



Episode 198: Building Confidence from Within

With Dr Claire Kaye

Happy and successful people have a common denominator --- confidence. Having confidence isn't about how people view you. Instead, it's how you view yourself. When other people's opinions dictate your confidence, you will be stuck in a never-ending loop of ups and downs.

Building confidence from within takes time and a lot of self-introspection. Dr Claire Kaye joins us in this episode and shares what it really means to be confident. She also shared practical tips that anyone can use as soon as they hear them. This workbook expands on the episode and takes you through her tips and techniques.

Podcast links

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Guest links

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Quote to remember:

“Look for the gift in adversity, because when you find the gift, [and] there is always a gift, that will help your confidence and will help to bring the joy into the situation.”

What You Will Learn

Many of us believe that confidence is something innate. The truth is that confidence is something we can build, not something people are born with.

If you are struggling to be more confident in your daily life, this activity is for you. But before anything else, here's a reminder: it's hard to change, but there's a gift in this adversity. We hope that your journey to finding confidence will empower you and bring you joy.

The activity starts with assessing your baseline regarding beliefs and how you view your confidence. It also makes you reflect on past experiences of when you felt the most and least confident. This is important since it will give you an idea of your strengths, weaknesses and the environment where you thrive. Your past experiences will also show what's stopping you from being your most confident self. As Dr Claire shared, remember that barriers can be as simple as a lack of skills training or the environment itself.

Next, we delve into your strengths and weaknesses. You can draw your answers from past experiences or ask people in your life about it. Dr Claire suggests asking at least five people and looking for repetitions.

Then, you'll need to identify your energizers and energy drains. This can be linked back to your strengths and weaknesses, but remember that just because you're good at something doesn't necessarily mean that you like doing it. Once you have



identified these, assess whether your daily routine consists more of energy drains or energizers.

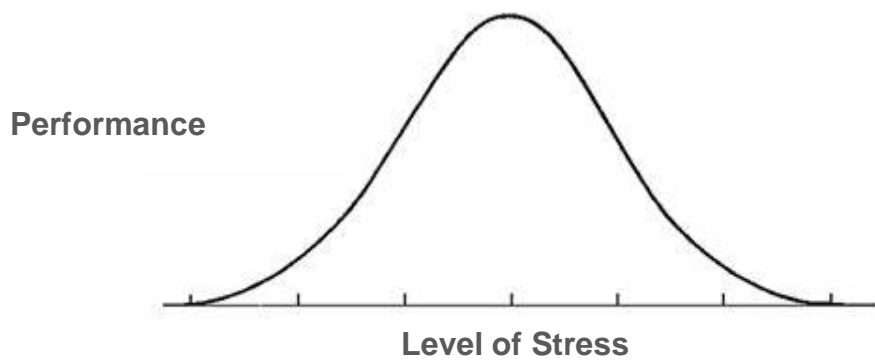
Now, we have a good foundation to set goals. Based on your answers, consider your top goals for the next three months. Remember, change takes time. It may be very difficult to change. Every time you feel demotivated, remember why you want to change and be more confident in the first place.

Activity: Finding Your Inner Confidence

After listening to the episode, have you had any new insights on how you view confidence? Explain how you used to view confidence and how this perspective has changed.

I used to think confidence is...	Now, I understand that confidence is...

In your own experience, how would you rate your confidence? In the full episode, Dr Claire shares that we can view confidence similarly to the stress curve. There's an optimum level of confidence we want to be in. Too little or too much is not good.



Let's dig a bit deeper and recall past experiences. When was the last time you felt the most confidence? Try to recall the circumstance as much as possible.

Now, recall an experience where you felt the least confident. Similarly, recall the circumstance as much as possible.

What do you think are your barriers in building confidence? List them.

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How will you need to change to overcome these barriers?





Let's take a step back and assess ourselves from different perspectives. First, what are your strengths? If you find it difficult to pinpoint, ask colleagues, family, and friends, and then look for repetitive comments.

Next, what are your weaknesses? Similar to finding your strengths, you can also ask others about this.

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Reflect on the people you talk with often. Can you identify who the radiators and energy drains are? You can also extend this to specific environments.

Radiators/ Energizers	Energy Drains

Based on your answer, is your daily filled with more energizers or energy drains?



In the full episode, Dr Claire listed several ways to build confidence. Now that you know your tendencies and identity better, establish your next steps. What are your goals for the next three months?

Goals:

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CPD time claimed:

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