

## SHOWING UP WITH CONFIDENCE

Confidence grows when you believe in what you offer and allow yourself to be visible. It develops through showing up, not before.

### THE VALUE I BRING

What do I help people with?

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Why does this matter?

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### The belief check

When I think about showing up or promoting my business, the thought that holds me back is?

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Is this a fact or an assumption?

- Fact  
 Assumption

If this belief wasn't running the show, I would:

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### Confidence reframe

Instead of focussing on yourself, focus on the value or contribution you bring.

When I share or talk about my business I am offering:

- |            |                       |              |
|------------|-----------------------|--------------|
| support    | <input type="radio"/> | solutions    |
| knowledge  | <input type="radio"/> | improvement  |
| Creativity | <input type="radio"/> | other: _____ |

### One way I can show up:

- talk about my idea
- write a short description
- share with someone
- post / message / email
- Other: \_\_\_\_\_