

CONFIDENCE HABITS	HOW I'M DOING					SPECIFIC ACTION
Focusing on Gratitude	Rarely 1	2	3	4	Always 5	1.
Rejuvenating free days from work	1	2	3	4	5	
Quality/Protected Focus Days	1	2	3	4	5	
Strategic Buffer/Planning Time locked in diary	1	2	3	4	5	2.
Consistent Work-Life Balance	1	2	3	4	5	
Working In My Unique Ability and playing to my strengths	1	2	3	4	5	
Building a Unique Ability Team playing to their strengths	1	2	3	4	5	3.
Cultivating Key Relationships	1	2	3	4	5	
Innovating and development of new materials	1	2	3	4	5	
Maintaining Positive Cash Flow	1	2	3	4	5	4.
Developing New Capabilities and skills	1	2	3	4	5	
Using Strategic Thinking Tools and Coaching frameworks	1	2	3	4	5	
Exercising & Eating Well	1	2	3	4	5	5.
Sleeping 7-8 Hours/night	1	2	3	4	5	
Praying and/or Meditating	1	2	3	4	5	