



The
7 Steps to Confidence

Video Course

WORKBOOK

7 STEPS TO Confidence



Your 7 Step Journey to Better Speaking & Greater Confidence

Welcome to the 7 Steps to Confidence!

You are well on your way if you remember ONE thing:

Confidence is not always something you HAVE, but it is always something you can CREATE!

When you really take that to heart, you understand that you are in control, and the process becomes SO much simpler!

Print and use these worksheets as a guide to be used with the Videos, and also as a reminder to keep following the steps necessary to instill and strengthen your Confidence, in Speaking AND in Life!

For more on Speaking, sign up at <http://www.communicatetocreate.com>

That being said, let's begin!

Kwesi Millington
Certified World Class Speaking Coach
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**Confidence Tip #1:
SENSE OF PURPOSE &
STANCE**

Remember the SHARE Acronym!

S - Stand Taller!

H - Hold Your Chin Up!

A - Act Larger / Open Stance!

R - Raise Your Voice at least 10%!

E - Emphasize that YOU are in Control!
Mindset is Everything!

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Confidence Tip #2: SMILING & EYE CONTACT

The ONE Smiling and Eye Contact tip that I will implement starting TODAY is:

The tips that I already use NOW are:

Other Takeaways/Resource Notes:

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**Confidence Tip #3:
SLOW &
SILENCE**

The ONE Tip that I will implement starting TODAY is:

The tips that I already use NOW are:

Other Takeaways/Resource Notes:

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Confidence Tip #4: SUCSESSES (pg 1/2)

What was the BIG Win that you can remember?

Who was there?

What were the SIGHTS?

What were the SOUNDS?

What other SENSES can you remember? Be as detailed as possible! Explain it as if someone had to go on what you wrote to re-create the scene!

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**Confidence Tip #4:
SUCSESSES (pg 2/2)**

Remember the CORE and Visualize the scene before you speak!

C - Close: Close Your Eyes and Remember

O - Over: Go over everything

R - Remember all that you can

E - Engage ALL of your Senses!

YOUR PAST STORIES CAN LEAD TO YOUR FUTURE GLORY!

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Confidence Tip #5: SONGS

What are YOUR Favourite Songs? List them:

Remember:

MUSIC IS MAGIC!!

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Confidence Tip #6: STICKER SWITCH SMILING FACES & SUBMISSION (pg 1/2)

What “A-Ha’s” did you take away from the points about STICKER SWITCHES?

What “A-Ha’s” did you take away from the points about SMILING FACES?

What “A-Ha’s” did you take away from the points about SUBMISSION?

STICKER SWITCHES: What labels have you given yourself? What have others given to you?

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Confidence Tip #6: STICKER SWITCH SMILING FACES & SUBMISSION (pg 2/2)

SMILING FACES: Remember some of the Smiling Faces when you speak again!

SUBMISSION: What would you share if you were sharing your last message?

Other Takeaways/Resource Notes:

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CONCLUSION

Other Takeaways/Resource Notes:

Author and Speaker T. Harv Eker once said that if you don't program your subconscious mind for success, **NOTHING** else that you do in life will matter. Your mind **WILL** be programmed for success or failure in life, regardless of what you do. It's time to take control and program it for success!

USE THESE 7 TIPS! They will skyrocket your confidence and success in Speaking and in Life.

Namaste,

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