up to you if you focus just on dance- or work-related compliments, or anything and everything. In my view, the more the better so keep it broad and it will provide a quick and easy boost. It can be especially helpful to read the positive feedback of others when you are struggling to silence your inner critic.

5. Write a compassionate letter to yourself.

When you are feeling low in confidence, it can be easy to berate yourself. You may think things like, "Nobody else finds this difficult, I'm such a loser". Another way of dealing with these kinds of thoughts is by writing a compassionate letter to yourself. Show yourself the kind of love and understanding you would show your closest friends or family members. Imagine what they might say to you. You could even imagine you are 5 years in the future, writing as your future self to give your current self some reassurance. Use words that people you love and value have said to you in the past.

Now, read the letter out loud to yourself with emotion and warmth.