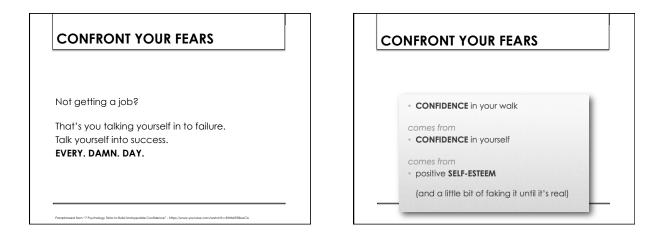


	• 1. 0
Get out a pencil/pen and paper.	• 2. 0
	• 3. \$
	• 4. H
	• 5. S
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WORKSHOP	• 7. L





### CONFRONT YOUR FEARS

Get into groups and discuss:

- What **action** are you the most scared of taking when it comes to your career?
- What can you do to help yourself be more comfortable with this?
- 1. CONFRONT YOUR FEARS
  2. OWN YOUR STRENGTHS.
  3. SET ATTAINABLE GOALS
  4. HELP SOMEONE
  5. SEPARATE YOUR WEAKNESSES
  6. STOP COMPARING
  - 7. LOOK CONFIDENT

d from "7 Psychology Tricks to Build Unstappable Confidence" - https://www.youtub

#### **OWN YOUR STRENGTHS**

I from "7 Psychology Tricks to Build Unstoppable Confidence" - https://

On your own, write down your **personal** strengths.

#### **OWN YOUR STRENGTHS**

- 1. Get in groups of 8-10 people.
- 2. Stand in a circle, 1 person in the middle.
- 3. On a timer, everyone (one at a time) must say at least 1 thing he/she **admires** about the person in the middle of the circle.

Try to be more specific than just "nice to everyone".

from "7 Psychology Tricks to Build Unsto

ed from "7 Psychology Tricks to Build Unstoppable Confidence" - https://www.youtube.com/watch?v=RWbX958xwCA

## **OWN YOUR STRENGTHS**

On your own, think about that experience and how it may inform your own thoughts about yourself.

Take notes and reflect.

Remember this when we see the video about having confidence as a designer.

Paraphrased from "7 Psychology Tricks to Build Unstoppable Confidence" - https://www.youtube.com/watch?v=RWbX958xwCA

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#### SET ATTAINABLE GOALS

Many people don't think to develop themselves emotionally using lists, deadlines, and resolutions.

By creating daily or weekly boxes for you to check to **consistently compare where you are with where you were**, you can track.

### SET ATTAINABLE GOALS

FOR THOSE WITH ANXIETY AND FAILURE ISSUES (like me):

**Be kind to yourself.** Think long-term about how small accomplishments are a big deal.

## SET ATTAINABLE GOALS

On your own, figure out one goal you have for yourself.\*

Consider a STEP BY STEP plan to attain this.

Now break it into smaller, achievable steps.

\* that you don't mind sharing if asked.  $\hfill \odot$ 

araphrased from "7 Psychology Tricks to Build Unstoppable Confidence" - https://www.youtube.com/watch9v=RWbX958xwCu

# SET ATTAINABLE GOALS

This is not quick, but it's powerful.

Remember STEP by STEP.

It may take a bit to set the right size of steps and amount of time it takes to attain a goal.

Paraphrased from "7 Psychology Tricks to Build Unstoppable Confidence" - https://www.youtube.com/watch?v=RWbX958ewCA

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# HELP SOMEONE

Get into groups of 4-6.

Discuss ways to help others in your community. Define your different communities, understanding those are not just geographic locations.

Take notes.

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## SEPARATE YOUR WEAKNESSES

Paraphrased from "7 Psychology Tricks to Build Unstoppable Confidence" - https://www.youtube.com/watch?v=RWbX958ewCA

- Accept that there are some things you will never be able to change. Don't waste time on these things. Let them go.
- Everyone hates something about themselves. (And often, it's something of which someone else is jealous.)

## SEPARATE YOUR WEAKNESSES

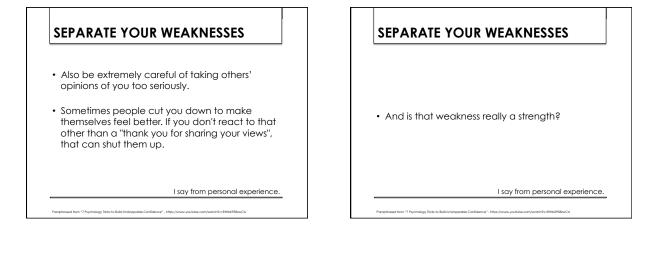
•Your strengths define you FAR MORE than your weaknesses.

sed from "7 Psychology Tricks to Build Unstoppable Confidence" - https://www.youtube.

# SEPARATE YOUR WEAKNESSES

- You are your own worst enemy.
- Instead, be your #1 fan.
- EVERY. DAMN. DAY.

I say from personal experience.



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ed from "7 Psychology Tricks to Build Unstoppable Confidence" - https://www.youtube.com

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## STOP COMPARING

• Get in groups and discuss:

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- Who do you wish you were? Share and share why you feel this way.
   If the person is not wel-known, you may need to explain this in more general term
- 2. Each person in the group find a problem with this scenario how it's not as good as it seems.

#### STOP COMPARING

sed from "7 Psychology Tricks to Build Unstoppable Confidence" - https://www.yo

 Consider who a good mentor would be as if reality didn't matter.
 Share and share why you feel this way.

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