



Checklist 3: Mindset of Confident People

Project Name: _____

Date: _____

Yes No

Do you know that confidence results in success? It is essential to have a confident mindset as it paves your way towards success. Here is a checklist that can help you achieve and develop the mindset of confident people:

First Things First

- 1 Start by defining your purpose in life.
- 2 You cannot be confident unless you are sure why you are doing what you want to do in life.
- 3 Ask yourself about your purpose in life and work?
- 4 Identify the answer to why to be more confident in matters of your life.
- 5 Stop comparing yourself with others.
- 6 Reduce negative self-talk that comes with comparing yourself with the others.

Notes

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7 Compare yourself only to the version of yourself that you wish to become.

8 Increase your focus on answers and solutions.

9 Acknowledge that problems can and will arise but that matters are the answers to those problems.

10 Find more about your strengths. Play up to your strengths and stick with them.

Second Things Second

1 Believe in the power of your actions and take some.

2 Do not fall for the voice in your head that tells you can't do something. Take action anyway.

3 Do not let your fears hold you back and quiet down the negative voice inside you.

4 Build up and invest time in the improvement of your body language.

Notes

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- 5 Change your posture, pull your shoulders back, stand with your feet wide and hold your head high.
- 6 You will feel a change in your confidence level once you change your mood.
- 7 Own your expertise and do not assume that others know what you know.
- 8 Never forget and let go off your values and higher purposes and goals in life. Stick to all that you believe in.

Notes