

Lift your LIFE

confidence workbook

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Sundays:

I'd like you to start this program on a Sunday. From then on, Sundays become your time to plan the week. I am a big believer that planning your time is the best way to develop new skills, and your goal in these next 6 weeks is to develop confidence!

When I say plan, I mean plan. In whatever way you keep track of yourself (paper planner, phone app, or even both) I want you to write down exactly when you will perform workouts, not just by day, but by TIME too.

Sunday will announce the theme for the week, and all assignments will relate back to that theme. Sunday will most likely be the day that takes the most of your time, and after your Sunday "homework" is completed, you will follow along in this workbook and complete the assignments. Writing these things down is a great way to check in on yourself throughout your journey and see how far you have progressed!

other days:

Monday through Saturday will contain only some of the same tasks that Sundays have, meaning your homework should take less time. Keep following along in the workbook and progress through the full 6 weeks.

write, don't type:

Again, I HIGHLY suggest printing out the pages of this workbook and physically writing your answers down because the act of writing down goals/fears/accomplishments makes them so much more tangible.

flip to the next page to see what types of assignments you will have!

INTRO: page one

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habit development:

As explained already, this course is designed to help you to develop 2 new empowering habits. You are in charge of choosing your habits, but please make them related to confidence and make them something that can be achieved every day.



good examples:

- Walk with your head held high
- Maintain better posture (shoulders back, chest up)
- Look people in the eyes when speaking

bad examples:

- Go to the gym every day (not something that should be done daily, and not something directly related to confidence)
- Make a new friend (related to confidence, but not easily attained every day)

Each day you will write out your habit, reflect on it and check it off your list if you achieved it that day. Reflections should not be just yes or no answers, elaborate!

workouts:

On Sundays, you are asked to plan out your workouts for the week. The other days of the week you are asked questions related to your workouts. Again, do not answer the questions with only a yes or no, explain!

reflection:

Each day you will be asked to reflect on a part of your day and you are required to write out your answer. Again, not just a yes and no.

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Each day before bed you will look in a mirror and do the task that is asked of you. Sometimes you will say something out loud, sometimes you will film yourself. Don't worry about feeling silly, this practice will become easier as time goes on.

On Sundays you will be given three tasks to attempt during the week (until Saturday). Each daily assignment page will have a place for you to tally off how many times you have done each task.

tasks for the week:

(tally mark the times you've done each so far)

1	2	3
---	---	---

task for the weekend:

(mark it off when you accomplish it!)

On Fridays you will be given one task to attempt during the weekend (until Monday). Each daily assignment page will have a place for you to tally off how many times you have done each task.

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habit: Pick a confidence building habit to develop for the next three weeks and write it below:

workouts: Plan when you will perform the two or three days of your workout cycle. Ideally pick days that are not back to back. Make sure to schedule not just a day but also a time! Your workout is a date with yourself, not just something to check off your list, so do not cancel!

reflection: Why did you decide to start on this journey? Elaborate below:

tasks for the week: Starting tomorrow, try to accomplish these things as many times as you can before Saturday.

"mirror talk":

film yourself saying
"I am confident."
don't delete the video!

1

Force yourself to smile while you're sitting on the toilet
(I know this sounds dumb, but it works!)

2

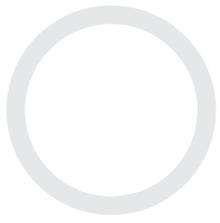
Do NOT check your phone immediately after you wake up
(give yourself at least 15 min)

3

Drink a big glass of water before your caffeinated
beverage (you will need it you workout machine!)

THEME: create routine

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habit: Write out that habit again, and check-mark the circle above if you accomplished it today!

tasks for the week:

(tally mark the times you've done each task so far)

1	2	3
---	---	---

workouts: Are you nervous to strength train? Which exercises are the most scary? My advice is to have a game plan for when you get to the gym. Elaborate below:

reflection: What was something that made you feel safe today? Was it something familiar, foreign? Elaborate below:

"mirror talk":

repeat:

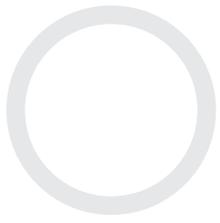
"I am deserving of time to grow."

3 times

WK 1: Monday

THEME: create routine

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habit: Write out that habit again, and check-mark the circle above if you accomplished it today!

tasks for the week:

(tally mark the times you've done each task so far)

1	2	3
---	---	---

workouts: Go to your bathroom alone and flex in the mirror. Do you feel silly? Try again and make sure to SMILE while you do it. Do you feel any different? Elaborate below:

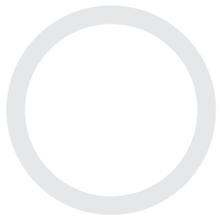
reflection: What did you turn down today out of fear? In what exact moment did you quit? Elaborate below:

"mirror talk":
repeat:
"I am making changes."
3 times

THEME: create routine

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WK 1: Tuesday



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habit: Write out that habit again, and check-mark the circle above if you accomplished it today!

tasks for the week:

(tally mark the times you've done each task so far)

1	2	3
---	---	---

workouts: Have you had to ask for help during your workouts? Was that intimidating? Elaborate below. Remember, asking for help is **TOTALLY** normal as you learn. Everyone starts out as a beginner meaning there is no shame in your ability level right now!

reflection: Do you feel you have more or less time in your day now that you are planning it out more? Elaborate below:

"mirror talk":

repeat:

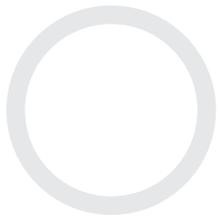
"I deserve all good things."

3 times

THEME: create routine

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WK 1: Wednesday



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habit: Write out that habit again, and check-mark the circle above if you accomplished it today!

tasks for the week:

(tally mark the times you've done each task so far)

1	2	3
---	---	---

workouts: How do you feel during your workouts so far? Do you have more energy, better mood? Remember that each day is one step closer to your goal. Elaborate below:

reflection: During what part of your day did you feel the most in control? What made you feel that? Elaborate below:

"mirror talk":

repeat:

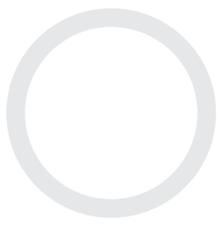
"My past has made me the amazing person I am today."

3 times

THEME: create routine

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WK 1: Thursday



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habit: Write out that habit again, and check-mark the circle above if you accomplished it today!

tasks for the week:

(tally mark the times you've done each task so far)

1 2 3

workouts:

Does soreness feel like a badge of honor? What makes you proud when at the gym?

reflection: Has this week been harder or easier (emotionally) compared to before you started this course?

task for the weekend: Starting tomorrow, try to accomplish this task before Monday.

"mirror talk":

repeat

"I am growing internally."

3 times

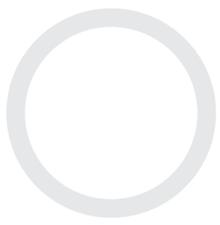
1

Prep some healthy snacks (remember, you deserve healthy, awesome food no matter what stage you are at right now)

THEME: create routine

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WK 1: Friday



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habit: Write out that habit again, and check-mark the circle above if you accomplished it today!

task for the weekend:

*Did you complete your weekend task today?
Check the box if you did!*

1

workouts: How did your workout schedule hold up? Which day did you have the hardest time doing it? Was it due to your schedule or motivation? Elaborate below:

reflection: Has this week been harder or easier for you compared to before you started this course?

"mirror talk":

repeat
"I choose happiness every day."
3 times

THEME: create routine

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WK 1: Saturday