

Bonus sheet for Episode One: A New Look at Confidence

For journaling & clarity

What is one thing you want to change in your life?
(it might be more confidence, or some goal.)

How do you want to feel?

Set these as your intention. Do the intentions ritual on the next page.

Set a goal (this could be to have more confidence). What might it look like?
What would a milestone be that you can review how you've been doing or
check in with yourself for the next steps.

What actions will you take to reach the goal? How can you make them align
to your intentions or make the actions feel like you want to feel as you are
doing them?

What blocks or inner conflict might happen when you are trying to achieve
your goal?

How can you handle those with your intentions in mind?

Write down your intentions each day and then return at night to check how
you did showing up with your intentions. Did I show up as I intended to?
Review your day. It doesn't matter if crazy or chaotic things happened - just
how you showed up.

Need accountability?

It might be time to get a group of women that will hold you accountable. I have some
amazing women making huge shifts in their lives within my coaching groups. We have a
super small, cozy groups so you'll feel comfortable working through your blocks with a
coach and getting the loving support of other women.

Check out the [Confident, Connected & Impactful Coaching Program here.](#)

Bonus sheet for Episode One: A New Look at Confidence

An alignment for you:

Create an altar to hold your intention.

Think about your intentions. Write them down on a piece of paper or a rock or whatever feels good.

Then give them a home -- a special space just for what is sacred to you. You may also add to the altar those things that relate to your intentions or are sacred to you.

For me, ritual is about bringing me into my body through all my senses. You might consider having something:

- to see (candle-light for me and whatever meaningful items that make me feel good to look at)
- to hear (a rattle, or a drum, or singing bowl, or music)
- to smell (essential oils, smudging with sage, lavender, etc., your favorite perfume)
- to touch (rocks, touchstones, mala beads, rosary, tactile objects)
- to taste (chocolate, fruit, whatever treats you feel good about)

In other words, create a sacred representation of what you truly desire to feel. This connection will help you bring it into your body.

Feel free to share with me what your altar looks like! I'd love to see it.

Post it in [our FB Group here](#), or email me directly at christina@christina-smith.com!

See more podcast episodes at invitingshift.com/podcast