



21 Day
Confidence Journal

Build Your Confidence and Self Esteem
(in only three weeks)



Di Riddell
Confidence Coach for Women 50+

To jump start your quest to become more confident and self-assured, this 21 day journal can help you. You'll find that as the days go by you'll be a more effective communicator and you'll find yourself trusting your own inner voice.

The more you do these exercises the faster your confidence will grow. Most of the work needs to be done at the end of the day when you evaluate your daily progress. Knowing where we are helps us get where we want to go. None of these exercises takes heaps of time...and you are worth it... so begin growing more confident today!

Day 12013

Read or memorise this paragraph every day – saying it 3 times a day will help to make the emotional connection even stronger and the words will have greater impact.

I am totally calm with harmony, balance and well-being throughout my body. My mind is strong and healthy and my ability to think quickly improves every day. I can rely on myself and I feel great wisdom by looking within myself. I am as good as ANY other person who comes into my life. We are ALL equals.

1. Evening: Write down *at least*:

5 (or more) successes you had today, even if one is filling out this journal.

3 (or more) things you might have done better/differently.

One (or more) thing(s) that made you laugh

2. Answer these questions:

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Visualisation

At the end of the day before going to sleep, it's important to visualise your day and in your mind, change it in ways that would have created a better outcome or made you feel happier and more content.

- Visualise your day as if you were someone else observing you.
- Edit the scene by pretending to be the director and “reshoot” anything that went askew in order to achieve a better outcome.
- This is YOUR movie and you are the director, so have fun with it. Add music, special effects, great settings and pay close attention to your feelings and the responses from the people around you.
- Still not happy? Directors and editors often go over their work more than 100 times so edit again until you feel really good about today.
- Once you're happy with the end result, change from director to you and re-live the new scenario of your day. Those are the results you want to keep in your mind.

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Day 22013

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Congratulations! You have made it through the first 7 days...summarise your highlights for the week.

Take the time to celebrate your successes. Do something special just for you!

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Notice how your confidence is growing...are you secretly pleased with yourself yet?

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Summarise your highlights for Week 2

Take the time to celebrate your successes. Do something special just for you!

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Day 16.....2013

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I am totally calm with harmony, balance and well-being throughout my body. My mind is strong and healthy and my ability to think quickly improves every day. I can rely on myself and I feel great wisdom by looking within myself. I am as good as ANY other person who comes into my life. We are ALL equals.

1. Evening: Write down *at least*:

5 (or more) successes you had today, even if one is filling out this journal.

3 (or more) things you might have done better/differently.

One (or more) thing(s) that made you laugh

2. Answer these questions:

What did you do today to empower yourself?

What did you do today that you were proud of and showed your integrity?

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Visualisation

At the end of the day before going to sleep, it's important to visualise your day and in your mind, change it in ways that would have created a better outcome or made you feel happier and more content.

Visualise your day as if you were someone else observing you.

Edit the scene by pretending to be the director and “reshoot” anything that went askew in order to achieve a better outcome.

This is YOUR movie and you are the director, so have fun with it. Add music, special effects, great settings and pay close attention to your feelings and the responses from the people around you.

Still not happy? Directors and editors often go over their work more than 100 times so edit again until you feel really good about today.

Once you're happy with the end result, change from director to you and re-live the new scenario of your day. Those are the results you want to keep in your mind.

Yes, it might feel that you're trying to trick your mind and maybe you are but we know it works.

If you want to, write down how you changed your day:

Day 17.....2013

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Day 18.....2013

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Day 19.....2013

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If you want to, write down how you changed your day:

Day 20.....2013

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Day 21.....2013

Read or memorise this paragraph every day – saying it 3 times a day will help to make the emotional connection even stronger and the words will have greater impact.

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If you want to, write down how you changed your day:

Congratulations! You have done it! Made it through 21 days.

Summarise your highlights for the week.

Summarise your highlights for the 21 days

Celebrate in style... Do something special just for you!

Yes... You've reached day 21! All the experts tell us that any new habit can be achieved if you stick with change for 21 days.

How does it feel?

Do you feel a sense of accomplishment?

What has changed for you?

What things still require a bit more work?

What else might you do to improve your current situation?

What is the new confident you saying to herself?

What is your next step?



If you've had a measure of success with filling in your journal every night, perhaps you should continue doing so. Print another copy and keep going. If you want more personalised attention, consider working with me on a one-to-one basis to attack those problems where you need a bit more support.

We've all got things we need to sort out but just can't tell even our best friends.

Visit me at DiRiddell.com and let's have a chat.