SELF CONFIDENCE – ANALYSING YOUR ACHIEVEMENTS

1) NAME AND DESCRIPTION OF THE TOOL

(Please, insert a short description of the tool)

When we are going through moments of low self-confidence, it is often difficult for us to see our virtues, resources and competences. Or we do not value them as we should, giving more weight to the bad: to the aspects we want to improve or to our shortcomings. That is why in this exercise the idea is to analyse the resources that you have put in place in the past and that have led you to an achievement or "success"

2) OBJECTIVES OF THE TOOL

(Please, try to find 3 main objectives of the tool)

1. Working on our self-knowledge and acceptance.

2. Be aware of what resources you put in place in each situation and how you moved forward, learned.

3. Confidence is nurtured by action, by practice.

3) CONNECTION OF THE TOOL WITH THE ENEMY

(Explain the link / connection of this tool with the skill)

It is an exercise that can be used for those moments when we feel a lack of self-confidence. Through this exercise we will be aware of how in the past we have achieved the goals we have set for ourselves. At the same time, this exercise helps us to analyse what resources we put in place at that moment to achieve that goal.

4) RESOURCES & MATERIALS

(Explain the materials and resources that are needed to develop the tool)

No specific resources are necessary, just write down the results of the analysis of those other situations in which you achieved the set objective, indicating the resources you put in place to achieve them.

5) IMPLEMENTATION OF THE TOOL

(Please, make a description and mention how to implement this tool. Provide a sequence of steps and an approximate timing of the actions to be taken: For instance:

Step 1.

Describe an achievement or success from your past: it has to be something that depended on you, and it does not need to be a big achievement: it could be passing an exam, solving a problem, a work achievement, a small goal... Etc. (example: making a good presentation in public, successfully organising an event...).

Step 2.

Analyse and describe what resources and skills you put in place to achieve this: e.g.: getting organised, being consistent, looking for information, getting involved and paying attention, practising this or that, following this or that method, correcting mistakes and continuing to practise, etc. etc.

Step 3.

On a scale of 1 to 10, what was your level of involvement in that achievement, and in what actions did you show your involvement in achieving it?

How did you feel when you achieved that accomplishment?

What positive consequences do you think that small achievement may have had on your life?

Step 4.

Analyse several achievements, and be aware of the resources you put in place in each situation and how you advanced, learned or improved others.

6) WHAT TO LEARN

(Please, explain what can be learned with this tool, examples can be used)

Remember that self-confidence comes with action. Confidence is nurtured by action, by practice.

When faced with a situation in which we feel insecure, we cannot wait until we feel confident first, and then act, because it works the other way around: confidence will be a consequence of action. Confidence is created by facing problems and learning how to solve them, by exposing ourselves and developing the necessary skills in certain contexts, by understanding the processes, how things work.

By analysing other situations in which you have achieved your goal, you will learn that self-confidence implies putting in place a series of resources to achieve that goal (skills, development of abilities, competences, etc.).

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