From *The Confidence Gap* by Russ Harris – Chapter One

Clarifying Values and Making Life Changes
Please take as long as you need to read through and carefully consider the important questions that follow. Then complete the written section that follows. (Note: this exercise is from a book on 'confidence', but feel free to change the key word. For example, if you are searching for 'happiness' or 'self-esteem', then substitute the term 'unlimited happiness' or 'unlimited self-esteem' for 'unlimited confidence')

In a world where you had unlimited confidence:

- How would you behave differently?
- How would you walk and talk differently?
- How would you play, work and perform differently?
- How would you treat others differently: your friends, relatives, partner, parents, children and work colleagues?
- How would you treat yourself differently?
- How would you treat your body?
- How would you talk to yourself?
- How would your character change?
- What sort of things would you start doing?
- What would you *stop* doing?
- What goals would you set and work towards?
- What difference would your new-found confidence make in your closest relationships, and how would you behave differently around those people?
- What difference would your new-found confidence help you to make in the world?

Now please write your answers below, in the spaces provided. And if there's lots of overlap between your answer – good! That's to be expected; it points you to core values.

The Life Change List

As I develop genuine confidence . . .

- Here are some ways I will act differently:

- Here are some ways I will treat others differently:

- Here are some ways I will treat myself differently:

- Here are some personal qualities and character strengths I will develop and demonstrate to others:

- Here are some ways I will behave differently in close relationships with friends and family:

- Here are some ways I will behave differently in relationships involving work, education, sport or leisure:

- Here are some important things I will 'stand for':

- Here are some activities I will start or do more of:

- Here are some goals I will work towards:

- Here are some actions I will take to improve my life: