

# Confidence Moments



Confidence is your belief in your abilities and capabilities. Confidence isn't a skill; rather, it's an emotion, which helps explain why it can be shaky from time to time.

To help you develop a strong sense of confidence, answer the questions in this exercise. Oftentimes just the process of reflecting on your past success is enough to help you muster the confidence you need for whatever comes your way.

- ① What was one of the most successful moments in your life? What did you learn from that experience?

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- ② Of the four necessary confidence-developing behaviors — experiencing success, surrounding yourself with positive role models, creating positive self-appraisals, and managing other key emotions — which one is the most challenging for you to demonstrate and why?

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- ③ What specifically will you do (or stop doing) to demonstrate a greater sense of confidence as a leader?

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