



The 8 Step Confidence *Crash Course*

By Domonique Bertolucci

Hello!



I'm so glad that you've decided to download the workbook to my Audible Podcast, **The 8 Step Confidence Crash Course**.

The exercises, journal prompts and bonus resources in this workbook have been carefully selected to help you apply what you've learned from each episode.

There is no right or wrong way to complete this workbook — you might spend a few minutes on it at the end of each episode, take an hour or so to work through it cover-to-cover, or simply use the questions and journal prompts as a way to get your thoughts flowing about the new mindset you want to create.

Whichever way you decide to approach it, spending time focussing on these questions will help support you in creating the mindset you need to live your best, most brilliant life!

Let's get started...

Domonique
x



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Follow me for new inspirational content I don't share anywhere else, plus, if you tag me **@DomoniqueBertolucci** to share your experience applying the steps in your life, I'll be sure to cheer you along (don't forget hashtag **#confidencecrashcourse**).



FOUNDATION

So many people are looking
outside of themselves
for ways to feel good on the inside.

They think that they'll feel confident
and start believing in themselves
when they've done this, got that or look a certain way.

But your confidence shouldn't be dependent
on the goals you have achieved or the things you've done;
It's not about your dress size,
the number on your bathroom scales
or the balance on your bank statement.

And your sense of self-belief shouldn't need
compliments, positive feedback from others,
or a whole lot of likes from people you barely know.

But, if the way you think and feel about yourself
isn't based on what you've got, what you've done,
or what other people think or say about you ...
where does it come from and what can you do
so that you can feel good about yourself and your life?

The answer lies in your mindset:
the set of thoughts you hold about yourself and your life.
You deserve to feel good about who you are and the life you live –

And when you get your mindset right, you will.



STEP 1

Give Up Perfection

*Everybody makes mistakes,
so don't let yours define you or
undermine you.*

*You are good enough just as you are
and your flaws are just
the flip side of your strengths.*

Step 1: Give Up Perfection

Key Lessons

1. Perfection is impossible to achieve - nobody can be perfect, not even you.
2. You are good enough just as you are.
3. You can accept yourself as you are *and* make plans to improve or change.
4. Everybody makes mistakes. Don't let yours define you or undermine you.
5. Your flaws are the flip side of your strengths – you are perfectly imperfect.
6. Self-criticism is a symptom of perfectionism.
7. Instead of chastising yourself, encourage yourself.
8. Perfectionism and happiness cannot coexist – choose to be happy, not perfect.

Step 1: Give Up Perfection

Exercises

1. Think of a mistake you have made that you are still berating or chastising yourself over.

Make a note of the lessons you have learned from this mistake and acknowledge how much wiser you are as a result of it.

Step 1: Give Up Perfection

2. Make a list of the flip-side or positive qualities of each of your perceived flaws. **Next to each item make a note of how that flip-side serves you or works to your advantage.**

THE FLIP-SIDE OF MY PERCEIVED FLAW...

HOW THIS SERVES MY ADVANTAGE...

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Step 1: Give Up Perfection

3. Think about the self-critical thoughts that play on repeat in your head. Make a note of a new thought you can replace them with and **make a commitment to letting this thought be the one that you default to from now on.**

THE SELF-CRITICAL THOUGHT(S)...

MY NEW REPLACEMENT THOUGHT(S)...

My commitment:



STEP 2

Do Your Best

*There is no need to compete
in the game of life.*

*Turn jealousy into inspiration and
encourage yourself when
things feel tough.*

*There will always be someone
who has more or who has done more,
so focus on your intentions instead.*

Step 2: Do Your Best

Key Lessons

1. Instead of trying to be the best, just focus on being *your* best.
2. Be inspired by other people's success, not jealous of it.
3. Before you envy someone's success, appreciate what it has taken to get it.
4. Be intentional about the effort you put in and what you hope to get out.
5. Think big, but aim small.
6. There is a time and a place for your goals – it's just not all of the time.
7. Focus on your intentions and keep your eyes on your destination.
8. You get to decide what your best does – and doesn't – look like.

Step 2: Do Your Best

Exercises

1. **Create an *inspiration and aspiration* list** of all the people whose success inspires you, excites you and reminds you that the things that you want from life are possible.

Step 2: Do Your Best

2. Make a note of any areas of your life where you have been **giving your best**, but that on reflection really **don't warrant that level of effort**.

Take a minute to get clear on what a reasonable level of effort is for each of these areas and make the decision to give 'this much', and 'only this much', from now on.

**WHERE I'VE BEEN UNNECESSARILY
GIVING MY BEST EFFORT(S)...**

**HOW MUCH EFFORT I WILL GIVE GOING
FORWARD...**

Step 2: Do Your Best

3. Think of a goal you have been struggling to achieve, something you've been on the success/failure roller coaster with, and make a note of the intention or big-picture idea that this goal is supporting.

Pay attention to how this shifts the way you feel about your goal and make the decision to focus your attention on your intention from this

MY GOAL INTENTION...



STEP 3

Impress Yourself

*Failure is often the
fastest route to success
so shift your focus
away from your flaws,
learn your lessons,
dust yourself off
and make sure that it
doesn't mess with your head.*

Step 3: Impress Yourself

Key Lessons

1. Your self-belief is like your fitness – it needs exercise to stay strong.
2. You are, and always will be, a work in progress.
3. Fail fast – learn your lessons, dust yourself off and try again until you succeed.
4. It is better to fail fabulously than succeed at mediocrity.
5. Instead of avoiding failure, focus on where and how you want to succeed.
6. Make a list of your positive qualities – keep it close to hand and top of mind.
7. Instead of hiding your strengths and talents, celebrate them.
8. Your self-worth is defined how you feel about yourself.

Step 3: Impress Yourself

Exercises

1. Make a list of the areas where your self-belief is strongest and make a note of **one thing you can do in each of those areas to challenge yourself and keep your self-belief strong.**

SELF-BELIEF AREA(S)

HOW I WILL KEEP MY SELF-BELIEF STRONG

Step 3: Impress Yourself

2. Answer the question, **‘What would I do if I knew I couldn’t fail?’** and make your answer as rich and detailed as possible. **When you’ve finished, identify all the different ways you can take one step closer to this vision.**

IF I COULDN'T FAIL...

WAYS I CAN STEP CLOSER TO THIS...

Step 3: Impress Yourself

3. Make a list of all your **strengths, positive qualities, and the things you are most proud of.**

Keep this list somewhere where you can see it easily and read it (or even better, recite it out loud) at least once a day.

MY IMPRESSIVE LIST OF STRENGTHS, POSITIVE QUALITIES AND THINGS I'M PROUD OF...



STEP 4

Expect Good Things

*It's up to you to make good things
happen, so master your mindset,
take ownership of your life
and give yourself
the best chance of success.*

Step 4: Expect Good Things

Key Lessons

1. Be intentional about your life – commit to making good things happen for you.
2. Remember, worrying won't change anything except how you feel.
3. Consciously choose thoughts that make you feel optimistic.
4. The only wrong decision is indecision.
5. Activate a growth mindset – ask yourself, 'What will I do differently next time?'
6. Understand the worst-case scenario but appreciate how improbable it is.
7. When things don't turn out, pick yourself up, dust yourself off and try again.
8. Focus your attention on your intention – expect things to turn out well.

Step 4: Expect Good Things

Exercises

1. Make a list of all the things **you are currently worrying about**.

Next to each item indicate whether it is something you can do something about or something you need to accept. If your worry is something you can influence, make a note of the action you plan to take. If it is beyond your control, make the decision to accept it.

I WORRY ABOUT...

MY ACCEPTANCE OR ACTION:

Step 4: Expect Good Things

2. Craft positive thoughts or affirmations that describe your expectations for the future, **writing them in the present tense as if they have already occurred.**

Repeat this for any anything that you find yourself worrying about and from now on make these new thoughts the ones that are on repeat in your head.

(I AM, I HAVE, I MAKE, I DO ETC.)

Step 4: Expect Good Things

3. Think of a decision you have made in the past that, with the wisdom of hindsight, turned out not to serve you as well as you would have hoped.

Make a note about what have you learned from this experience and what you will do differently next time.

A DECISION THAT DIDN'T SERVE ME AS WELL AS I HOPED...

WHAT I LEARNED FROM THIS EXPERIENCE AND WHAT I WILL DO DIFFERENTLY NEXT



STEP 5

Cheer Yourself On

*Instead of being your own worst
enemy, when you feel
anxious or scared,
ignore your inner critic
and act like your best friend
would instead.*

Step 5: Cheer Yourself On

Key Lessons

1. Bring out the best in yourself by becoming your own biggest fan.
2. Your inner critic is a bully – ignoring it is the best way to make it go away.
3. Never speak to yourself more harshly than you would to a small child.
4. There is no point in getting better at something at the expense of feeling bad about yourself.
5. The more you cheer yourself on, the more your confidence will grow.
6. Ask yourself, 'What would my best friend say, if they were in my shoes right now?'
7. Loving yourself builds confidence, not obnoxiousness.
8. Believe in yourself – everything feels easier when you feel confident.

Step 5: Cheer Yourself On

Exercises

1. Pay attention to the way you have been speaking to yourself: the words you use and the tone you take.

Reflect on the impact this has on your confidence and self-belief and make the decision to only speak to yourself in an encouraging way from now on.

Step 5: Cheer Yourself On

2. Think about how you would like to feel at the start of each day. What feelings about yourself do you want to have, and what thoughts will you generate to activate those feelings?

Use your answers to create a morning cheer for yourself. Even if you never say it out loud, if you start each day with this new cheer, you can be confident you will be setting yourself up for success.

HOW DO I WANT TO FEEL AT THE START OF MY DAY? HOW WILL I GENERATE THOUGHTS AND FEELINGS TO SUPPORT THIS?

MY MORNING CHEER:

Step 5: Cheer Yourself On

3. Ask yourself, **‘What would be different in my life if I had unconditional belief in myself?’**

Make a note of the thoughts and feelings that come up for you when you consider this, and then make the decision to live this way from now on.

IF I HAD UNCONDITIONAL BELIEF IN MYSELF...



STEP 6

Rise to the Challenge

*Not everything in life is going to
run smoothly so step
out of your comfort zone,
ask for the respect you deserve,
and learn how to put
your needs first.*

Step 6: Rise to the Challenge

Key Lessons

1. Mindset is everything – decide to feel good about yourself and your life.
2. Own all of your feelings, just don't wallow in them.
3. Your fears are your limiting beliefs brought to life.
4. Your comfort zone is where your self-confidence goes to die – rescue it!
5. Your thoughts, feelings and opinions matter.
6. Your confidence will soar every time you stand up for yourself.
7. Putting yourself first doesn't mean you have to put everyone else last.
8. Confidence and integrity go hand in hand, so do the right thing, not the easy thing.

Step 6: Rise to the Challenge

Exercises

1. Reflect on how you normally manage your uncomfortable feelings – do you bottle them up, push them away or engage in things that numb them so you can ignore them?

Ask yourself, 'What would be different if I owned and accepted all of my feelings?'

Step 6: Rise to the Challenge

2. Make a note of **four simple ways you can step out of your comfort zone.**

Make the commitment to take one of these actions each week for the next month. At the end of the month, reflect on how stepping outside of your comfort zone has affected the way you feel about yourself and your life.

1ST WEEKLY ACTION:

2ND WEEKLY ACTION:

3RD WEEKLY ACTION:

4TH WEEKLY ACTION:

END OF MONTH REFLECTION:

Step 6: Rise to the Challenge

3. Think of an area of your life where you know you need to stand up for yourself. Consider the, ***When you ... → I feel ... → and what I need is ...*** formula and write out your declaration.

Notice how just writing it down has an impact on your confidence and self-belief – and then make the commitment to put it into action.

When you...	I feel...	What I need is...



STEP 7

Shine Your Light

*No one can make you
feel unworthy
without your permission,
so take back control
of the dimmer switch,
and turn up the light
in your life.*

Step 7: Shine Your Light

Key Lessons

1. Your past doesn't need to define your future.
2. Don't wait for anyone or anything to save you – decide to be the hero of your life.
3. If you don't make an effort your subconscious will believe you weren't worth it.
4. Decide what kind of person you want to be.
5. Learn to listen to your inner compass – it knows the right answer, even if you don't.
6. Get comfortable with discomfort, it's a sign of good things to come.
7. Take responsibility and make any changes you need to make, responsibly.
8. Focus on what you want from the future and make it your reality.

Step 7: Shine Your Light

Exercises

1. Examine your self-talk and ask yourself, **'What am I waiting for?'** See if you can identify the obstacles, real and imagined, that you have placed in your path.

Once you've made your list, for each item, ask yourself, **'Do I really need to let this stop me?'** Once you have your answers commit to taking action that moves you forward wherever and whenever you can.

What am I waiting for?	Obstacle(s)	My committed action or affirmation

Step 7: Shine Your Light

2. Think about who you want to be and write a detailed description of that person – you might find it easier to write this in the third person, as if you are talking about someone else and not yourself.

Once you know who you want to be, choose one small action that will help you to get closer to who you want to become.

WHO I WANT TO BE ...

ONE ACTION THAT WILL MOVE ME TOWARDS BECOMING THIS PERSON...

Step 7: See Into The Future

3. Sit or lie somewhere comfortable with your eyes closed and ask yourself the question, **‘What do I really want from ... ?’**

Each time you ask the question, notice the thoughts that come up for you and how they make you feel. Keep track of these thoughts and feelings in your journal. Over time your thoughts will come into sharper focus and your true north will become clear.

WHAT DO I REALLY WANT FROM.... (DRAFT YOUR QUESTIONS)



Don't forget to keep track of your thoughts and feelings in your journal!
(you can also use the next page)

Step 7: Shine Your Light

(Journal Space)



STEP 8

Fall in Love with Yourself

*The most important relationship
you will ever have
is with yourself,
so respect your boundaries,
forgive your failings
and become the star in the
love story of your life.*

Step 8: Fall in Love with Yourself

Key Lessons

1. Your relationship with yourself is the most important relationship you will ever have.
2. See yourself through the eyes of someone who loves you.
3. Make gratitude your attitude – pay attention to all the things you are grateful for.
4. Live your life in alignment with your values; they are the DNA of your soul.
5. Take the time to get to the heart of what matters most to you.
6. Protect your boundaries by declaring, 'It's important to me ...'
7. Forgive yourself for the things you've done and the things you've failed to do.
8. Claim your future – the best way to build your confidence is by taking action.



Have a brilliant day... every day!

Get my Brilliant Day Planner that was mentioned in this episode for free, [here](#).

Step 8: Fall in Love with Yourself

Exercises

1. Think about the healthiest, most positive relationship in your life...

What qualities does this relationship have that make it so rewarding? What would be different in your life if your relationship with yourself had the same qualities?

THE HEALTHIEST RELATIONSHIP I HAVE IS WITH...

WHAT QUALITIES DOES THIS RELATIONSHIP HAVE THAT ARE SO REWARDING?

WHAT WOULD BE DIFFERENT IF MY RELATIONSHIP WITH MYSELF HAD THE SAME QUALITIES?

Step 8: Fall in Love with Yourself

2. When do you find it hardest to set or maintain boundaries in your life?

Make a list of all the times you find it hard to say 'no'. Write out your 'It's important to me ...' statement for each one, so that you're ready to firmly state your boundaries next time you need to.

It's hard to say 'no' when...	It's important to me that...

Step 8: Fall in Love with Yourself

3. Describe yourself in the third person the way someone presenting an award to you might introduce you to an audience. **Set this description at some imaginary point in your future. Include your strengths, positive qualities, as well as your existing and future achievements and successes.**

To make it feel more personal, you might like to include your special interests or the things you like to do in your spare time too. How do you feel about this person? Are they someone you would like to get to know? What will you do to ensure you grow into this person?

THE INSPIRATIONAL INTRODUCTION TO YOU:

YOUR CONFIDENCE CRASH COURSE

Consider all that you've learned throughout **The 8 Step Confidence Crash Course**. If you could pick three things that impacted you the most, or gave you the biggest insight, what would they be?



Share your biggest lightbulb or aha moment!

Now that you've finished both the 8 Step Confidence Crash Course Podcast and Workbook, I'd love to know what your biggest lightbulbs or aha moments were.

Send me a DM on **Instagram** or **Facebook** - I'd love to know how your confidence has been changed for the better! You can also tag me on either platform @domoniquebertolucci.

This is just the beginning!

Now that we are at the end of **The 8 Step Confidence Crash Course**, I want to thank you for coming on this journey with me.

More importantly, I want you to thank YOU for going on this on this journey.

It will always be easier to have an ordinary life, and as I said right back when we started, most people are 'fine' with fine, and 'okay' with okay.

I'm so glad you're not.

I'm so glad you decided to show up and learn how to create the mindset you need to make living your happiest and most fulfilling life, your reality.

You deserve to live your best, most brilliant life— not just someday, every day— and by applying the lessons you've learned in our time together, I'm confident you're well on your way.

If you to want to go even deeper in understanding what it takes to live your best, most brilliant life, you can check out the various books, news and trainings at domoniquebertolucci.com.

Have a brilliant day!

Domonique

x



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