

CB005 Confidence Habit & Good Conversations - Resources

Hi there,

Thanks for tuning into the show and grabbing this resource pack.

In the first part of the show we spoke about confidence being a habit & covered the importance of **making Good Confidence Habits**.

CONFIDENCE IS A HABIT

HABITS

ARE

FORMED

 double c coaching



It makes sense to:

FORM

GOOD

**CONFIDENCE
HABITS**

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Forming good confidence habits is easy. All you need to do is regularly remember to feel good about yourself. Set an hourly alarm on your phone and/or put an elastic band on your wrist or put a ring on a different finger.

Now every time the alarm goes off or whenever you notice the ring/elastic band pull out your 'I am good sheet, success diary & 'I can' sheet and look at them. Remember all the things you can do, the successes you've had and how good you are and smile at yourself.

Whenever you see a mirror look into it and smile as you tell yourself how good & confident you are.- and, if you don't feel the most confident tell yourself how confident you are becoming and smile as you say it.

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Regularly do the ‘Wonder Woman or Superman’ pose and the victory salute mentioned in earlier shows.

Do these regularly for several weeks and ‘taste the emotion associated with them and they will soon become habits - **Good Confident Habits!**

Good Conversations

Having a good conversation is quite simple really all you need to do is develop the habit of listening to the other person and pick up on things that are important to them.

You can tell this by the emotion the show as they talk. Focus on that emotion and ask a question about what they have just told you. As you listen to their answer make the supporting noises - “Wow, That’s great, Mmmmm” etc. so they know you are listening and interested in what they say.

And, before you ask your next question preface it with a “That’s really interesting...” type of statement. Show genuine interest in them even if the topic seems a little boring or not your key interest. It is easy to be interested in the way their emotion changes as they speak about the things that are important or dear to them. Focus on this emotion change and you will do great.

Don’t forget to subscribe to the channel on youtube and follow me on Twitter:
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