

Squiggly Careers PodSheets



How to build your self belief

“ People’s beliefs about their abilities have a profound effect on those abilities. ”

Albert Bandura

4 sources of self belief

- 1 Engaging in learning experiences**
Teaching ourselves new skills gives us confidence to go into the unknown.
- 2 Borrowing belief from others**
Feeling inspired by positive role models and internalising their confidence.
- 3 Getting positive feedback**
Increasing our self perception and in turn, our ability to succeed.
- 4 Connecting self care and self belief**
Feeling good about ourselves means that you're better able to cope in situations where self belief is required.

4 Coach Yourself Questions

- 1** What is going to be your learning experience in the next 6 months?
- 2** How are you staying connected to the people that inspire you?
- 3** Who could you ask for 3 words to describe you at your best?
- 4** How could you restore and re-energise your emotional health?




Self care exercise

Write down 4 simple pleasures that make you smile. Assign them red, amber or green based on how well you are prioritising them right now. What would it take to make them all green or amber?

The biggest barriers to self belief

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|  BAD MANAGER |  ACTION: Over invest in your other sources of support. |
|  PAST EXPERIENCES |  ACTION: Reflect regularly on your small successes. |
|  LACK OF FEEDBACK |  ACTION: Start giving more positive feedback to create a cycle. |
|  CONFIDENCE GREMLINS |  ACTION: Reframe your limiting beliefs into limitless beliefs. |

Recommended resources

-  **The Confidence Code**
Katty Kay & Claire Shipman
-  **Ted Talk: 3 tips to boost your confidence**
Amy Adkins
-  **Build your support system**
Squiggly Careers Episode 83

Amazing if