

# Confidence - Plan

**Audio;** Listen to *Confidence - Strategy* audio once a week for 3 weeks. Listen to the *Confidence - Hypnosis* audio 3-7 times a week for 3 weeks.

## Bet On Yourself, Using BETSS

**B – Breathing & Body Language;** Take 5 deep breaths, inhale for 3 seconds, hold it for 6 seconds and exhale for 3 seconds. Mentally repeat your physical key word as you inhale. Mentally repeat your emotional key word as you inhale.

Adjust body language by straightening the spine, relaxing the hands, arms and legs uncrossed and vocal tone.

**E - Emotions;** watch as they come and go. Learn from them, notice a way that they're helpful, then take positive action in line with your clear goals.

**T - Thoughts;** Observe your thoughts. Can you calmly challenge any unhelpful thoughts? Is that really 100% true, all of the time? What evidence do I have ? What could be an equally true and more helpful thought?

**S - See;** Did your mind spontaneously create an image of future disaster? Great – you have the power to visualise; use it to make that old image dissolve and replace it by creating a detailed helpful image.

**S – Say;** I am confident, I can do it. You've influenced yourself at a subconscious level already, so you're acknowledges your ability to bet on yourself and your goals. You are confident about an activity, in the face of risk that's part of the spice of life. And any result doesn't change your self confidence and or your self-esteem.

Placing BETTS on yourself is an acronym and a metaphor, it's not a gamble. It's way of backing yourself to face challenging situations with uncertain outcomes and accepting appropriate risk to gain valuable outcomes that serve your life purpose.

The acronym puts the odds in our favor, because it enhances our insight and baseline of competence, and lets us make adjustments as we grow and win either way, as we win and we learn,

# Confidence Diary

Keep a Confidence Diary to observe patterns and discover how to accentuate successes and overcome sticking points. Note your behaviours, actions, reactions and inner thoughts, feelings, and dialogue.

Day	Note - Day, Feelings
E.G.	<i>Gave a hypnotherapy session. Compared myself to an expert. Felt less than, was excessively critical. Then used BETTS and breathed, and realized it was good a learning experience.</i>