Area 5

**Home Base: CHAPTER 5
On the Road Again!**
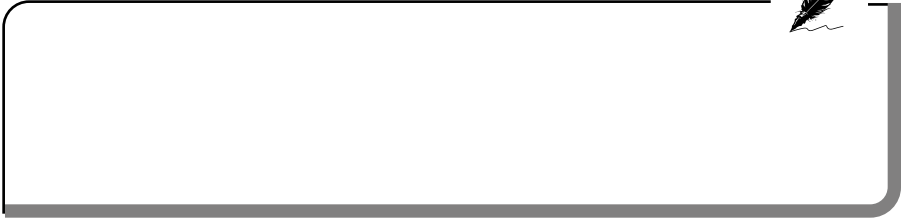Once you finish your game,
return to home base on p. 102.

LET'S FACE IT
Self-Reflection Questions

Your Most Confident Self

1. If you were 100 percent confident, what actions would you take?

2. What does your most confident self look like? (Not a "fake-it-'til-you-make-it" confidence, but your authentic, confident self.)

3. When does your most confident self show up? Where are you and what are you doing?

4. What positive impact does your most confident self have on you, on others, etc.?

LET'S DO IT:
Bring Your Most Confident Self

When will you become confident?

Confidence is a key factor in change. When we don't feel confident, we often allow that feeling to hold us back. We say to ourselves, "I wish I felt more confident doing _____ ."
"When I feel more confident, I will do _____ ."
"[Some other person] is so much more confident than I am. I wish I were that confident."

These statements are gremlin traps. The gremlins want us to believe we shouldn't take action until we're 100 percent confident we'll succeed. Such a bunch of bull#?%*. But I've got to give the gremlins credit because those sneaky gremlins know how to manipulate our brains. They know if they convince us to wait to do something until we're *ready,* we'll never be ready. So, we choose to stay stuck.

Case Study on What *Not* to Do

If you're not feeling confident about becoming more confident, let's take a fun walk down memory lane to reflect on how I chose to stay stuck. At the beginning of this journey, we found our heroine (yours truly) stuck in the swamp of a life she didn't want. Did I land in that swamp because my GPS malfunctioned? No. I chose to take a series of small turns and detours that kept me "safe" from failure. Each decision I made took me further inside my comfort zone, which became increasingly smaller, and at the center of that tiny comfort zone was a gooey emotional swamp. I knew I was stuck, but I wasn't confident I could succeed in the outside world. So, I chose to stay stuck.

Here's the dirty little secret the gremlins don't want you to know:

We think we'll take action and grow once we are more confident:

You're More Confident → So you...
- Do more things.
- Take more chances.
- Speak up more.
- Appear more confident.
- Are less afraid to fail.
- Etc., etc., etc.
→ You Grow

The above is true, but here's what the gremlins don't want you to know. The following is also true:

When you. . .
- Do more things.
- Take more chances.
- Speak up more.
- Appear more confident.
- Are less afraid to fail.
- Etc., etc., etc.

You Grow → You Become More Confident
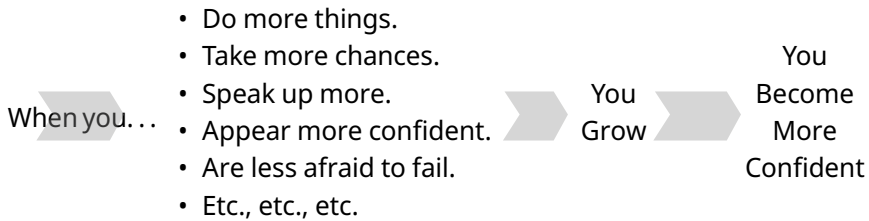
We don't just wake up one day, and say, "Whew, I'm finally confident! Now I can do all those things I've been too afraid to do." When we do new things, we can become more confident. So, let's do it!

Recognize Your Most Confident Self – Inside and Out
We can invite our most confident self to new and challenging situations. We all have moments when we feel more confident than others. That confident person is in there, and we can practice embracing them. The first step is to recognize what our most confident self looks and feels like.

Below are some questions to help you identify your most confident self. I've also added prompts to help you get started. This is not a cookie-cutter exercise. Finding your most confident self is about digging into the best parts of who you are, not forcing yourself into a prefab mold of what you think you're supposed to be. Cookies are great, but when we push that cookie cutter into our dough, the dough doesn't all fit. Some of that delicious goodness squishes out around the edges and never becomes part of the cookie. So, break the mold. Find your own most confident self and be the best free-form cookie you can be!

YOUR MOST CONFIDENT SELF

When was a time/situation in which you felt most confident? What was happening in that situation?	Maybe you were doing something at work, in a relationship, or even ordering a coffee at Starbucks. What was it that made you confident in that moment? Nail down the specifics. Were you giving a presentation at work, asking someone out on a date, ordering a grande iced caramel macchiato with five shots of espresso, 2 pumps of vanilla, half whole milk and half almond milk, shaken not stirred, with extra whipped cream and sprinkles on top?
What did it feel like to be confident?	Did your feet feel more grounded? Did your heart feel stronger? Could you breathe more deeply? What did it feel like in your body?
What thoughts boosted your confidence?	Were you thinking, "I can do this," "This won't kill me," "Just keep swimming, swimming, swimming"? Or did you get out of your head to focus on "doing"?
What did you do that bolstered your confidence?	What helped you feel more confident? Were you well-prepared for a job interview? Talked with a friend? Focused on the driving purpose of what you were doing? Were you wearing your superhero t-shirt under your dress clothes?
What did others see that communicated your confidence?	Think about your body language, voice, and facial expressions. Did you stand a little straighter? Walk a little slower? Did your voice sound casual but firm? Were your hands so still you could have balanced a priceless Ming vase on your fingertips?

LET'S DIVE IN:

Identify what your most confident self looks and feels like. The table below is a blank canvas, and it's yours to fill.

YOUR MOST CONFIDENT SELF	
When was a time/situation in which you felt most confident? What was happening in that situation?	
What did it feel like to be confident?	
What thoughts boosted your confidence?	
What did you do that bolstered your confidence?	
What did others see that communicated your confidence?	

BRING YOUR MOST CONFIDENT SELF

Appreciate the Impact

How does your most confident self positively impact a situation? Think of a specific situation where you felt confident—not someone else's version of confident, but your confident self. What was the positive impact on--

- The outcome of the situation? _____
- You? _____
- Other people around you? _____

Appreciating the impact of our confident selves motivates us to invite them to more situations. You may be motivated to bring your confident self because of the positive impact on you and others. What's most important to you? Let that motivate you to bring forth your most confident self to have the most positive impact.
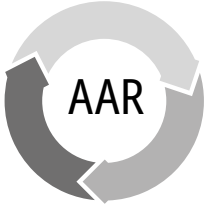
Invite Your Most Confident Self

Now, it's time to practice. Where do you want to invite your most confident self? Maybe you'll start small, or maybe you'll jump into the deep end. (Ordering that souped-up sugar-saturated diabetes-in-a-glass grande macchiato seems pretty intimidating.) Where you start is up to you. Walk into the situation, and ask yourself this:

How would my most confident self show up in this situation?

Then... DO THAT.

LET'S DO IT:
Bring Your Most Confident Self

AAR

After you've engaged your most confident self, con-
duct your AAR *(After-Action Review)* to reflect on what
happened, and then apply what you learned next
time around. Ask yourself:

- ✓ What went well?
- ✓ What didn't go well?
- ✓ What did you learn? What's important
  about that?
- ✓ What would have made it even better?
- ✓ How will you apply your learning to your
  next action?

Final Notes

Remember that embracing your most confident self is *not* a "fake-it-'til you
make it" approach. I've always hated that phrase. You're not faking anything.
You're embracing your most confident, authentic self. You are challenging
the gremlins' formula with another way to build your confidence. You're
putting these ideas into practice, out-of-book and where the wild things are.

When
I bring
my Most
Confident
Self I:

- Do more things.
- Take more chances.
- Speak up more.
- Appear more confident.
- Are less afraid to fail.
- Etc., etc., etc.

I Grow

I
Become
More
Confident

UNSTRUCTURED PLAY:
Design Your Own Game

Reflect: What are you taking away from your experience with this exercise and self-reflection questions?

Go Play Outside: How do you want to take what you've discovered into your real life outside this book?