

## Confidence Boost - A Checklist



Play a few songs that boost your confidence

Here are a few song ideas - what would you add to your confidence playlist?

- Fight Song by Rachel Platten (getting ready for a contentious discussion)
- Roar by Katy Perry
- Go Big or Go Home by American Authors
- I Lived by OneRepublic
- Jump in the Line by Harry Belafonte (energy boost)
- My House by Flo Rida (when you know your stuff and you need a reminder - they're in your house)
- Thunder by Imagine Dragons
- The Gambler by Kenny Rogers (when you're taking a risk)
- Coward of the County by Kenny Rogers or Girl Goin' Nowhere by Ashley McBryde (when you've been underestimated)
- Eye of the Tiger by Survivor



Remind yourself - you've done tougher things before, you can do this!

- Think of a time you overcame a big challenge. What was it? How did it feel? Write down a quick note to jog your memory and keep this ready for when you need it.



Read some motivational quotes. Pick your favourite quotes and keep them handy for when you need them. Even better - memorize your favourite to say to yourself when you need it.

Here are some quote ideas:

- "I'm the best I've ever been, But not the best I'll ever be" - from the song Work in Progress by Allie Colleen
  - "Fate whispers to the warrior, there's a storm coming. And the warrior whispers back. I am the storm" - Tom Cruise in Mission Impossible Fallout
  - "I have a special set of skills" Liam Neeson in Taken
  - "Over! Under! Through!" - Tina Fey speaking about getting around obstacles in her book Bossy Pants
- Want more ideas for quotes? Check out this [pinterest board](#)



Look in the mirror and say "You've got this. You can do this." Then walk through the steps of how you will do it. And remember - it's a learning experience.



Still feeling jittery and nervous? Embrace that feeling and say to yourself "I'm so excited - I've got this!"