

BEYOND GRIT WORKBOOK



Multiply
Your
Confidence

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Multiply Your Confidence

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WELCOME FROM DR. CINDRA

I want to congratulate you for registering for the *Multiply Your Confidence* course and recognizing that your confidence is key to your happiness, leadership and reaching your big dreams and goals!

Confidence has been described as the #1 factor to consistent peak performance. Developing your confidence is key!

The interesting thing about confidence is that it is a DECISION that takes DAILY nurturing.

Even the professional athletes I work with tell me their confidence can fluctuate and they need to make a daily decision to nurture their confidence. Just like a professional athlete, you must develop your confidence to reach your most audacious goals.

Think of it this way:

High Performance = Your Potential – Inner Limits

Your potential is limitless and endless, but for you to reach it, you need to reduce your inner limits.

In this course, we explore 3 internal limits that impact confidence:

1. Judgment
2. Comparison
3. Limiting Beliefs

In each video, I share with you **HOW** to overcome these 3 internal limits and share practical tools.

I've been studying high performance and working with high performers for 20 years. After lots of work on understanding my own purpose, I know I was put on the Earth to help you master the inner game so you can reach your potential and consistent high performance.

I cannot wait to hear about your experience in the course and the results after!

And if you are interested in learning more about having a one-on-one coach to support you in your journey and get to your goals quicker, email me at cindra@cindrakamphoff.com. We are here ready to support you!



Stay Gritty and Mentally Strong!

Cindra

10 DECISIONS TO INCREASE CONFIDENCE

1 MAKE A CHOICE TO BE CONFIDENT

High performers make a daily choice to think, be, and act confidently. They carry themselves with confidence, they think like a winner, and they act in a way that maintains confidence.

2 REMIND YOURSELF OF YOUR ACCOMPLISHMENTS

Your past accomplishments are tangible evidence that you can do it because you've already done it! Remind yourself daily how you have improved your skills over time.

3 MAKE A DECISION TO BE FULLY PREPARED

Daily and deliberate preparation with the intent to improve is key to improving confidence and performance. You have to put the work into be confident or you might experience false confidence.

4 BE YOUR OWN BEST FRIEND

The inner voice or your self-talk has a direct impact on your confidence. Words like "I won't...I can't...I am not..." disempower you and makes you physically weak. Think "I will... I can...I am..." instead.

5 CHANGE YOUR BODY LANGUAGE

When we are confident, our body language is big, open and outward instead of small, closed, and inwards. Fake your body language until you become it.

6 PUT ON YOUR CONFIDENCE ARMOR

With your armor on, you're able to process instructions and feedback like a text message, applying the technical aspects of how to improve without zeroing in on how the instructions are communicated.

7 LET GO OF MISTAKES AND THE PAST

Instead of looking back and feeling regret, depression, or anger, see the difficulties you have experienced as opportunities that have made you stronger and more confident.

8 USE IMAGERY DAILY

Confident people imagine their past successes and future successes. They create the future in their mind, and then they live it.

9 SURROUND YOURSELF WITH SUCCESS

As Jim Rohn said, "You are the average of the five people you spend the most time with." Choose carefully and surround yourself with confident people who are interested in reaching their MVP level consistently.

10 FINISH YOUR DAY WITH CONFIDENCE

Keep a confidence-building journal each day where you write down three great things that went well that day followed by one thing you learned.

CONFIDENT AFFIRMATION:
"I choose confidence. I choose to believe and trust in my ability. I constantly nurture my confidence with my daily decisions to be my best for myself and my team."

To learn more, visit BEYONDGRIT.COM

INNER LIMIT #1: JUDGMENT

JUDGMENT

impacts our success, grit, confidence, and leadership.

WHAT TO KNOW ABOUT JUDGMENT?

- Judgment is _____.
- Most successful and _____ people are tortured by their own judge.
- We judge in three ways: We judge _____. We judge _____. And, we judge events and _____.
- The first step to reducing your judge is noticing it—without _____.
- Next, show yourself some _____, and soften your internal voice.
- Each time we recognize our _____ and soften our internal voice, we establish or strengthen a new neural pathway in our _____.

Power Phrase: I condition my mindset daily - choosing my thoughts and not allowing my mind to be on automatic pilot.

EXERCISE 1: TALK TO YOUR JUDGE

Judgment is universal. It is a common ailment we all experience. We all judge ourselves and experience the judgment of others, and it can be detrimental to our teams, our families, and ourselves.

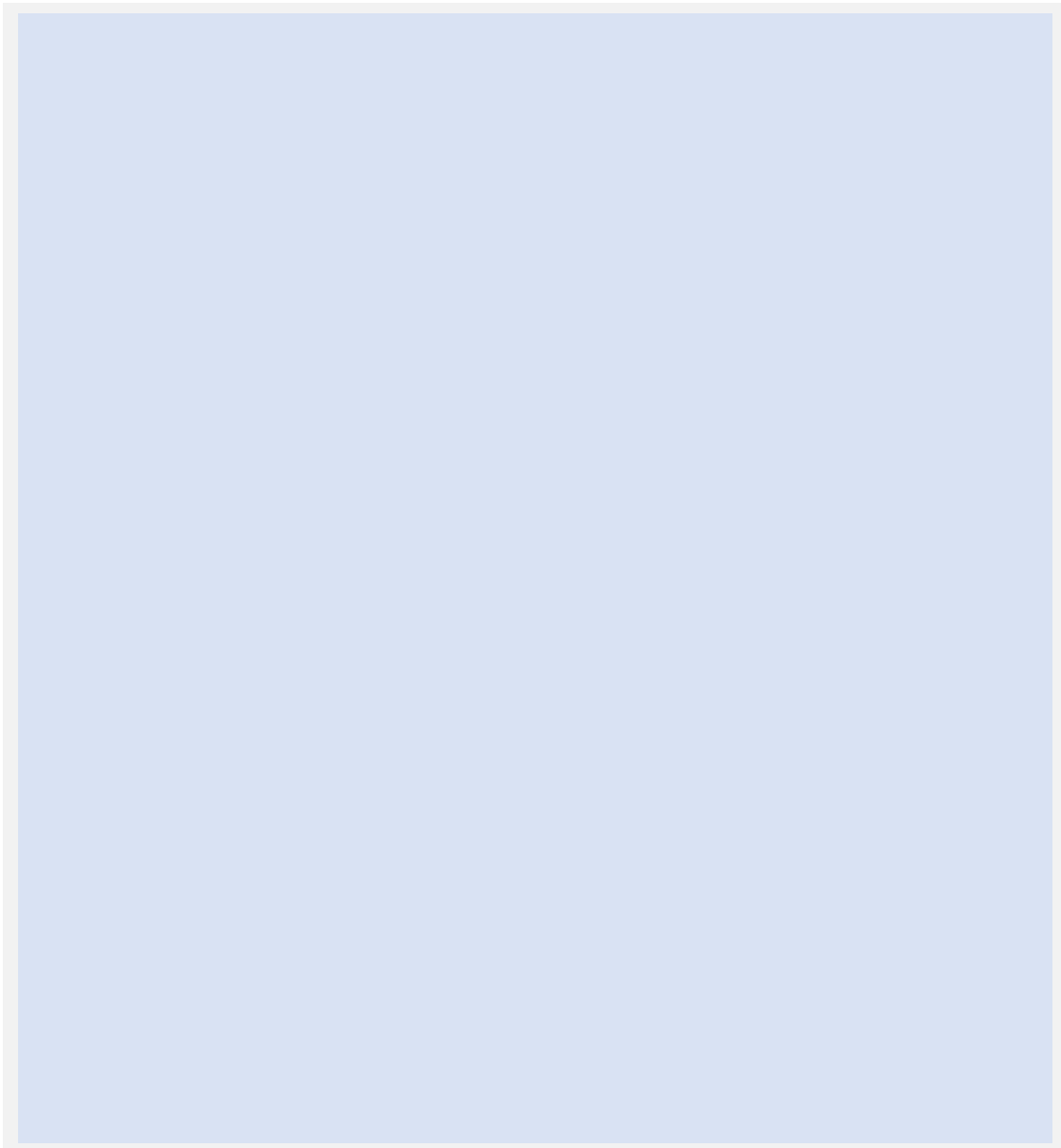
Judgment compels us to constantly find faults in and around us. When we judge, we see things as bad rather than seeing them as a gift or opportunity. We focus on what is wrong with the situation instead of what is right. We don't see our worthiness and the worthiness of others when we judge.

To address your judge, take the following steps.

1st Step:

Notice Your Judge without Judgment

1. Being aware that we all have a judge gives us permission to pay attention and helps us recognize that we are not suffering alone. When you notice and acknowledge your judge, you reduce the judge's power!
2. Reflect on how your judge impacts you and the various ways it shows up in your life and career:



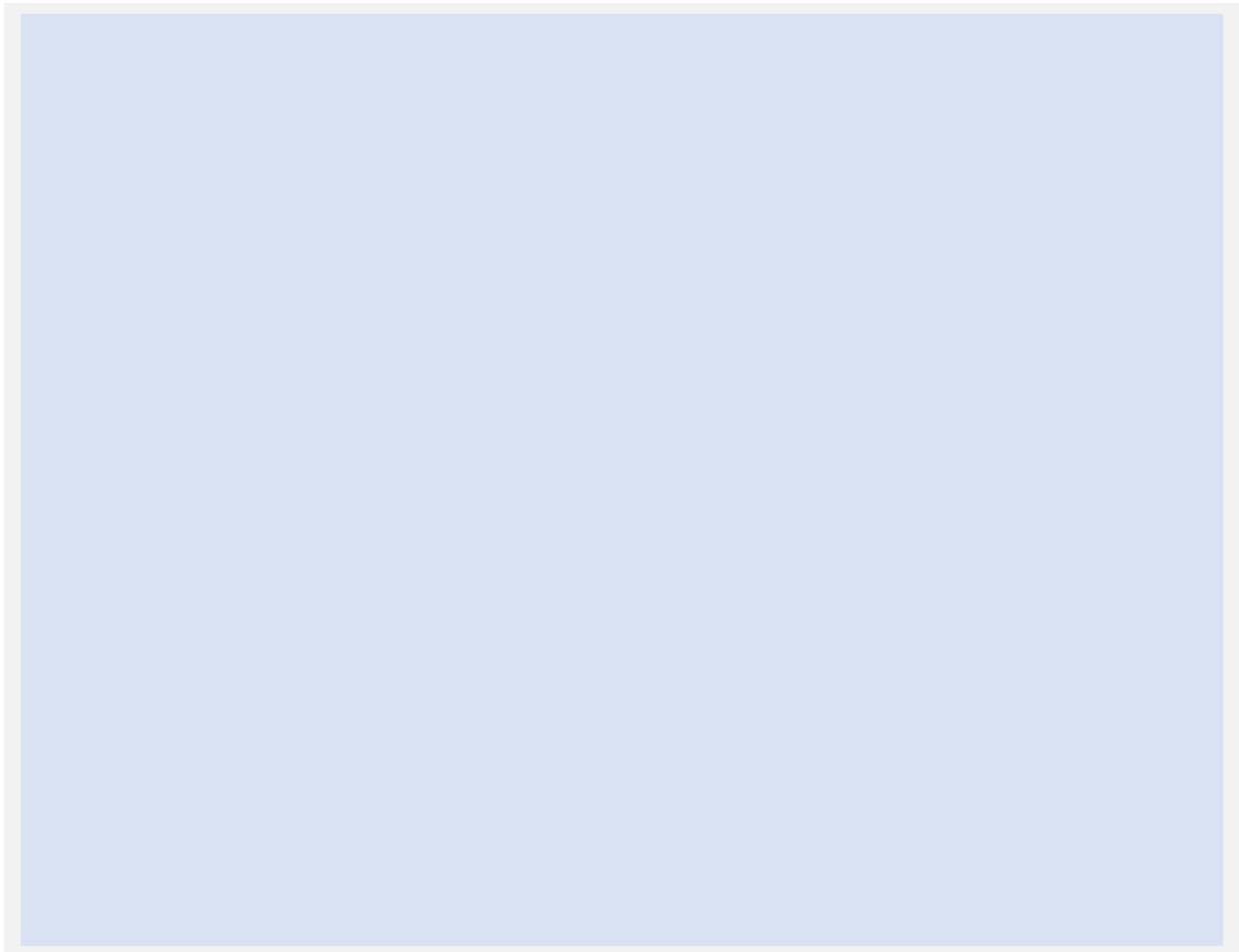
2nd Step:

Choose Self-Compassion

Next, show yourself some compassion, and soften your internal voice. When I write, my judge is always activated at some point, so before I sit down to write, I tell myself something like, “Hey, Cindra. Remember that these videos will make a real difference in people’s lives. It’s important to keep going.”

Reflect on two questions below:

- What do you want to say to yourself when you notice your judge?
- What do you want to choose instead of judgment?



Remember:

Each time we recognize our judge and soften our internal voice, we establish or strengthen a new neural pathway in our brain, reducing our judge and its power over our feelings, thoughts, and actions.

Less judgment and more self-compassion make us feel alive. The world's best work to reduce their judge.

INNER LIMIT #2: COMPARISON

COMPARISON

makes us feel like we are never enough.

WHAT TO KNOW ABOUT COMPARISON?

- Comparison is a _____. Comparison can spin us into _____.
- The first step is to _____ when you are comparing yourself to others.
- I believe I am not _____ enough when I compare myself to _____.
- The first choice you can make is to _____ your progress instead of comparing yourself to that other person.
- The second choice is you can ask yourself, "What can I _____ from this person?"
- Amazing things can happen when you focus on putting your best foot forward, _____ client, presentation, or sale at a time.

Power Phrase: The less attention I pay to others around me, the healthier and more energetic I become

EXERCISE 2: LET GO OF COMPARISON

It's easy to get caught up in the competition, to take your eyes off the lane in front of you. It's easy to compare yourself or your performance to others instead of staying focused on your own improvement.

We compare our appearance, our businesses, our number of friends, our athletic abilities, our families, our Facebook or Twitter followers, and our belongings to other people's.

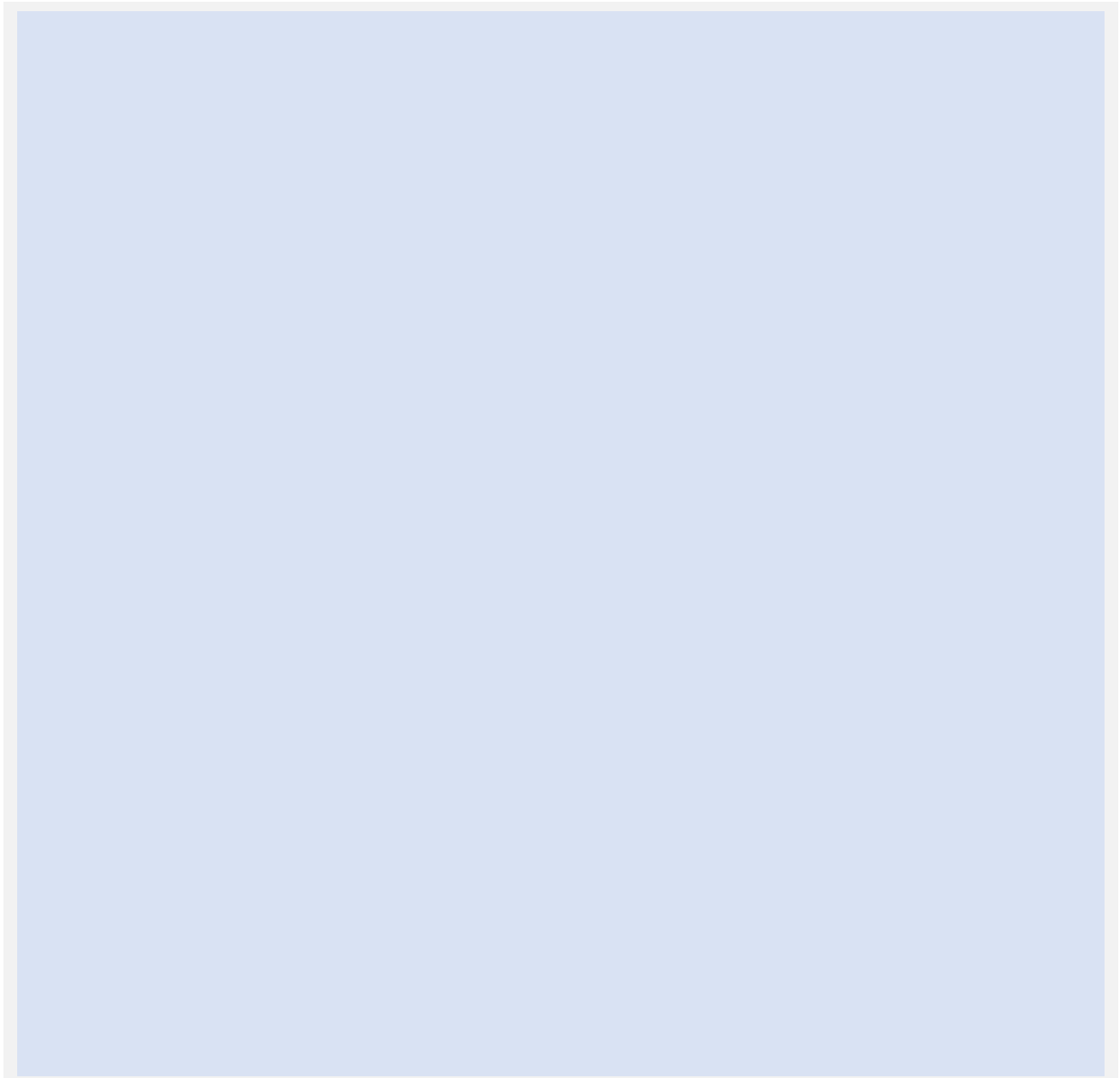
Comparison makes us feel like we are never enough: not good enough, smart enough, powerful enough, thin enough, athletic enough, successful enough, strong enough, certain enough, extraordinary enough, fast enough. The list goes on and on.

Comparison is a trap. It's a thief of joy and can spin us into a tail-chasing frenzy of self-doubt.

Step 1 to Let Go of Comparison:

Reflect on the impact of comparison on your life and career:

- How have you shifted your eyes toward your competitors' or others' achievements or things?
- How has this impacted your performance or happiness?
- What would you like to do instead of comparing yourself to others?



Step 2: Fill in the blank several times to gain awareness of your comparison:

I believe I am not _____ enough
when I compare myself to _____.

I believe I am not _____ enough
when I compare myself to _____.

I believe I am not _____ enough
when I compare myself to _____.

I believe I am not _____ enough
when I compare myself to _____.

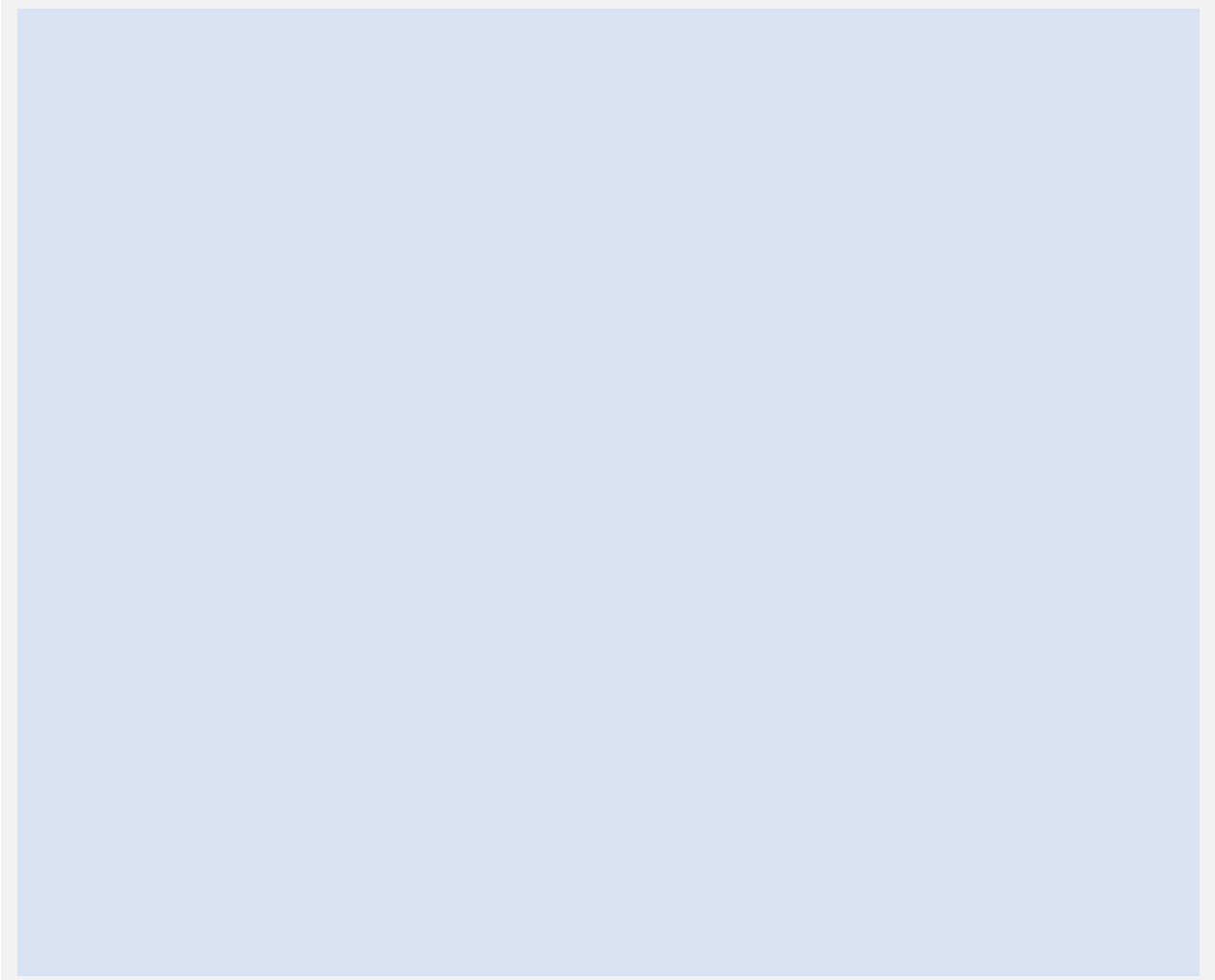
I believe I am not _____ enough
when I compare myself to _____.

I believe I am not _____ enough
when I compare myself to _____.

I believe I am not _____ enough
when I compare myself to _____.

Step 3:

One choice you can make is to celebrate your progress instead of comparing yourself to that other person. Choose a date either 1, 3, or 5 years ago. Now, in the space below consider the progress you have made toward your goals and dreams since that date.



Focus your energy on being the best you.

INNER LIMIT #3: LIMITING BELIEFS

LIMITING BELIEFS

are detrimental to your potential.

WHAT TO KNOW ABOUT LIMITING BELIEFS?

- You are _____ just the way you are—smart enough, talented enough, and successful enough to build your business to a bold _____.
- Limiting beliefs related to _____ is the barrier I see entrepreneurs, business leaders, and salespeople struggle with the most, and those beliefs greatly restrict their potential.
- Many times, the limiting beliefs we hold were _____ for many years by us and those around us.
- It takes _____ awareness to believe something different about ourselves, our business, or our potential.
- A belief is a _____ that you believe, that you make real, and that you accept as true.
- As a business leader, entrepreneur, and/or salesperson, you can't afford to let limiting beliefs become _____ barriers.

Power Phrase: I choose to empower my beliefs about myself and the world to reach my potential.

EXERCISE 3: DEFEATING YOUR LIMITING BELIEFS

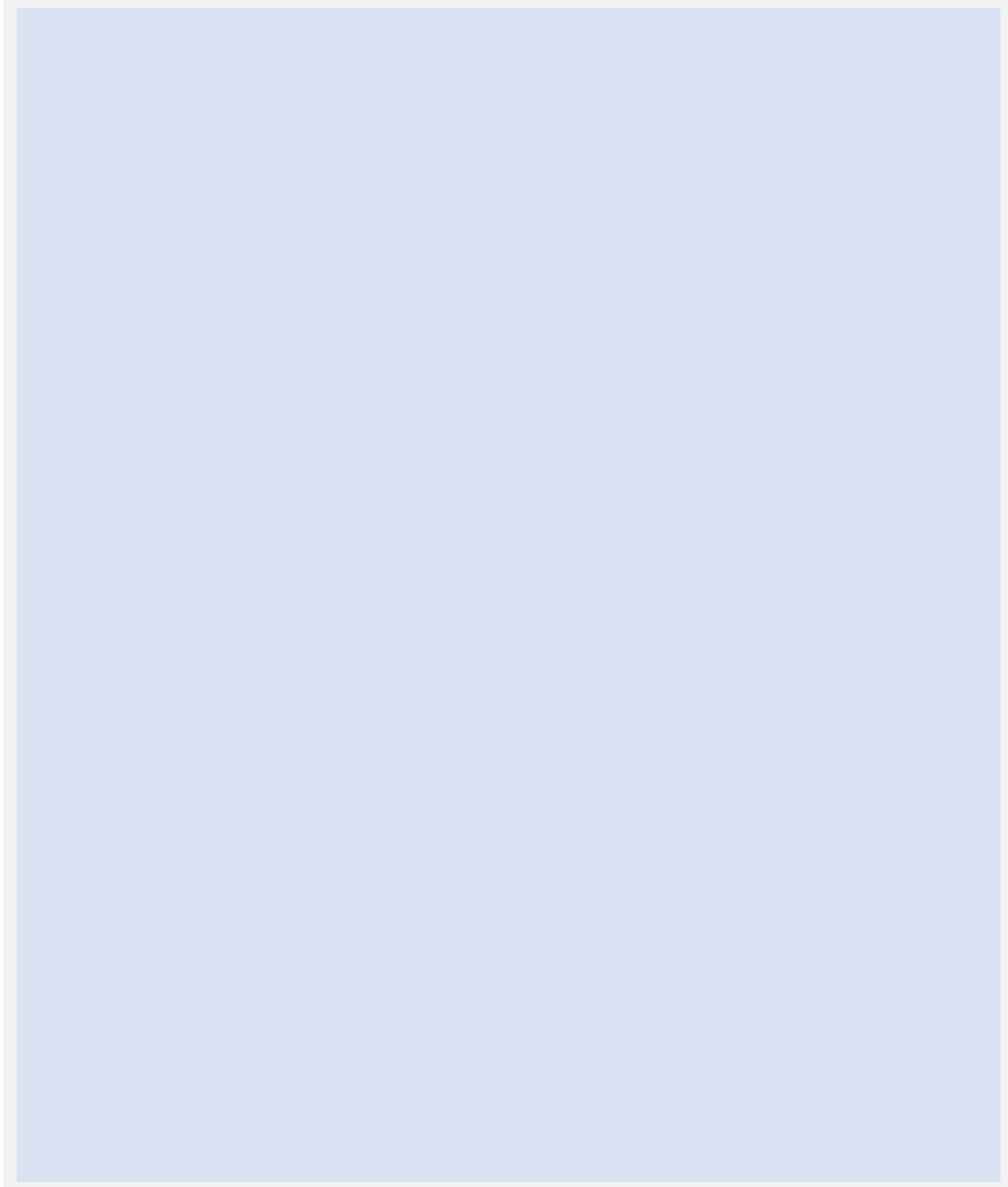
Limiting beliefs are beliefs that constrain us in some way. They can be about others, the world, and ourselves. They are typically broad statements that exist only in our head.

We have a lot of limiting beliefs that we may not even be aware of, and these limiting beliefs reflect self-doubt and feelings of unworthiness. Underlying every limiting belief is the idea that we are not good enough.

We must address our limiting beliefs because they are what limits us. You have the power right now in the present moment to change your limiting beliefs.

On the following pages are 4 steps to change your limiting beliefs.

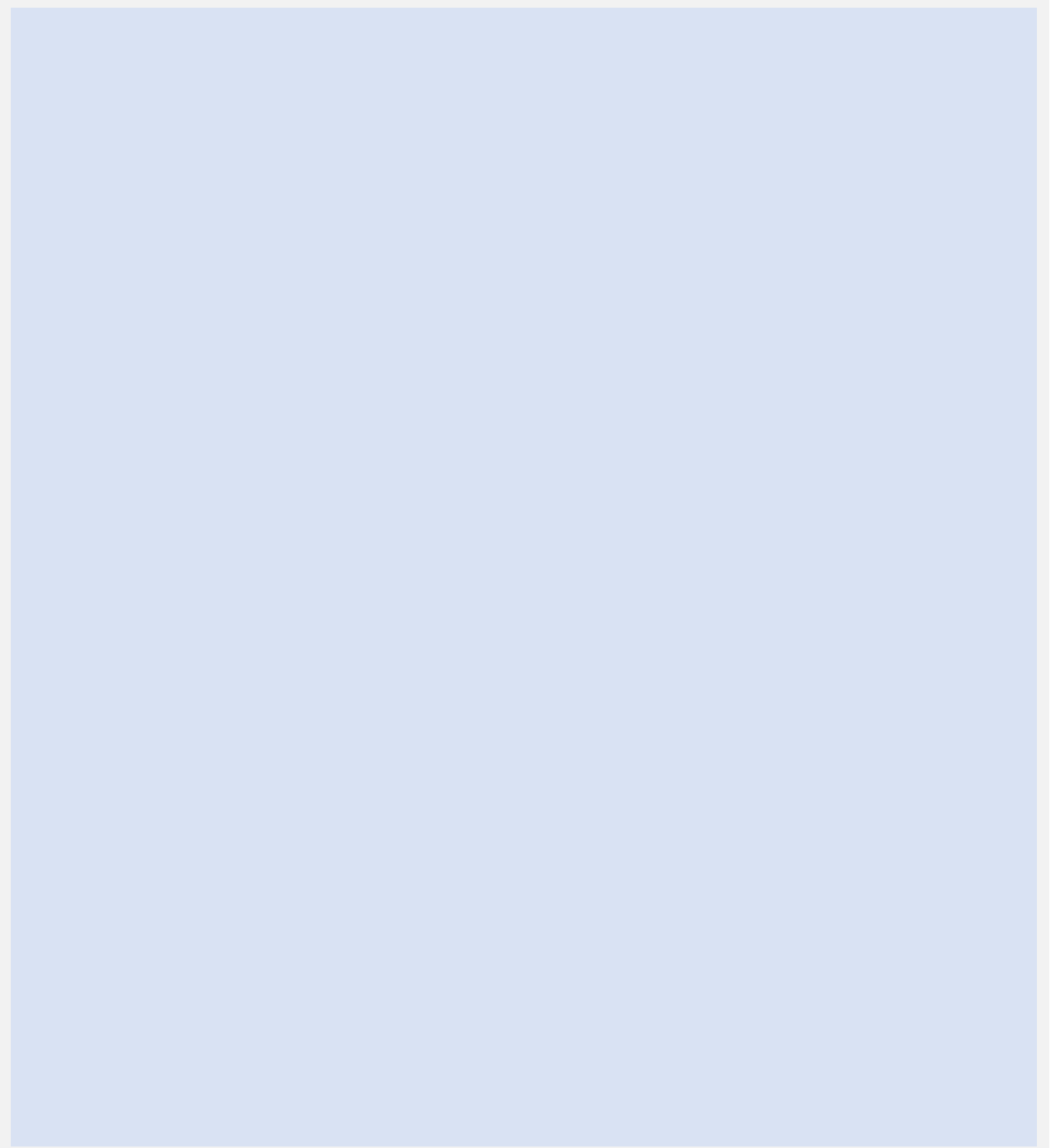
Step 1. First, ask yourself, “What are my limiting beliefs about myself, what I can do, and the world?” Gently acknowledge your limiting beliefs without judgment.



Step 2. Without judgment take a minute to explore one or two limiting beliefs you hold. What as the impact of this limiting belief been on your life, work, and/or health?

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Step 3. Now, let's replace these beliefs. Ask yourself what beliefs would allow you to become all you could be in my work and life?

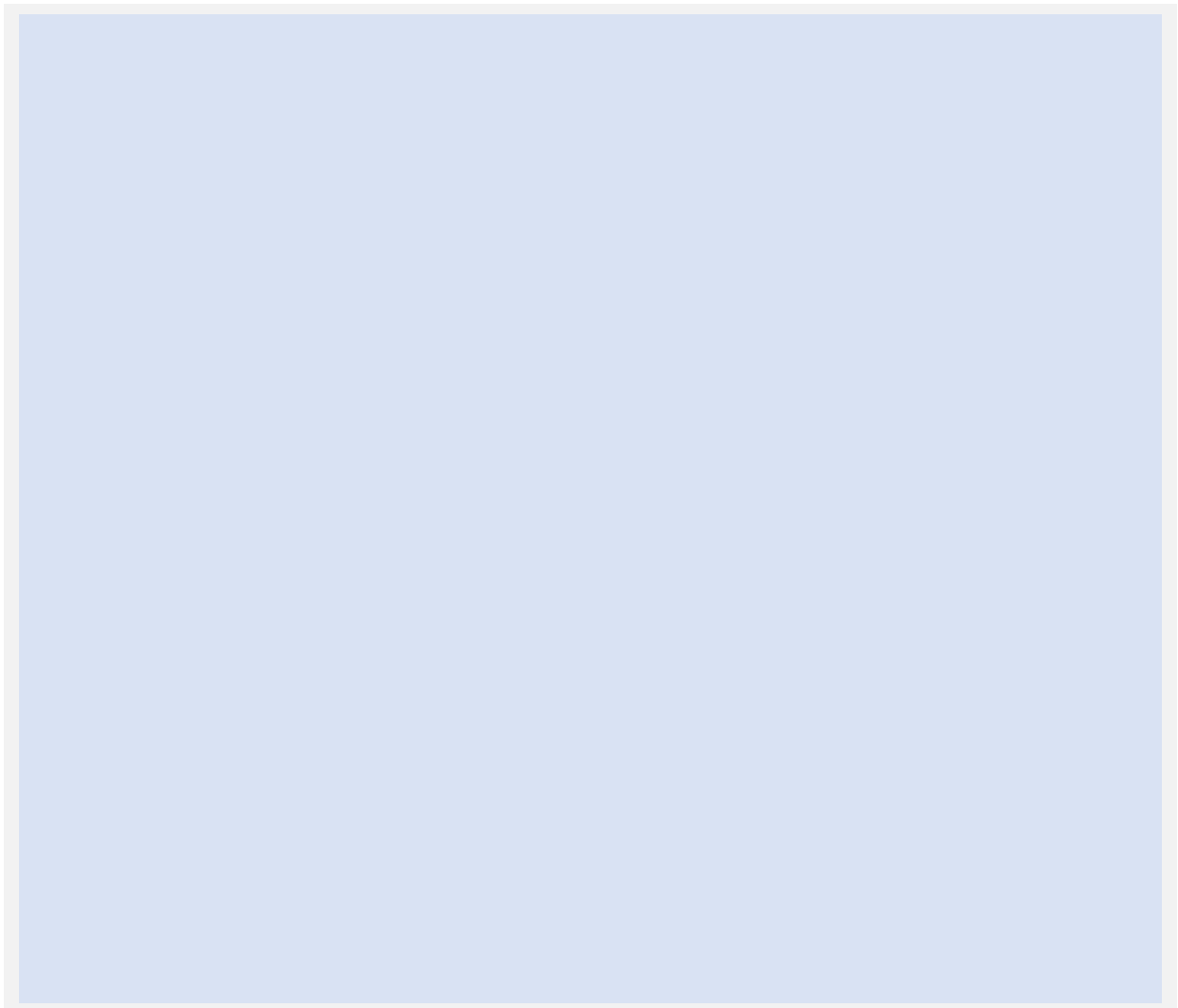
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Step 4.

Lastly, close your eyes, and imagine your new, empowering belief is true.

What would your business and life look like once you start living these new, empowering beliefs each day?

Imagine your future in detail and write it down.



You begin to fly when you address your limiting beliefs.

HOW WE CAN HELP

ONGOING SUPPORT

We are so excited to be partnering with you to help you level up your mindset to achieve your most audacious goals!

We offer several options to help you and your team execute and implement mindset training to help you overcome the odds, work with purpose, and lead more intentionally. Ultimately, helping you get to your business goals quicker and make more money.

KEYNOTES AND TRAININGS

We provide workshops and trainings to groups and teams. All keynotes and trainings are customized to the needs of the group and tailored based on our discussions and interviews with your team before the event.

You can expect a high-energy, inspiring keynote or training where you will gain practical strategies and tools to help you perform to your potential regardless of your field.

ONE-ON-ONE COACHING

To make a breakthrough or be the best version of yourself, you need a coach in your corner pushing you and holding you accountable to be your best self.

Our mindset coaches, literally the best of the best, are all trained in the psychology of excellence with graduate degrees in performance psychology. We will be your partner in success and help you focus on growth while living with purpose.

To learn more and request your free informational call to learn more about our keynote, training or coaching services, email cindra@cindrakamphoff.com.

WHO WE'VE HELPED



Answer Key

Page 6:

1. universal
2. alive
3. high-achieving
4. ourselves, others, circumstances
5. judgment
6. compassion
7. judge, brain

Page 12:

1. trap, self-doubt
2. notice
3. celebrate
4. learn
5. one

Page 18:

1. enough, future
2. money
3. reinforced
4. conscious
5. thought
6. invisible