

# PRIMING YOURSELF FOR CONFIDENCE

Think of a situation in which you'd like to feel more confident - maybe attending a networking event, going on a date, or making a presentation on a Zoom call.

Then get really clear on all the details — how you'd be feeling, standing, speaking. Capture as many details of the situation as possible. Repeat for other situations as required. When you're finished, head over to the video and let's get started...

Situation:

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How would you love to feel in this situation? Try to be more specific than, say, "confident." Specify what that would feel like - tap into your senses. Give details:

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What would your breathing be like? .....

How would you hold yourself? .....

Picture yourself speaking - how would you sound, speaking confidently?

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What would your eye contact be like? Your facial expressions?

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If you felt nervous, imagine yourself handling that with grace and ease. What did you do?

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Find Chloe Brotheridge at [www.calmer-you.com](http://www.calmer-you.com) and on Instagram [@chloebrotheridge](https://www.instagram.com/chloebrotheridge)  
Find Mandy Lehto at [www.mandylehto.com](http://www.mandylehto.com) and on Instagram [@mandylehto](https://www.instagram.com/mandylehto)

Find the visualisation Chloe refers to in the video here:  
<https://calmer-you.com/confident-future-self-meditation/>