

## INTERACTIVE WORKBOOK

# 7 WAYS TO IMPROVE YOUR SELF-ESTEEM AND SELF-CONFIDENCE.

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## A Journey Scenario

- To get started I want you to imagine you're on vacation and you're getting ready to go out for the day. You don't know the area very well and the best place to go is just out of town around 20 minutes from where you are. You can use the Train to get to your destination.

Step one) Where do you see yourself / Where do you want to be?

So your destination is 20 minutes' train ride out of town, I want you to visualize the place you're going, you've never been there before, I want you to build an image in your mind of what this place looks like and how does it represent what you want to achieve regarding your Self-Confidence and Self-Esteem;

- ❖ How do you see yourself in this place?
- ❖ How has this affected you emotionally?
- ❖ How is it different from where you are now?

Step Two) Best Route to your destination

There are often many different routes leading to one destination, some are longer, some are shorter, some other question that may arise -how many stops it will take? will you need to change trains, what's the waiting time, Does the route get busy and so on. Here I want you to really think about how you will approach the journey to improve your Self-Confidence and Self-Esteem, things you can consider:

- ❖ A study course
- ❖ A Coach or Mentor
- ❖ A Book
- ❖ Online Research

### Step Three) Transportation

At this point you know where you want to go, you know the best route to take, now you need to know what platform and what train will take you to your destination.

- ❖ Which of the above choices did you choose from “Step Two”?
- ❖ Why are you convinced this is the BEST ROUTE for you?
- ❖ Do you believe you can fully commit yourself to all the requirements of the Route you’ve chosen?

### Step Four) Start Your Journey

At this stage your train has just left the platform and proceeding to leave the station “ON ROUTE” you’re in the process of transforming your life.

- ❖ How do you feel about your decision?
- ❖ Have you told your friends and family about your journey?
- ❖ Are they supportive and encouraging you on this journey?
- ❖ How do you feel having this support and encouragement from your friends and family?

### Step Five) Mental Checklist

While on your train ride you start to think about what happens once you've reached your destination, so you start to make a mental note of what interests you will pursue once you've arrived, for example; what shops, museums, sight-seeing etc. Below I want to mention your "Key Performance Indicators"

- ❖ Are you noticing improvements?
- ❖ How has your self-confidence and self-esteem improved?
- ❖ How has this impacted your life?
- ❖ What are the feedback from your friends and family?

### Step Six) Arrived At Your Destination

Now you've arrived, you've invested time and energy into your self-development.

- ❖ What's the first thing you want to do with your illuminated self-confidence and self-esteem?
- ❖ Are there any other goals you've set for yourself going forward?
- ❖ How do you plan on ensuring you keep improving your self-confidence and self-esteem?
- ❖ Will you continue to invest in other areas of your personal development?

### Step Seven) **Mission Accomplished**

This where you reflect on all that you have set out to accomplish.

- ❖ Can you see yourself in the place you said you wanted to be based on (Step One)?
- ❖ Are you happy with where you are position in your life now, now that you've built up you Self-confidence and Self-Esteem based on (Step One)?