



## **Exercise 1: My Confidence is Currently Rooted On**

The purpose of this exercise is to have a closer look at the external physical aspects you are currently placing your confidence in – or rooting your confidence on.

For this exercise and all upcoming exercises, please be honest with yourself; if you are not, you will only be cheating yourself and your ability to build your self-confidence.

To get you started, you'll find examples below of things and characteristics people often root their confidence on. Another helpful thing to do is to have a look around your home, garage and office; take a close look at the material things that mean the most to you and ask yourself "Is this item something that provides me self-worth and self-importance? Would I feel like less of a person if I didn't own this item?" "What possessions am I afraid to lose and why?"

Next, look yourself in the mirror. What physical feature do you love best about yourself? What physical features are you afraid will change and therefore, you think people will think less of you?

Realizing how much of your self-confidence is based on external factors and physical characteristics that you can lose might be very scary for you but it's important you do it. And remember a very important fact: You have chosen to take the steps toward developing true and impeccable confidence so whatever you find out about yourself through this process; you will be making the appropriate changes.

### ***Physical Belongings***

Expensive car or truck  
Boat  
Motorcycle  
Home  
Home décor and furnishing  
Jewelry  
Art piece(s)  
Electronics  
    Television  
    Home Theater  
    Computer  
    iPhone, iPad, iPod  
Designer clothes

### ***Physical Characteristics***

Perfect skin  
Thick hair  
Tall  
Skinny  
White, perfect teeth  
Beautiful eyes  
Strong finger nails  
Ideal sized feet  
Physically fit  
Proportional body

### **My List of External Factors**

- 1.
- 2.
- 3.
- 4.
- 5.



- 6.
- 7.
- 8.
- 9.
- 10.

(You might have less than 10 – you might have more. Ten is an arbitrary number, please use another piece of paper if you need to.)

If your confidence is rooted on any of those physical belongings or physical features; you must acknowledge it and find out exactly in what way your confidence is tied to the belongings and features you have identified.

## Step 2

It's time for you to discover what's underneath what you root your confidence on. Sometimes material things are just that – material things that you own; even if albeit extravagant and expensive. However, more often than not, underneath is the truth about something you want to hide, compensate for or feel better about.

For each of the external factors you listed in the **Physical Belongings** column, answer the following questions that apply:

1. I bought \_\_\_\_\_ because \_\_\_\_\_
2. I thought \_\_\_\_\_ would bring me/result in \_\_\_\_\_
3. If I lost \_\_\_\_\_ I would feel \_\_\_\_\_
4. \_\_\_\_\_ gives me the courage to \_\_\_\_\_
5. Without \_\_\_\_\_ I am \_\_\_\_\_

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5. Without \_\_\_\_\_ I am \_\_\_\_\_

The following are some questions to ask yourself in regards to your **Physical Characteristics**, answer the following questions that apply:

1. I use my \_\_\_\_\_ to gain \_\_\_\_\_
2. People give me \_\_\_\_\_ because I have \_\_\_\_\_.
3. My \_\_\_\_\_ gives me confidence to \_\_\_\_\_
4. Without \_\_\_\_\_ I would never be able to \_\_\_\_\_

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Use another piece of paper if you need to.