



Positive Voice

# Daily Confidence Boosting Journal

By Francesca Gordon-Smith

Repeat the following exercises daily. Don't worry too much if you miss a day; just be sure to begin again the next morning. Some of these exercises are designed to be done twice daily whilst others can be done at night before you go to sleep.

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# Day 1 ..... 2010

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**1. Each evening, write down AT LEAST:**

- 5 (or more) successes. This can be anything that went well (including writing in your Diary)

- 3 (or more) recommendations of things you could have done better

- 1 (or more) thing(s) that made you smile

**2. Answer the following questions:**

- What did you do today to empower yourself?

- How did you act with integrity?

Your unconscious mind will soon start looking for things for you to do, so that you can write them down in your diary.

## Auto Suggestion

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Read this mantra aloud at least 3 times per day. The more emotional connection you make with the words the greater the impact they will have.

*I am completely calm. There is harmony, balance and well being in me. My mind is strong and healthy and my ability to think on my feet in meetings and testing situations is improving by the day. I can always rely on myself. I find great wisdom by looking deeply within myself. I am as good as any other person that comes into my life. We are all equals.*

## Visualisation

At the end of each day, visualise your day and then go back and edit it, so that you make the necessary changes to create a more desirable result- i.e. What would you have needed to do differently in order to feel happier and more comfortable?

1. Visualise your day- make sure you're dissociated- this means you are **not** looking through your own eyes
2. Edit the scene by taking the director's chair and amending anything that 'went wrong' in order to achieve the best possible outcome
3. This is your movie and you are the director, so you can even add a soundtrack. As you do this, pay particular attention to your own feelings and any responses from the people around you
4. Keep going back and editing it until you are completely happy with your imagined performance
5. **Step into your body**, so that you are looking through your own eyes and run through your edited movie

The more often you do this, the faster you will obtain your goal. This process can be used in relation to any aspect of your behaviour that you want to change

Fill out the following chart- with the date and notes on how you edited the film of your day.

Date	Visualisation Notes

# Day 2 ..... 2010

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### 3. Each evening, write down AT LEAST:

- 5 (or more) successes. This can be anything that went well (including writing in your Diary)

- 3 (or more) recommendations of things you could have done better

- 1 (or more) thing(s) that made you smile

**4. Answer the following questions:**

- What did you do today to empower yourself? (coming to this workshop could be one thing)

- How did you act with integrity?

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## Auto Suggestion

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## Visualisation

At the end of each day, visualise your day and then go back and edit it, so that you make the necessary changes to create a more desirable result- i.e. What would you have needed to do differently in order to feel happier and more comfortable?

6. Visualise your day- make sure you're dissociated- this means you are **not** looking through your own eyes
7. Edit the scene by taking the director's chair and amending anything that 'went wrong' in order to achieve the best possible outcome
8. This is your movie and you are the director, so you can even add a soundtrack. As you do this, pay particular attention to your own feelings and any responses from the people around you
9. Keep going back and editing it until you are completely happy with your imagined performance
10. **Step into your body**, so that you are looking through your own eyes and run through your edited movie

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Fill out the following chart- with the date and notes on how you edited the film of your day.

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# Day 3 ..... 2010

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**5. Each evening, write down AT LEAST:**

- 5 (or more) successes. This can be anything that went well (including writing in your Diary)

- 3 (or more) recommendations of things you could have done better

- 1 (or more) thing(s) that made you smile

**6. Answer the following questions:**

- What did you do today to empower yourself? (coming to this workshop could be one thing)

- How did you act with integrity?

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## Auto Suggestion

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## Visualisation

At the end of each day, visualise your day and then go back and edit it, so that you make the necessary changes to create a more desirable result- i.e. What would you have needed to do differently in order to feel happier and more comfortable?

11. Visualise your day- make sure you're dissociated- this means you are **not** looking through your own eyes
12. Edit the scene by taking the director's chair and amending anything that 'went wrong' in order to achieve the best possible outcome
13. This is your movie and you are the director, so you can even add a soundtrack. As you do this, pay particular attention to your own feelings and any responses from the people around you
14. Keep going back and editing it until you are completely happy with your imagined performance
15. **Step into your body**, so that you are looking through your own eyes and run through your edited movie

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Date	Visualisation Notes

# Day 4 ..... 2010

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## 7. Each evening, write down AT LEAST:

- 5 (or more) successes. This can be anything that went well (including writing in your Diary)

- 3 (or more) recommendations of things you could have done better

- 1 (or more) thing(s) that made you smile

**8. Answer the following questions:**

- What did you do today to empower yourself? (coming to this workshop could be one thing)

- How did you act with integrity?

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## Auto Suggestion

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## Visualisation

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16. Visualise your day- make sure you're dissociated- this means you are **not** looking through your own eyes
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18. This is your movie and you are the director, so you can even add a soundtrack. As you do this, pay particular attention to your own feelings and any responses from the people around you
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Fill out the following chart- with the date and notes on how you edited the film of your day.

Date	Visualisation Notes

# Day 5 ..... 2010

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**9. Each evening, write down AT LEAST:**

- 5 (or more) successes. This can be anything that went well (including writing in your Diary)

- 3 (or more) recommendations of things you could have done better

- 1 (or more) thing(s) that made you smile

**10. Answer the following questions:**

- What did you do today to empower yourself? (coming to this workshop could be one thing)

- How did you act with integrity?

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## Auto Suggestion

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## Visualisation

At the end of each day, visualise your day and then go back and edit it, so that you make the necessary changes to create a more desirable result- i.e. What would you have needed to do differently in order to feel happier and more comfortable?

21. Visualise your day- make sure you're dissociated- this means you are **not** looking through your own eyes
22. Edit the scene by taking the director's chair and amending anything that 'went wrong' in order to achieve the best possible outcome
23. This is your movie and you are the director, so you can even add a soundtrack. As you do this, pay particular attention to your own feelings and any responses from the people around you
24. Keep going back and editing it until you are completely happy with your imagined performance
25. **Step into your body**, so that you are looking through your own eyes and run through your edited movie

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Fill out the following chart- with the date and notes on how you edited the film of your day.

Date	Visualisation Notes

# Day 6 ..... 2010

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**11. Each evening, write down AT LEAST:**

- 5 (or more) successes. This can be anything that went well (including writing in your Diary)

- 3 (or more) recommendations of things you could have done better



- 1 (or more) thing(s) that made you smile

**12. Answer the following questions:**

- What did you do today to empower yourself? (coming to this workshop could be one thing)

- How did you act with integrity?

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## Auto Suggestion

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## Visualisation

At the end of each day, visualise your day and then go back and edit it, so that you make the necessary changes to create a more desirable result- i.e. What would you have needed to do differently in order to feel happier and more comfortable?

26. Visualise your day- make sure you're dissociated- this means you are **not** looking through your own eyes
27. Edit the scene by taking the director's chair and amending anything that 'went wrong' in order to achieve the best possible outcome
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Fill out the following chart- with the date and notes on how you edited the film of your day.

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# Day 7 ..... 2010

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**13. Each evening, write down AT LEAST:**

- 5 (or more) successes. This can be anything that went well (including writing in your Diary)

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- 1 (or more) thing(s) that made you smile

**14. Answer the following questions:**

- What did you do today to empower yourself? (coming to this workshop could be one thing)

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## Visualisation

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31. Visualise your day- make sure you're dissociated- this means you are **not** looking through your own eyes
32. Edit the scene by taking the director's chair and amending anything that 'went wrong' in order to achieve the best possible outcome
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**Congratulations, you've reached day 7! Now, look through the journal you have created and answer the following questions.**

**1.** What has changed for you?

**2.** What still requires more work?

**3.** What else could you do to improve your current situation?

4. Do you need further resources?

5. Would it be worthwhile to work through this process for another week? (I would recommend making this process a daily ritual. I write in my diary every night) Why stop doing something if it's working for you?